甚麼是精神虐待?
任何人士的行為，無論是疏忽或有意，導致兒童在行為、智力、情緒或身軀方面
受到即時或永久的傷害，都是精神虐待。
精神虐待通常與忽略或其他形式的虐待行為並存，對受害兒童所產生的傷害，影
響極深。

精神虐待大致可歸納為以下的行為:

1. 託付與放任
   - 兒童經常受到言語的侮辱、批評、無故的辱罵、取笑及冷笑的對待。他們亦沒有
     正常社答的機會，如被拒絕接觸。他們的個人價值被否定，在生理與情緒發展上，
     完全得不到照顧。

2. 威脅
   - 以恐懼的言詞及苛刻的管教方式對待兒童，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。

3. 忽視
   - 兒童在教育、學習或精神上的意義及思想，使他們沒有接收到正確的指導，導致他們傾向
     以暴力解決問題，造成及忽略扶助等。

遭受精神虐待的兒童有甚麼徵狀?

1. 學期前的被虐待兒童表現出發育不良、智力超強、行為異常、如咬人、慣性、自我
   應答、缺乏安全感、情緒不穩定及長期性愛。

2. 學期後的被虐待兒童表現出嚴重的行為問題，如攻擊、絕食、自我形像低落、尖叫；
   另一方面變得變得更加孤獨及孤僻，缺乏，甚至有自殺傾向。

3. 受到精神虐待的兒童，容易惹人注目，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，實不容忽視。

為什麼要正視虐待問題及怎樣協助受虐待的兒童和虐兒的人?

1. 虐兒的人或會意識到自己的行為可能有問題，但他們通常無法控制，有些甚至不
   戴控制虐兒的行為。

2. 任何家庭問題難以解決方法，虐兒只是顯示家庭問題的存在。因此，虐兒的人和受
   慢性虐待兒童專業人士的關心治療和輔導，對防止虐待家庭虐待，若有疑難
   問題，應及早求助。

3. 虐兒不但是個別家庭的問題，而且對社區及家庭的成長及發展，如缺乏及可成
   爲一個對社會有害，侵犯社會的不良公民，對他人的影響。

4. 我們希望每個關心兒童健康成長的市民，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和深遠影響。

5. 要成功防止虐兒事件的發生，有關社會人士應積極推行社區教育及宣傳，應有懷疑
   虐兒個案，應及早通知有關機構，尋求專家協助。

熱線電話

社会福利署家庭求助熱線
2363 2255 (按“#”字)

辦公時間：
星期一至六：上午九時三十分至下午五時
星期日及公眾假期：下午一點至晚上十二時

在以上辦公時間以外，市民請致電社會福利署熱線服務。可選擇利用留言服務或按“0”字，將電
話轉接至相關部門的熱線服務員。如遇紧急情况，市民可按“999”向警
方求助。

(有關服務資料可從總署綜合或家庭熱線服務員)

社會福利署家庭求助(wsvd.gov.hk)
2765 5674

向親熱線
18288 (24小時運作)

防止虐待兒童會熱線
2755 1122

2006年4月

有關各區保護家庭及兒婦服務及綜合家庭服務中心的地址及電話，請參閱
大學之專文。
What is psychological abuse?
The behaviour and attitude of any person that negligently or purposely endangers or impairs the behavioural, intellectual, emotional or physical functioning of a child is regarded as psychological abuse. Psychological abuse often co-exists with other forms of abuse and causes long-term harm to a child.

These actions are considered psychological abuse:

Rejection and isolation
- Constantly criticising children harshly; scolding them unreasonably, teasing or treating them coldly; devaluing them in 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 afraid or feel uncertain; threatening their security constantly.

Deception
- Giving children incorrect ideas and concepts that deprive them of their 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, hitting others, bed-wetting, avoiding others, feeling insecure or being emotionally unstable and very dependent on others.

School children may have serious behavioural problems such as telling lies, stealing, demanding themselves, and being argumentative. Other children may isolate themselves, feel depressed or have suicidal tendencies.

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 think that their behaviour is justifiable. However, they generally cannot control their abusive behaviour and some of them are even reluctant to overcome such behaviour.

All families have problems, but there should be solutions to these problems. Child abuse is a signal for the existence of family problems. Victims of abuse, as well as the abusers, are equally in need of professional treatment and counselling. People should seek help as early as possible.

- The problem of child abuse not only affects individual families but all of us. Child abuse can affect the development of a child and his or her ability to contribute to society as a law-abiding citizen.
- We hope that everyone who cares about children and the society will help to stop child abuse. The first step is to enhance our awareness about the scope and extent of the problem so that we can give it serious attention.
- We need the continued support of our community to carry out the extensive educational and promotional programmes required to prevent child abuse. If you wish to seek professional advice regarding any suspected case of child abuse, please call any one of the government departments or social welfare organisations.

Hotlines

Social Welfare Department Family Helpline 2383 2255 (Press 7)

Operating Hour
Monday to Saturday: 9:00 a.m. to 10:00 p.m.
Sunday and public holiday: 1:00 p.m. to 10:00 p.m.

Outside the duty hours of social workers, callers who dial up the Hotline Service of Social Welfare Department can leave their message on the recording machine or press "0" to transfer their calls to the 24-hour hotline service of the Family Crisis Support Centre to seek assistance from social workers. In case of emergency, callers can dial "990" to seek assistance from the police.

Information on welfare services is in the form of recorded voice message or facsimile transmission can be obtained on a 24-hour basis.

Social Welfare Department Fax Enquiry Number 2758 5574
(http://www.swd.gov.hk)

Family Crisis Support Centre Hotline 18288 (24 hours operation)
(http://fcs.caritas.org.hk)

Against Child Abuse Hotline 2755 1122

April 2006

Please refer to the attached leaflet for the address and telephone number of Family and Child Protective Services Units and Integrated Family Service Centres of respective districts.