

CHILD ABUSE AND NEGLECT PARENTS' NEWSLETTER

GUIDANCE AND PSYCHOLOGICAL COUNSELLING 2018

Dear parents,

According to World Health Organization, child abuse is defined as “deliberate or unintentional behavior by an adult, society or country that adversely affects the child's health or physical development”. The Convention on the Rights of the Child, to which our country is a party, includes that children should be protected from “all forms of physical and mental violence” under the care of their parents or others. In our country, many researches are carried out for children.

According to the "Child Abuse and Domestic Violence" research report, which was conducted by UNICEF in 2016 in Turkey, it is inevitable to carry out educational campaigns to create awareness in the society for protecting children in the broadest sense; after raising awareness, healing approaches for teachers and children are needed; in order to protect children from abuse and prevent domestic violence, it is not enough to work only with children or families and research should be done in different areas.

I hope this newsletter to shed light on your awareness of child abuse and neglect.

CHILD ABUSE AND NEGLECT

Children, like adults, have basic human rights. These rights are also laid down in the United Nations Convention on the Rights of the Child. The signatory states of this Convention have adopted the following.

- Protecting children against physical and emotional violence or abuse, neglect, and all forms of ill-treatment, including sexual harassment.
- Protecting children against torture or other cruel, inhuman, degrading treatment or punishment.



Making the child cry for no reason.

Child abuse is defined as attitudes and behaviors, which harm children under the age of 18 or adolescents, physically or psychologically, prevent their physical, emotional, sexual or mental development, by the parents or teachers, masters, foster-parents, guardians or strangers who are supposed to care for and train them.

Child neglect means that the needs of children or adolescents under the age of 18, such as nutrition, protection, love, supervision, education and guidance, which are essential for their physical and psychological health and development, are not adequately met by those who are responsible for taking care of them.

TYPES OF ABUSE

Child abuse is categorized in four main groups as physical, sexual, emotional abuse and neglect.

1. Physical Abuse

Physical abuse is an injury that has not occurred because of an accident and is caused by physical harm to the child.

Unexplained bruises:



Physical Indicators

- Scars and wounds on the face, lip, mouth.

Leaving the child unsupervised against harmful situations

on the trunk, back, buttocks, calf legs.

forms of healing bruises and bite marks at different levels.

Shapes in clustered and organized forms.

- Traces of objects used to cause pain, such as belts, electric cables
- Unexplained fractures / dislocations, hair loss on the scalp,
- Bruises
- Cuts in certain parts of the body,
- Broken bones,
- Internal bleedings,
- Unexplained burns
- Cigar and cigarette burns, especially on soles of the

feet, palms, back or buttocks **Behavioral Indicators**

- An attitude that he / she deserves punishment
- Avoiding communication with adults
- Being afraid to go home
- Parent-reported injuries
- Self-injurious behavior
- Extremely shy or aggressive behavior
- Being uncomfortable about physical contact
- Pain complaints or disturbed movements
- Clothing not suitable for climatic conditions
- Sensitivity to crying of other children
- Going school early, leaving late
- Escaping from home (adolescents)
- Problems in the field of social functionality
- Difficulties in establishing close relationships
- Conflict, low emotional intensity, intense anger relationships



Maltreating the child orally

Cognitive / Academic Indicators

- Developmental disorders
- Decrease in academic success

Long and Short Term Psychological Results



Öfkeyi, gerginliği azaltmak için çocuğu örsellemek, itip kakmak

- Isolation □ Fear □ Loss of trust
- Depression and anxiety
- Pushing and shoving the child to reduce anger

- Difficulty in establishing and maintaining relationships
- Eating disorders
- Posttraumatic stress disorder
- Suicide attempts



Çocuğun özgüvenini kırmak

2. Sexual Abuse

Damaging the child's self-esteem

Sexual abuse is when a child is used by an adult or a child older than he/she is, for sexual satisfaction of the other party, although he / she does not understand or accept it, and is not ready for developmentally.

Physical Indicators



- Difficulty in walking and sitting
- Torn, stained or bloody undergarments.
- Pain, bloating, redness, bleeding or itching in the genital area.
- Suffering in urination
- Bruises, bleeding or tears outside the genital area
- Detection of sexually transmitted diseases

Subjecting the child to pornographic material or behavior

tors

- Inappropriate sexual games or advanced sexual knowledge and random sexual intercourse.
- Hysteria, inability to control emotions
- Unexpected challenges at the school
- Detachment and depression
- Being extremely upset in sibling competition
- Having difficulties in relations with peers and avoiding them
- Social isolation
- Avoidance of physical contact or intimacy
- Sudden and excessive weight change (slimming or overweight)
- Being too afraid of certain places and people
- Avoiding a familiar adult

3. Emotional Abuse

Emotional abuse is any behavior and action that undermines the child's emotional integrity and personality development. The child is treated as if he or she is emotionally absent, the love, care and intimacy he / she needs are not shown, and on the contrary, he / she is exposed to all kinds of words and behaviors such as humiliation, rejection and accusation that disrupt his / her development. The child's emotional abuse may or may not be accompanied with physical or sexual abuse.



Touching the child where he/she does not want to be touched

Physical Indicators

- Speech or other communication disorders



- Slowdown of physical development
- Intensification of certain illnesses in children such as asthma or allergies
- Substance abuse

Behavioral Indicators

Forcing the child to touch himself/herself

orders (such as finger sucking, swaying, etc.)

- Antisocial and destructive behavior, including crime
- Neurotic features (sleep disorders, gaming imprisonment)
- Behavioral disorders (complaints, passivity, aggression, etc.)
- Excessive adaptation problems (over or under his/her age)

Emotional Indicators

- Affection of social relationships
- Inability to behave as required by his/her age

Cognitive/Academic Indicators

- Developmental delay associated with emotional abuse also causes cognitive delay, affecting the child's academic performance.



Abusing the child for self-interest

4. Neglect

Neglect is failure to meet the child's basic needs, emotional needs, educational / cognitive needs, such as nutrition, dressing, shelter, medical care, education or appropriate supervision, and to show lack of control about appropriate growth. Neglect is more common than abuse, but not as striking as it is. Worldwide, 1-2% of the child population is neglected. It is thought that approximately 48-63% of all abuses are associated with neglect.



Neglecting the child's medical needs

Indicators

- Symptoms of persistent hunger: Shows signs of poor nutrition
- Unhygienic environment: Matted hair, dirty skin or severe body odor
- Unsuitable clothing
- Continuity of lack of supervision: The child indicates that there is no one to provide home care. The child or caretaker uses drugs or alcohol.
- Neglected physical problems and medical care
- Being under normal weight
- Bad development patterns
- Being unable to grow-up
- Lice, abdominal swelling, very thin appearance
- Sleepiness



Çocuğa yeterli bakım sağlayamamak örneği: Kirliliği, çıplaklık, aç bırakmak

Behavioral Indicators



- Self-injuring behavior
- Spending longer times at the school (coming early, leaving late)
- Constant tiredness, fatigue or falling asleep during the lesson

Spending the child's time with other works, and not with his/her education and hobbies

bilities and interests
r late frequently

Not providing
for the child.
naked, dirty c

Emotional Indicators

- Low self-perception
- Social problems-limited friendship
- Difficulties in establishing personal intimacy
- Difficulty saying no to unsuitable requests (related to need of interest)
- Social withdrawal-intensive introversion

Some Reasons of Neglect

- Family crises
- Loss of family work
- A serious illness in the family
- Divorce
- Lack of a structure or routine; such as a regular meal time, sleep time, or no time to do homework
- The child not to have his /her own space at home



Understanding the above neglect indicators and their consequences can be much more difficult to understand than those related to physical abuse. However, neglect can be much more dangerous and serious than abuse, especially in the case of infants and young children who are dependent on living with their mother / caretaker.

Neglecting the child's
educational needs

TO SUPPORT THE FAMILY

There are duties for everyone to create a solid social structure in which individuals, families and children are valued and supported. All families make similar wishes for their children. A safe home, good education and the opportunity to succeed. As a responsible member of the society and a caring individual concerned individual, you can consider the following suggestions to contribute to the realization of these wishes.



Communicate: Families who are able to build strong relationships exchange ideas about important decisions they need to make and their daily activities and tell each other their feelings as well as at work or school. When they have problems, they prefer to calm down before going over the problem; they do not pick up their anger but do not let it evaporate spontaneously. Instead, they work together to negotiate possible solutions and solve problems in the best possible way.

Show Your Love and Interest: Children need to know that they are loved by their parents, even if their discourse and behavior are otherwise. Strong families show their interest in many ways. It is possible for family members to tell each other good words such as "I love you" or "I'm happy to be in the same family with you", to embrace, nickname each other and talk about family memories.

Listening to the child

Spend Time Together: Families who are able to establish strong relationships chat, read, play games, go for a walk, cook, etc. to spend time together. Specific behaviors such as kissing and telling fairy tales before going to sleep allow family members to get closer to each other.

RECOMMENDATIONS FOR PARENTS TO PROTECT THE CHILDREN FROM ABUSE

Have a good communication with your child. Children who are able to communicate with their families in a healthy and love-respect environment have less risk of being abused and they can ask for support from their families in case of negative events.



- Meet and collaborate with your child's teacher, counselor and school principal.
- Help your child develop healthy friendships.
- Being in the crowd gives them confidence and bullies target children with friends around them less.
- Teach your child that violence is unacceptable. 60% of children witness abuse. These children play a vital role in influencing the behavior of others and helping victims. Parents can be role models in creating value systems that do not tolerate violence.
- Teach your child how to complain about abuse. Find out for yourself where to get help.



You work 24 hours a day. Even when dealing with everyday problems like money, illness and the stress of marriage, you are expected to have unlimited patience and wisdom. We all want to be perfect parents for our children 100% of the time, but no one can; so far no one has succeeded. Maybe that's why you have so much frustration about being a parent and sometimes you can feel that you are all alone.

Some Tips for Healthy Communication with Your Child

A healthy relationship with your child can be established through numerous forms of interaction. This may require a lot of energy and work, but the prize is worth everything.

The first condition about being a parent is, of course, meeting the child's need to be loved adequately. It is known that there is no single right way for this. Different raising methods are performed in different ways. Don't expect to be perfect! Being a parent is a very difficult task.

Make Your Child Feel that He / She is Loved and Safe

- ✓ Make sure your child knows you love him/her; even when he/she does something wrong!
- ✓ Praise his/her achievements and talents.
- ✓ Be aware of the skills he/she has developed.
- ✓ Spend time with your child. Take care to do things you like together. Listen to your child.



To Keep Your Child Safe;

- ✓ Make sure your child knows how to reach you or another trusted adult.
- ✓ Teach your child his/her name, address, and phone number and the name, address and telephone number of his/her school, relatives, and family friends.
- ✓ Know which adults and children your child spends time with, where they are and what activities they do.
- ✓ Limit the amount of time your child spends with the computer and place computers with internet connection in common areas.

Yelling at Your Child does not Raise His/Her Grades!

Taking a few moments to read the important tips below will be the first step to the right path. Understanding is the most important stage for both parents and students. Keep these tips in mind until the next report card time.

Tips for Parents:

- Praise your child. Find at least one good thing about his/her report. For example: Attendance, behavior note.
- Calm down, let your child tell you his/her grades.
- Ask him/her how you can help him/her get better.
- Plan with your child's teacher. Ask your local community for help.



card.

Coping with Difficulties for Parents and Caretakers

- Children and adolescents may sometimes be challenging towards their parents. These are natural things, but still difficult! When your nerves start to weaken, try one of these simple tips:
- Keep your hands behind you. This prevents you from threatening or hitting the child with your hand.
- Take a deep breath. Count to 10. Imagine that in every breath you give out your anger. Take a break. Ask someone you trust to let you rest for a few minutes and take a walk or walk away for a short while.

- Get out of the room. If you can't leave, find someone to follow the child(ren) and stay in another room for at least three minutes, try to calm down.
- Call your friend, family, or neighbor. Talk to someone about your situation.
- Write. Take a pen paper and write down everything you can think of. Then, crumple the paper and throw it away.
- Spend your repressed energy. Jump up or down the stairs 15 times. Be careful, don't make these movements if it scares your child.

Various Methods to Say “I Love You”

- ✓ Say, “I trust you”.
- ✓ Make eye contact when you speak.
- ✓ Use the words “Please” and “Thank you”.
- ✓ Talk to your child in a friendly and polite manner. Express your pride in him/her. Create a trust relationship.
- ✓ Make sure he/she understands that it is a “no” when you say “no”.
- ✓ Make sure he/she understands that it is a “yes” when you say “yes”.
- ✓ Ask, “Would you like to talk?” Listen, listen and listen.
- ✓ Be ready to there for him/her when he/she needs your help.
- ✓ Spend your spare time with him/her.
- ✓ Allow him/her to make mistakes. Nobody is perfect. Have fun and laugh with him/her.
- ✓ Ask, “How can I help you?”
- ✓ Allow and respect his/her privacy. Be nice to your child’s friends.
- ✓ Have some boundaries.
- ✓ Set reachable targets.
- ✓ Tell the truth.
- ✓ When you do not know something, say, “I don’t know”.
- ✓ Ask, “How do you feel about this?” Pay attention to be at home when they are home.
- ✓ Give them freedom.
- ✓ Set the rules together.
- ✓ Create boundaries and consequences in clarity.
- ✓ Approve his/her feelings.
- ✓ Care for and ask about his/her ideas.
- ✓ Appreciate his/her success.
- ✓ Laugh when you're happy and mean it.
- ✓ Cry when you are sad. Explain why you're angry.
- ✓ Use a soft tone of voice.
- ✓ Say, “I love you” every night before going to sleep.
- ✓ Say, “Good morning!” cheerfully every morning.
- ✓ When he/she tells about something, stop and listen.
- ✓ Wish him/her a good day at school.
- ✓ Fulfill your promises.
- ✓ Say, “I love you.”

International Legislation...

Convention on the Rights of the Child, which entered into force on 2 September 1990 states, “Any person under the age of 18 shall be considered a child, except under national law, at a younger age.” Turkey ratified the agreement signed on September 30, 1990 with Law No. 4058. It entered into force on 27 January 1995.

Article 19 of the Convention on the Rights of the Child:

“Contracting countries shall take all administrative, social and educational measures to protect the child against any form of abuse, including physical or mental assault, violence or ill-treatment, neglect or negligent conduct, rape, while the child is with the parents, a parent, a legal guardian or caretaker. Such protective measures shall include efficient methods for organizing social programmes to provide the appropriate support for the child and the caretakers as well as preventing the bad behavior towards children, defining, reporting, treating, monitoring and letting the relevant authority know about such behavior in addition to other methods; allowing legal authorities to be involved when appropriate.

National Legislation...

Regarding Neglect;

Article 233-Violation of the obligation arising from family law;

(1) A person who fails to fulfill the obligation to provide care, education or support arising from family law shall be sentenced to imprisonment of up to one year upon complaint.

(2) A person who leaves a spouse who is known to be pregnant or an unmarried woman who is known to be carrying his child and who has lived with him continuously is sentenced to imprisonment from three months to one year.

(3) Although the rights of custody have been abolished, the mother or father who endangers the morality, security and health of their children due to drunkenness, the use of drugs or stimulant substances, or the lack of material and moral care as a result of demeaning attitudes and actions, is punished with imprisonment from three months to one year.