



CHILD ABUSE ISN'T ALL BLACK AND BLUE! SPECIAL INFORMATION FOR YOU AND YOUR PARENTS

Boys and girls —

When an adult makes you feel like you are no good or stupid or worthless, again and again, it is not hard to feel hurt. But here are some things you can do that might help:

Remember, your parents are people, too. They love you but sometimes don't know how to show it. Sometimes they were hurt as children. Sometimes they are afraid, worried or angry. Understanding why they say hurtful things might

make it easier to handle what they say.

Write a note. Think about what's bothering you, then write it down. Many times it's easier to write your side of things than it is to say it to someone directly.

Find a quiet time to talk. It's always easier to talk when it's calm and quiet. Turn off the TV and the stereo. Perhaps then your parents will be willing and able to listen and share their feelings with you.

Ask for help from another trusted adult. Talk to your grandparents or a favorite aunt or uncle, teacher, or friend of the family. Perhaps this person can help you understand things better and might even talk with both you and your parents.

Parents —

If you find yourself saying things to children you wished you hadn't said, you can:

Stop — Try to understand why you are saying and doing these things. Are you mad at the child — or at something else?

Take time out. If you are angry, count to twenty, calm down, then respond to the child.

Talk to someone. Tell a good friend or a teacher, your pastor or doctor. Many times just talking about it helps, and you might discover that other people have similar problems, perhaps with good ideas on other ways to handle yours.