

...Emotional Abuse...

Emotional abuse is the hardest to spot and stop, this is because in most cases there are no outward physical signs. Children who have suffered emotional abuse are at risk of continuing the cycle when they become parents.

What is Emotional abuse?

- Constant belittling, shaming, and humiliating a child.
- Calling them names and making negative comparisons to others.
- Telling a child he or she is "no good," "worthless," "bad," or "a mistake."
- Frequent yelling, threatening, or bullying them.
- Ignoring or rejecting a child as punishment, giving him or her the silent treatment.
- Limited physical contact with the child—no hugs, kisses, or other signs of affection.
- Exposing the child to violence or the abuse of others, whether it be the abuse of a parent, a sibling, or even a pet.

Children can show signs that emotional abuse may be present in their lives through some of the following behaviours:

- They can become withdrawn from those around them.
- They can suddenly behave differently.
- They can become anxious
- They can become clingy
- They may show signs of depression and have suicidal thoughts.
- They can become aggressive.
- They may have problems sleeping, have nightmares, wet the bed and be overly tired throughout the day.
- They can develop an eating disorder.
- They may soil their clothes.
- They may begin to miss school.
- They may turn to drugs and / or alcohol as a way of escaping.
- They may begin to self-harm.