

## **WHAT IS CHILD ABUSE?**

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Child abuse has been described as maltreatment or neglect resulting in the harm of a child. The people who decide whether we were abused or not is *us*. No one but us may know what really happened and what it was really like. Only we know if we are an Adult Abused As A Child.

### **Abuse is abuse is abuse**

An individual's abuse is not less significant, or more significant or traumatic, if it happened only once or if it went on for months or even years. It is not about the length of time or the number of times that it happened for the effects to be dramatic. Regardless of the types of abuse, the results of child abuse for Adults Abused as Children are far more similar than they are different. There is no hierarchy of trauma in the types of abuse.

## **SOME TYPES OF CHILD ABUSE**

-physical

-sexual

-emotional

-psychological/mental

-neglect/abandonment

-government program

-ritual

-religious