



Hand out 1 - Types of Abuse and Harm

Bullying and Cyberbullying is behaviour that hurts someone else. This can be physical, Verbal, Non verbal – signs and messages, Emotional, Threatening, Exclusion, Constant criticism, Racial, Sexual, Homophobic. When we were all much younger, most of it took place when we were around other people. Now, with social media we can be sat at home, on our own and still be subject to intense bullying.

Child Sexual Exploitation and grooming is a type of sexual abuse where children are tricked into believing they are in a loving and consensual relationship. They can be groomed with gifts, money, drugs, alcohol, and for some – affection is enough to draw them in. Grooming is when someone builds a relationship, trust and emotional connection with a child or young person so they can manipulate, exploit, and abuse them.

Trafficking is where children and young people are tricked, forced or persuaded to leave their homes and are moved or transported and then exploited, forced to work or sold. Children are trafficked for: sexual exploitation, benefit fraud, forced marriage, domestic slavery, forced labour, committing crimes.

Domestic Abuse can be controlling, bullying, threatening or violent behaviour between people in a relationship. Every child deserves a safe and secure home. Witnessing domestic abuse can have long-term effects on children and young people. It can seriously harm them and witnessing domestic abuse is child abuse.

Emotional abuse is any type of abuse that involves the continual emotional mistreatment of a child. It is sometimes called psychological abuse. Emotional abuse can involve deliberately trying to scare, humiliate, isolate, or ignore a child.

FGM is when a female's genitals are deliberately altered or removed for non-medical reasons. It is also known as 'female circumcision' or 'cutting' but has many other names. It is dangerous and is a criminal offence in the UK.

Neglect is the ongoing failure to meet a child's basic needs and the most common form of child abuse. A child might be left hungry or dirty, or without proper clothing, shelter, supervision, or health care. This can put children and young people in danger. And it can also have long term effects on their physical and mental wellbeing.

Non-recent child abuse, sometimes called historical abuse, is when an adult was abused as a child or young person under the age of 18. Sometimes adults who were abused in childhood blame themselves or are made to feel it is their fault. But this is never the case: there is no excuse for abuse.

Online abuse is any type of abuse that happens on the internet. It can happen across any device that is connected to the web, like computers, tablets and mobile phones. And it can happen anywhere online, including social media, text messaging and messaging apps, emails, online chats, online gaming, live streaming sites.



Sexual Abuse is when a child or young person is they're forced or tricked into sexual activities. They might not understand that what is happening is abuse or that it's wrong. And they might be afraid to tell someone. Sexual abuse can happen anywhere – and it can happen in person or online.

Physical abuse is when someone hurts or harms a child or young person on purpose. It includes hitting with hands or objects, slapping and punching, kicking, shaking, throwing, poisoning, burning and scalding, biting and scratching, breaking bones, drowning.

All of the above information is from the NSPCC Website. If you want to learn more about each type of abuse, have a look at the site. Under each heading there is additional information including the signs, effects, who is at risk, prevention and support for parents.