

正視虐兒問題
積極伸出援手

甚麼是精神虐待？

熱線

社會福利署熱線	2343 2255
向晴24小時熱線	18288
芷若園24小時熱線	18281
防止虐待兒童會熱線	2755 1122
護苗熱線 (提供兒童性侵犯資料及協助)	2889 9933

保護家庭及兒童服務課電話號碼：

保護家庭及兒童服務課 (中西南及離島)	2231 5858
保護家庭及兒童服務課 (東區及灣仔)	2231 5859
保護家庭及兒童服務課 (觀塘)	2707 7681
保護家庭及兒童服務課 (黃大仙及西貢)	3188 3563
保護家庭及兒童服務課 (深水埗)	2247 5373
保護家庭及兒童服務課 (九龍城及油尖旺)	3583 3254
保護家庭及兒童服務課 (沙田)	2158 6680
保護家庭及兒童服務課 (大埔及北區)	2158 6696
保護家庭及兒童服務課 (屯門)	2618 5710
保護家庭及兒童服務課 (荃灣及葵青)	2940 7350
保護家庭及兒童服務課 (元朗)	2445 4224

“甚麼是精神虐待？”

精神虐待是指危害或損害兒童情緒或智力發展的重複行為及態度模式或極端事件。例如唾棄、恐嚇、孤立、剝削/利誘、漠視兒童的情緒需要，向兒童傳遞他/她是一無是處、有缺點、沒有人愛或沒有人愛的訊息。這些行為會即時或長遠損害兒童的行為、認知、情感或生理功能。

精神虐待大致可歸納為以下的行為：

排斥與孤立

兒童經常受到言語的苛刻批評、無故的辱罵、取笑及冷漠的對待。他們亦沒有正常社交的機會，例如被禁閉屋內。他們的個人價值被貶低，在生理與情緒發展上，完全得不到照顧。

威嚇

以恐嚇的言詞及極苛刻的管教方法對待兒童，使他們產生強烈的恐懼與不安，使兒童覺得安全受到長期威脅。

誤導

向兒童灌輸錯誤的意識及思想，使他們沒有接受正確教導的機會，導致他們傾向以暴力解決問題、濫交及濫用藥物等。

遭受精神虐待的兒童有甚麼徵狀？

- 學齡前的被虐兒童出現發育不良、智力遲緩、行為異常，例如咬人、遺尿、自我禁閉、缺乏安全感、情緒不穩定及依賴性強。
- 學齡的被虐兒童則有較嚴重的行為問題，例如說謊、偷竊、自我形象低落、吵架；另一類則變得更為疏離及孤立、抑鬱，甚至有自殺傾向。
- 受到精神虐待的兒童，更易誤入歧途，形成不少社會問題。因此，精神虐待問題所產生的後遺症，影響嚴重，實不能忽視。

為甚麼須要正視虐兒問題及怎樣協助受虐兒童和施虐者？

- 施虐者或會意識到自己的行為可能有問題，但他們往往無法控制，有些甚至不願改變虐兒的行為。
- 任何家庭都會出現問題，而任何家庭問題總有解決的方法。虐兒是家庭問題的徵兆，施虐者和受虐兒童同樣需要專業人士的治療和輔導。有需要時，應及早求助。
- 虐兒不單是個別家庭的問題，而且對兒童日後的成長，以及能否成為一個對社會有貢獻、奉公守法的良好公民，有著莫大的影響。
- 我們希望每個關心兒童成長和期望減少社會問題的市民，都能積極提高對虐兒問題的警覺性，並正視虐兒問題的嚴重性和深遠影響。
- 要成功防止虐兒事件的發生，有賴社會人士繼續推行社區教育和宣傳。
- 遇有懷疑虐兒個案，應盡早聯絡有關機構或各區保護家庭及兒童服務課。

Child Abuse

It Matters You

What is Psychological Abuse ?

Hotlines

Social Welfare Department	2343 2255
Family Crisis Support Centre 24-hour Hotline	18288
CEASE Crisis Centre 24-hour Hotline	18281
Against Child Abuse Hotline	2755 1122
End Child Sexual Abuse Foundation (Hug Line for child sexual abuse)	2889 9933

Family and Child Protective Services Units Telephone Number :

Family and Child Protective Services Unit (Central Western, Southern and Islands)	2231 5858
Family and Child Protective Services Unit (Eastern and Wanchai)	2231 5859
Family and Child Protective Services Unit (Kwun Tong)	2707 7681
Family and Child Protective Services Unit (Wong Tai Sin and Sai Kung)	3188 3563
Family and Child Protective Services Unit (Sham Shui Po)	2247 5373
Family and Child Protective Services Unit (Kowloon City and Yau Tsim Mong)	3583 3254
Family and Child Protective Services Unit (Shatin)	2158 6680
Family and Child Protective Services Unit (Tai Po and North)	2158 6696
Family and Child Protective Services Unit (Tuen Mun)	2618 5710
Family and Child Protective Services Unit (Tsuen Wan and Kwai Tsing)	2940 7350
Family and Child Protective Services Unit (Yuen Long)	2445 4224

“ What is Psychological Abuse ? ”

Psychological Abuse is the repeated pattern of behaviour and attitudes towards a child or extreme incident that endangers or impairs the child's emotional or intellectual development. Examples include acts of spurning, terrorizing, isolating, exploiting/corrupting, denying emotional responsiveness, conveying to a child that he/she is worthless, flawed, unwanted or unloved. Such act damages immediately or ultimately the behavioural, cognitive, affective, or physical functioning of the child.

These actions are considered psychological abuse :

Rejection and isolation

Constantly criticising children harshly, scolding them unreasonably, teasing or treating them coldly; depriving them of a normal social life such as locking them up at home; lowering their self-esteem; ignoring their physical and emotional development.

Threats

Threatening children with words or severe punishment, making them feel scared or uneasy; threatening their security constantly.

Deception

Giving children incorrect ideas and concepts that deprive them of proper learning opportunity. As a result, they may develop an inclination to solve problems through violence, promiscuity or drug abuse.

What are the symptoms of psychological abuse ?

- Pre-school children who have been psychologically abused may be physically or mentally underdeveloped. They may behave abnormally, for example, biting others, bed-wetting, avoiding others, feeling insecure or being emotionally unstable and very dependent on other people.
- School children may have serious behavioural problems such as telling lies, stealing, devaluing themselves, and being argumentative. Other children may isolate themselves, feel depressed or have suicidal tendency.
- Children who have been psychologically abused may easily go astray, leading to a lot of social problems. The consequences of child psychological abuse are therefore very serious and should not be overlooked.

Why should we care about child abuse and what can we do to help ?

- People who abuse children may be aware that their behaviour is questionable. But very often, they have difficulty to control their abusive behaviour or some may even be unmotivated to change such behaviour.
- All families have problems and for all family problems, there should be solutions. Child abuse is just a sign of family problems. Victims of abuse and the abusers are equally in need of professional treatment and counselling. People should seek help as early as possible.
- Child abuse is not just the problem of individual families. It will also hinder the development of the children and affect their ability to contribute to the society as law-abiding citizens.
- We hope that everyone who cares about children's development and reducing social problems will help stop child abuse. We have to enhance our awareness about the scope and extent of the problem and give it serious attention.
- For effective prevention of child abuse, we need the continual support of our community in promoting public education and publicity.
- In case you come across any suspected case of child abuse, please contact the relevant organisation or respective Family and Child Protective Services Unit.