

# HELP FOR PARENTS - UNDERSTANDING AND PREVENTING CHILD ABUSE

FROM THE ST. JAMES PARENT SUPPORT ADVISORY TEAM (PSAT)



CHILD ABUSE IS ANYTHING A PERSON DOES WHICH CAUSES PHYSICAL OR MENTAL HURT TO A CHILD. CHILD ABUSE INCLUDES NEGLECT, WHEN A CHILD IS LEFT ALONE WITHOUT SUPPORT OR SUPERVISION.

There are four main types of child abuse:

1. **Physical Abuse** - When a child suffers pain or injury as a result of physical violence such as beatings, kicking, slapping, pinching, burning etc.
2. **Emotional Abuse** - When a child suffers emotionally because he or she is told negative things about himself or herself ("You worthless like your father"; "You ugly and fool-fool").
3. **Mental Abuse** - When a child's fears and feelings are used by another to force him or her to do what that person wants.
4. **Sexual Abuse and Molestation** - When older persons touch a child in a sexual manner or have sex with a child.

As a parent, ensure that children, who often cannot protect themselves, are protected from all types of abuse.



DO

1. Correct your child without beating or physical punishment.
2. Listen to your child if he or she complains about abuse.
3. Teach children about protection from sexual abuse.



DON'T

1. Ignore child abuse. You can report it to the police or Child Development Agency.
2. Ignore children who complain about abuse. Check out their situation.
3. Leave your children without supervision for long periods.

**THESE TWO LETTERS TO A COUNSELLOR DESCRIBE DIFFERENT TYPES OF CHILD ABUSE. WHAT TYPES OF ABUSE CAN YOU IDENTIFY? WHAT ADVICE WOULD YOU GIVE?**



Dear Counsellor,  
 I am having a serious concern. My neighbour has a nine year old son. Almost every day this little boy gets a beating. Sometimes he is locked up alone in a room outside the house for the whole day. When he is going to school you see a lot of cuts and marks on his skin from the beatings. I try to talk to his father but he says the boy is rude and that only licks can make him listen. I am waiting for some advice.  
 Sincerely,  
 R. B  
 Canterbury, St. James

Dear Counsellor,  
 I need your advice. My thirteen year old niece says her stepfather comes to her room almost every night and touches her on her breasts. He also makes comments about her body to her all the time. Her mother says she does not believe because she knows her husband is a good man who takes care of his family. What can I do?  
 Yours truly,  
 G.J.  
 Montego Bay

The St. James Parent Support Advisory Team (P-SAT) is here to assist parents. We give parents the chance to learn how to do better at the job of parenting. We also give parents an opportunity to share and learn from each other, with the support of specially trained persons who give information on a number of topics.

If you or your community would like assistance from the PSAT, please contact us:  
 c/o THE CHILD DEVELOPMENT AGENCY, 4 KERR CRESCENT, MO-BAY 9524362;9711569  
 or at  
 THE PSAT RESOURCE CENTRE, 1<sup>ST</sup> FLOOR VANHAZE BUILDING, 16 EAST ST, MO-BAY

