

## Years later there may still be problems

- \* Depression
- \* Feelings of isolation
- \* Troubled relationships
- \* Self-destructive behaviour
- \* Lack of direction or motivation
- \* Problems raising children:
  - Some adults who have been abused as children .....
  - ◇ cannot cope with the stress of raising children
  - ◇ cannot feel close to their children, although they would like to
  - ◇ abuse their children

## The Cycle of Abuse can be broken

### THE CRISIS CENTRE:

24-HOUR HOTLINE:  
**328-0922**

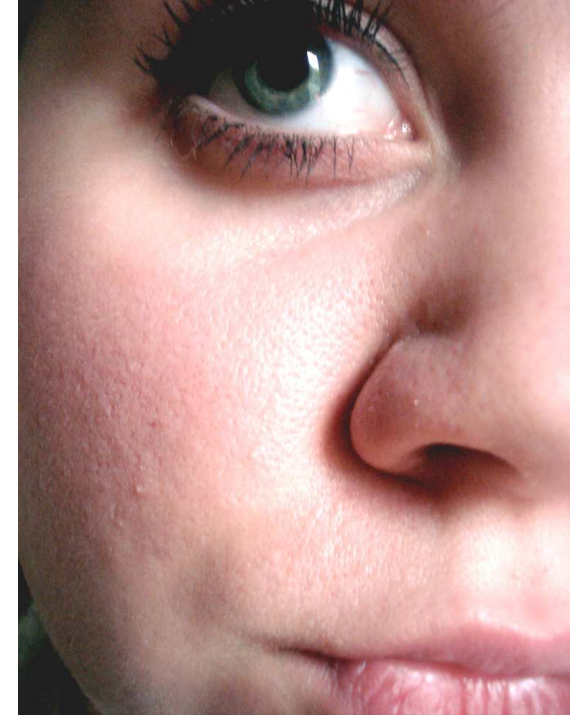
e-mail:  
bahamascrisiscentre@yahoo.com  
www.bahamascrisiscentre.org

**Family Violence Unit:  
356-3350**

Child Abuse Hotline:  
**322-2763**



## ADULTS ABUSED AS CHILDREN



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## Who are adults abused as children?

They are grown-up survivors of child abuse. They come from all races, religions and socio-economic groups.

They have experienced:

### ⇒ **Physical abuse**

-beating, shaking, shoving, kicking, bruising, burning, choking. Their physical needs may also have been neglected.

### ⇒ **Emotional abuse**

-excessive yelling, criticizing, ridiculing, failing to provide guidance and love, threatening abandonment or physical harm.

### ⇒ **Sexual abuse**

-indecent exposure, sexual touching, fondling, sexual intercourse. Boys as well as girls are sexually abused. It may happen just once, or many times.

Adults who have been abused as children may experience any of the following:

- ◆ Low self esteem
- ◆ Violent or destructive acts
- ◆ Drug or alcohol abuse
- ◆ Troubled marriages
- ◆ Problems at work
- ◆ Thoughts of suicide
- ◆ Eating disorders
- ◆ Sexual problems
- ◆ Sleeping problems
- ◆ Depression
- ◆ General anxiety

## It is never too late to get help

Many adults struggling with these problems have no idea that abuse in their childhood may have been the cause.

Treatment is available and adults abused as children can move forward to a happier life.

