

Putting an End to Child Abuse

I want to discuss the painful issue of child abuse. I've chosen this topic because I continue to see an increasingly large amount of suffering brought about by this vicious cycle. We as a society need to address this issue and provide help to its victims, both the children and the adults.

What is child abuse? Child abuse is defined as a non-accidental physical injury, physical neglect, emotional abuse, and sexual abuse.

More specifically, non-accidental physical injury may include severe beatings, broken bones, bites, strangulation or internal injuries. Physical neglect refers to the withholding of or failure to provide a child with the basic necessities of life, such as food, water, shelter, clothing, and medical care, attention to hygiene or adequate supervision.

Emotional abuse is a form of abuse which is often unaddressed by society. This involves parents having expectations which result in aggressive or unreasonable demands upon children beyond their capabilities. Examples of this include belittling a child or verbally attacking them. Quite often emotional abuse comes in the form of failing to provide understanding and nurturance necessary for a child's healthy, psychological growth and development.

Sexual abuse involves the exploitation of a child for the sexual gratification of an adult or older child. This may range from exposing or fondling oneself to fondling or engaging in intercourse with a child. It may involve using children to produce pornographic materials. According to the Georgia Council on Child Abuse one out of every four girls and one out of every six boys will be sexually abused before age 18.

The statistics on child abuse are sky-high. We know today that child abuse usually develops into a pattern of behavior. This sets the stage for a vicious cycle. Children who are abused often grow up to be abusive parents.

There is hope. The cycle can be broken. Abusive parents and those who have been abused can get help. Most parents really love their children and they want to be better parents. They want to feel good about themselves and to enjoy their time with their families. Being the victim of abuse also leaves many scars, mentally, physically, and emotionally.

I would like to help you heal the scars, provide emotional support and teach effective ways for coping with the stress. You can break the cycle. You can end the abuse. Make the choice to start a new beginning.

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About the Author

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