



Myths About Child Abuse

MYTH: It's only abuse if it's violent. Physical abuse is just one type of abuse. Neglect and emotional abuse can be just as damaging. They are subtle so others don't typically intervene.

MYTH: Only bad people abuse their children. Not all abusers are intentionally harming their children. Abuse victims, in many cases, don't know any other way to parent. Mental health issues and substance abuse problems also come into play when it comes to abusers.

MYTH: Child abuse doesn't happen in "good" families. Abuse crosses all racial, economic, and cultural lines. Appearances aren't everything.

MYTH: Most child abusers are strangers. Abuse by strangers can happen but most abusers are family members or other people close to the family.

MYTH: Abused children always grow up to be abusers. The cycle can be stopped. Children who are abused are more likely to repeat the cycle as adults – unconsciously repeating what they experienced as children. The good news is that many adult survivors of child abuse are motivated to protect their children against what they went through.

Source: helpguide.org