sexual

physical

emotional

neglect

PHYSICAL ABUSE can be any act of violence (accidental or intentional) that results in an injury to a child. This may include punching, kicking, shaking, stabbing, throwing, biting, choking, burning or hitting (with an hand or an object, like a belt or switch).

physical abuse can result in:

- Bruises, blisters, burns, cuts and scratches
- Internal injuries, brain damage
- Broken bones, sprains, dislocated joints
- Emotional and psychological harm
- Lifelong injury, death

signs

physical:

- Any injury to a child who is not crawling vet
- Visible and severe injuries
- Injuries at different stages of healing
- On different surfaces of the body
- Unexplained or explained in a way that

doesn't make sense

- Distinctive shape
- Frequency, timing and history of injuries (frequent, after weekends, vacations, school absences)

behavioral:

- Aggression toward peers, pets, other animals
- Seems afraid of parents or other adults
- Fear, withdrawal, depression, anxiety
- Wears long sleeves out of season
- Violent themes in fantasy, art, etc

- Nightmares insomnia
- Reports injury, severe discipline
- Immaturity, acting out, emotional and behavior extremes
- Self-destructive behavior or attitudes



The laws that define child abuse in each state vary, so investigations look different in every state. If you are experiencing any type of abuse or have questions—please feel free to reach out to the Childhelp hotline by calling or texting 1-800-422-4453. Whatever you are feeling is valid and we want to help.