

可以在哪裡得到協助

Where to get help

NSPCC保護兒童專線	NSPCC Child Protection Helpline
24小時熱線電話	Helpline (24-hour) 0808 800 5000
聽覺人士專線	Textphone for deaf and hard of hearing people 0800 056 0566
傳真信箱	Email help@nspcc.org.uk
	Website www.nspcc.org.uk

提供任何關於受虐兒童的免費諮詢服務。您可以匿名與我們聯繫。而且，我們備有專業的翻譯人員協助非英語系國家的求助者溝通。
We provide free advice to anyone concerned about a child at risk of abuse. You can call anonymously and the helpline offers an interpreter if your first language is not English.

華人社區	Wai Yin Chinese Women Society
曼徹斯特及英格蘭西北部	(Manchester and North West England)
電話	Telephone 0161 237 5908
傳真信箱	Email info@waiyin.org.uk
	Website www.waiyin.org.uk

請撥打以上所提供的電話號碼以獲取進一步的資料。
Please call the number above for further information.

華人協會	Chinese Mental Health Association
倫敦及英國	(London and the UK)
電話	Telephone 020 7613 1008
熱線電話 (每週一至五 下午四時至六時)	Helpline (Mon-Fri: 4pm-6pm) 0845 122 8660
傳真信箱	Email info@cmha.org.uk
	Website www.cmha.org.uk

提供英國當地華人所需要的心理方面協助。
We provide community-based mental health assistance and support for the Chinese community.

甚麼是“虐待兒童”?

What is child abuse?

- 虐待兒童(或是用殘忍的方式對待兒童)是一種導致兒童生理與心理上受到重大創傷的行為。對於兒童來說，將造成最直接的影響及長期的傷害，嚴重的更可能會導致死亡。無論在任何社會、或是任何文化，這種行為都是絕對不可原諒的。
- 虐待兒童也包括知道某個孩子受到虐待卻不採取任何保護的行動。
- 在虐待兒童的案例中，通常施虐者很少是陌生人 - 他們通常是家庭成員的一份子或是孩子認識的人。
- 如果你關注到某個孩子，請與NSPCC的二十四小時免費保護兒童服務專線聯絡 0808 800 5000。
- Child abuse (or cruelty to children) is behaviour that causes significant harm to a child's physical or emotional well-being. Child abuse can have immediate effects on a child. It can also cause long-term damage to a child, or sometimes even death. It can never be justified, in any society or culture.
- Child abuse includes knowing that a child is being abused and failing to protect the child.
- Child abusers are rarely strangers – they are usually a member of the family or someone that the child knows.
- If you have concerns about a child, contact our free, 24-hour NSPCC Child Protection Helpline 0808 800 5000.

可以為他們做些甚麼?

讓兒童免於受虐是每個人的職責。相信自己的判斷並採取適當的行動。做一位受虐兒童可以安心求助的對象。如果有兒童向你訴說他們受虐的經過，請清楚的讓這些兒童知道你非常重視他們告訴你的一切，並且將協助他們。你可以與他們“ChildLine”的免費專線(24小時協助): 0800 1111，或與直接與社會服務單位聯絡。如果兒童處於具有生命威脅的環境中，請立刻撥打 999。

需要幫忙的家長

傾聽 - 有時候，聊天或交談是他們唯一需要減輕壓力的方式。

- 提供實際的幫助; 例如照顧兒童和協助購物等等。
- 協助家長尋求援助的管道

家長的你，如何幫助自己

當你感到壓力時，請尋求家人的協助 - 大部份的家長隨著時間而承受愈來愈大的壓力。

當你感到有壓力時，請求於你的家人或是朋友。他們可以暫時替你照顧小孩。這時候你可以好好利用這段時間做一些想做的來放鬆自己。

隨時尋求協助及建議。你

並不孤單，你一定會得到你所需要的幫助。

- 學習兒童健康成長相關的知識，用正面及樂觀的態度來培育你的孩子。
- 清楚及了解孩子在校內的狀況，以及了解學校對於兒童受到虐待時，將採取什麼處理方式。
- 多花時間聆聽孩子的心聲，了解他們所說的，他們的想法和行為。

Types of abuse

- Physical abuse includes hurting or injuring a child, inflicting pain, poisoning, drowning or smothering (examples: hitting a child so hard that it bruises them or breaks their bones).
- Neglect includes the persistent lack of appropriate care for a child, including love, stimulation, safety, nourishment, warmth, education and medical attention (examples: leaving a young child alone at home in a manner likely to cause unnecessary suffering or injury to health).
- Emotional abuse includes repeatedly rejecting a child, humiliating them or denying their worth and rights as human beings (examples: telling a child she/he is useless or worthless, constantly swearing at and threatening a child).
- Sexual abuse includes direct or indirect sexual exploitation or corruption of a child by involving them in inappropriate sexual activities (examples: fondling a child's private parts, having sex with a child).
- Discrimination, harassment and bullying are also types of abusive behaviour.

養不教，父之過

- 三字經

“It is wrong for parents to just feed and clothe their children without educating them”

- Three Character Classic

愛與敬，其政之本也

- 禮經

“To love and respect others is the basis of building a family”

- Classic of Rites

疑似受虐的徵兆

身上的徵兆

傷，擦傷，瘀傷
傷痕出現於身體上不尋
常的部位)
面部受傷
燙傷和灼傷

- 眼部/耳部受傷
- 骨折
- 營養不良(或體重驟降)
- 衛生欠佳
- 皮膚健康狀況欠佳
- 疲倦/勞累

行為上的徵兆

精神不安，焦慮或苦悶
躁
恐懼(例如: 對某些成年人
特別恐懼，並且不願意與
他們獨處)
眉苦臉，悲傷
服從，不順從
默寡言，孤僻
例如: 對甚麼都不感興趣)
經常尖叫，哭泣
現出極度依賴、恐懼獨
立的行為
學校的表現欠佳(或者
突然一反常態的表現欠佳)

- 會有酗酒,吸毒的習慣
- 有重覆行為
- 有自殺傾向
- 有自殘的傾向(例如: 割
腕、用香煙燙灼自己的身
體)
- 希望吸引注意的行為
- 衣著異常單薄
- 衣著過度(可能試圖掩飾
身體上的傷痕)
- 對於性，表現出不適當的
舉止及反應
- 使用與兒童年齡不符的不
適當性用語

Possible signs of child abuse

Physical signs

- cuts, abrasions and bruises
(in unusual areas of the body)
- head injuries
- burns and scalds
- eye/ear injuries
- fractures
- malnutrition (or sudden
loss of weight)
- poor hygiene
- poor skin health
- tiredness/fatigue.

Behavioural signs

- anxiety
- aggression
- fear (eg. fear of particular
adults and not wanting to be
alone with them)
- sadness
- disobedience/defiance
- withdrawn (eg. showing no
interest)
- screaming/crying
- extreme clinging behaviour
- poor school performance (or
sudden poor performance)
- alcohol/drug abuse
- obsessions
- suicidal thoughts
- self-mutilation (eg. cutting on
wrists, cigarette burning)
- attention-seeking behaviour
- being under dressed
- being over dressed
(possibly to cover
any bruises)
- inappropriate sexual
behaviour
- inappropriate sexual
language for their age.

知道蓄意對孩子動粗或傷害孩子將構成虐待兒童嗎？

Do you know that deliberately bruising or injuring a child is child abuse?

Do you know a child who fears regular adults or is reluctant to be alone with them?

你是否知道某個孩子，他對某些成年人特別恐懼或是不願意與他們獨處？

是否知道經常羞辱或粗言惡語辱罵兒童都是虐待兒童的一種嗎？

Do you know that constantly insulting, swearing at or humiliating a child is child abuse?

Do you know that leaving a child alone, dirty, hungry or inadequately dressed could be child abuse?

你知道如果你讓孩子獨處而置之不理，無視於孩子處於骯髒、飢餓，又或者使孩子衣物不足夠等等，都可能構成虐待兒童嗎？

當孩子不停哭泣時，你感到煩躁和緊張、覺需要人協助嗎？

Do you feel stressed out with a young baby crying constantly and need help?

Are you concerned about a child who displays sexually inappropriate behaviour?

你是否關注到某個孩子做出不適當的性舉動？

這本小冊將讓你對虐待兒童有正確的認識，並教導你如何保護我們的孩子。

Be informed! This booklet will inform you about what child abuse is and what you can do to protect our children.

你可以在哪裡尋求協助

Where to get help

Home-Start

熱線電話	Helpline	0800 068 6368
網址	Website	www.home-start.org.uk

招募及訓練義工: 目的是希望他們能夠為那些飽受壓力的家庭提供援助
Recruits and trains volunteers to support families under stress with young children at home.

Parentline Plus

(僅限於英格蘭和威爾斯) (England and Wales only)

24小時熱線電話	Helpline (24-hour)	0808 800 2222
聽障人士專線	Textphone	0800 783 6783
網址	Website	www.parentlineplus.org.uk
電子信箱	Email	parentsupport@parentlineplus.org.uk

提供家長們免費以及保密的協助
Provides free confidential support for anyone in a parenting role.

National Child Protection Helpline

(僅限於蘇格蘭)	(Scotland only)	
24小時熱線電話	Helpline (24-hour)	0800 022 3222
網址	Website	www.infoscotland.com/childprotection

提供關心受虐兒童的人相關資訊，以及如何為受虐兒童盡一份心力。
Provides information to the public about what steps to take if they are concerned about a child.

ParentLine Scotland

(僅限於蘇格蘭)	(Scotland only)	
服務電話 (每週一/三/五: 9am-5pm ; 每週二/四: 9am-9pm)	Helpline (Mon/Wed/Fri: 9am-5pm; Tue/Thu 9am-9pm)	0808 800 2222
網址	Website	www.children1st.org.uk/parentline

提供在蘇格蘭所有照顧兒童的人，保密及免費的服務。相關事項主要由 CHILDREN 1ST 負責處理。
Free confidential helpline for anyone caring for a child in Scotland. Run by CHILDREN 1ST.