



## Consequences of Child Physical Abuse

- Increased risk for child to suffer from suicidal thoughts, learning impairments, conduct disorder, poor self image, substance abuse, act out sexually, and show signs of depression.
- Problems establishing intimate relationships once entering adulthood.
- High risk for anxiety, medical abuse, medical illness, and problems with school or work once entering adulthood.
- Increased likeliness to abuse own children.
- Societal impacts such as economic health, safety, and human rights costs.

*Please share this brochure with a friend, family member, neighbor, or co-worker. Thank you for helping to raise awareness and helping to prevent child abuse and neglect in America.*

### Prevent Child Abuse America Advocates to:

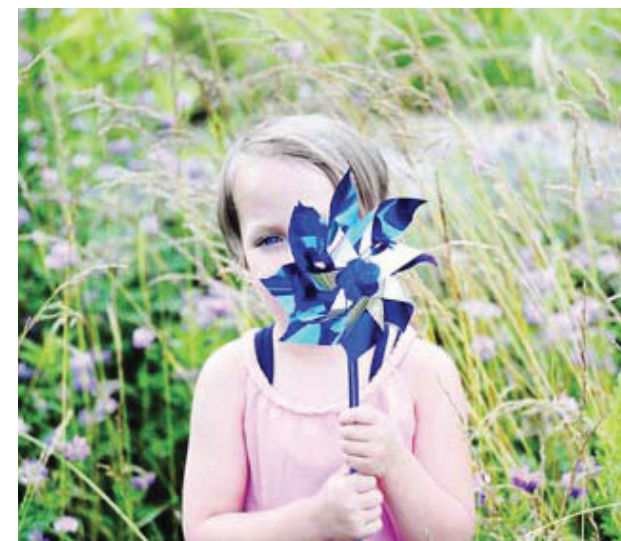
1. Fund research that ensures the effectiveness of existing child physical abuse prevention programs.
2. Increase services such as home visits, parent support groups, and parent education classes that provide parents with the information needed to be the parents they want to be.
3. Provide mental health services *when they are needed* to everyone affected by child physical abuse.
4. Distribute prevention resources to programs that address the occurrence and prevention of physical child abuse and domestic violence.

**Prevent Child Abuse America, founded in 1972 and based in Chicago, works to ensure the healthy development of children nationwide. Prevent Child Abuse America educates parents, the public, and policymakers that prevention is possible, that services and policies exist to prevent child abuse and neglect, and that together we can enhance not only the lives of children and their families, but the nation as a whole.**

[www.preventchildabuse.org](http://www.preventchildabuse.org)



# Preventing Child Physical Abuse



**Prevent Child Abuse  
America**

## Nature and Scope of Child Physical Abuse

There are multiple and interrelated factors that lead to this type of abuse. Examples include, but are not limited to, a child with a disability, a parent struggling with depression or substance abuse, intimate partner violence, fathers who do not play an active role in their children's lives, a lack of community supports such as home visiting, and poverty. Further:

- More than 1.25 million children (an estimated 1,256,600 children) experienced maltreatment during the NIS-4 study year (2005–2006).
- This corresponds to one child in every 58 in the United States.
- Most of the abused children experienced physical abuse (58% of the abused children).
- The number of children who experienced physical abuse decreased from an estimated 381,700 at the time of the NIS-3 to an estimated 323,000 in the NIS-4.

**Citation:** *Fourth National Incidence Study of Child Abuse and Neglect (NIS- 4) - January 2010*

## Definition of Child Physical Abuse

Child physical abuse is physically injuring a child by the person who is responsible for the child's well-being. Hitting, kicking, punching, biting, whipping and burning are the most common forms of this abuse. Indicators of physical abuse include: welts, bite marks, bald spots, burns, skeletal and head injuries, lacerations, abrasions, skin discoloration, and unexplained bruises.



## Actions You Can Take to Prevent Child Physical Abuse

**If you are parent, caretaker, or member of the community you can:**

Learn the TV programs your child watches and the websites they visit.

Ask your children who their friends are, how they spend their time, and what they talk about.

Take a time-out when stressors pile up and you feel overwhelmed or out of control.

Let your children know that they are loved and capable of following their dreams.

**If you are a member of the community you can:**

Lend a helping hand to your friends and neighbors, so that parents can rest, recharge, and get out of the house.

Volunteer at your local Prevent Child Abuse America chapters and other local family-serving organizations.

Learn the signs of child physical abuse.

Trust your instincts and report abuse if you believe a child has been or may be harmed.