

Your Personal Guide to Understanding Violence Against Children

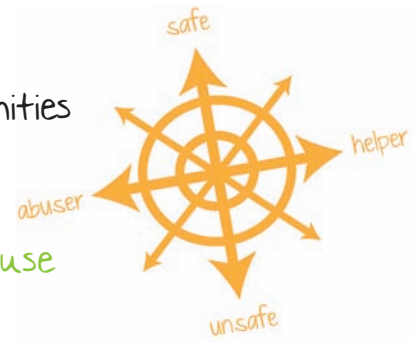


Plan

What is Violence Against Children?

Violence against children happens all over the world – in communities large and small, cities and rural areas too.

When we say "violence against children", it can mean many different things including **physical abuse**, **verbal abuse**, **sexual abuse** and **neglect**, just to name a few.



One thing is certain, violence against children in any form can have long lasting negative effects on the physical, mental and emotional health of children. This is why it is good for you to understand how to identify the types of violence against children. This personal guide can help.

Did you know that violence against children can happen anywhere? In fact, a UN study on the topic identified **five** different places where children experience violence. They are home and family, schools and educational settings, care and justice systems, work settings and community.

So now you know what violence against children is **AND** where it can occur. Let's explore the different types!

This way
to learn about the types of
Violence Against Children



Child Labour

Child labour is defined as work that is **physically harmful**, **deprives** children of their childhood or **prevents** children from reaching their potential. Violence is often used to **force** children into work or to keep them working. It is estimated that **215 million** children around the world are victims of child labour.

Child Trafficking

Child trafficking is defined as recruiting, transporting, transferring, and harbouring a child for the purpose of exploitation. Sadly, trafficked children are often forced into labour, sex work and/or involved in the drug trade.



Child Marriage

In many poor or rural communities, child marriage is a tradition. Young girls are often promised to much older men, **separating** them from their friends, family and educational opportunities. Child marriage can also result in **domestic violence** and **health issues** related to premature sexual activity and child birth.

- Girls who marry early are most often deprived of the opportunity to reach their full potential and rise out of poverty.



Physical Abuse

Physical abuse is defined as any **non-accidental action** or **force** to any part of a child's body, which results or may result in the **trauma, harm** or **injury** to the child.

According to the World Health organization, **80%** of children experience physical abuse at **home**.



Did You Know?

32 countries around the world have prohibited corporal punishment.

Verbal Abuse

Yelling, threatening, name-calling, constantly criticising, humiliating and constantly teasing a child are all forms of verbal abuse. Verbal abuse is considered a form of **emotional abuse**. Although there are no physical scars, it can take a child longer to recover from verbal abuse.



Drug Abuse

Involving children in drug-related activities or facilitating their drug addiction is a form of abuse. Typically, drug syndicates prey upon vulnerable children in poor regions by providing support where children's families and communities could not. Street children are often the victims of this type of violence against children.



Sexual Abuse

Sexual abuse is defined as any kind of **sexual act** done to children for sexual purposes and pleasure of the abuser. Sexually abused children often find their abusers are **someone who is trusted or responsible for them or has power over them.**

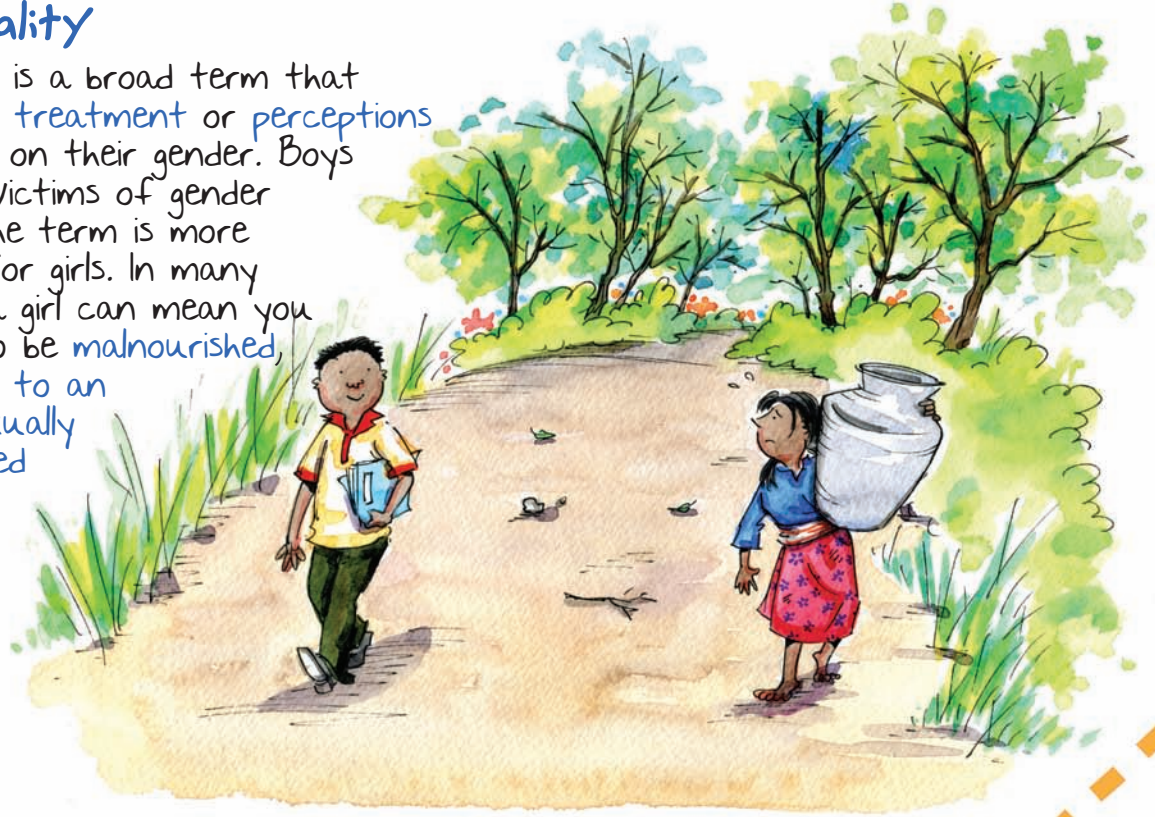


Did You Know?

"Eve-teasing" is a form of sexual harassment in South Asia.

Gender Inequality

Gender inequality is a broad term that describes unequal treatment or perceptions of children based on their gender. Boys and girls can be victims of gender inequality, but the term is more commonly used for girls. In many countries, being a girl can mean you are more likely to be malnourished, have little access to an education, be sexually exploited or forced into cultural traditions like genital mutilation and cutting.





Did You Know?

Organisations in countries like Nepal do street dramas to teach children strategies to avoid child trafficking.

Recognising Risks

One way to protect yourself from violence and abuse is to learn how to **recognise** and **avoid** risky situations.

For example, not talking to or going with a stranger is a good "strategy" to avoid kidnapping or child trafficking.

Organisations like Plan offer **information** and **programmes** to help children learn strategies to protect themselves from violence and abuse.

Protect yourself and learn about programmes in your community!



No! Go! Tell!

What should you do if you, a friend or family member encounter violence against children? The answer is simple: No! Go! Tell!



No!

Let the person know you do not like how you are being treated and that you know your rights. Forcefully tell your abuser, "No!".



The next thing to do is to get away from your abuser. Remove yourself from where the abuse is happening. Find a safe place and go!



Go!



There are many people in your community whose job is to make sure that children are safe from violence. Find a person you trust and tell them about your experience. They will do their best to protect you.

Tell!



Resources in Your Community

Now that you know what violence against children is, where it happens and the different types of violence against children, it's important to note where you can get help should you encounter it. Write down the names and contact information of people who can help you below:





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