

擔心孩子嗎? Worried about a child?
如何保護孩子遠
離傷害和虐待 How you can protect
children from abuse



Wai Yin
慧妍社
Chinese
Women
Society



英國華人社會論壇

NSPCC 
Cruelty to children must stop. FULL STOP.™

你知道蓄意對孩子動粗或是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 particular 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？

你是否知道經常羞辱或粗言穢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？

當嬰孩不停哭泣時，你會感到煩躁和緊張、覺得需要人協助嗎？

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？

這本小手冊將讓你對虐待兒童有正確的認識，以及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.

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.

不同類型的虐待

- 生理上的虐待: 令孩子的身體受到傷害或感到疼痛，向孩子處以不合理的刑罰，企圖毒害、使其溺斃或窒息…諸如此類 (例如: 劇烈毆打孩子，造成瘀傷、或骨折)。
- 忽視型的虐待: 對兒童長期缺乏給予適當的關心，包括愛、鼓勵、安全感、培育、溫暖、教育以及醫療照護 (例如: 將孩子留在家中獨處置之不理，孩子因被漠視而造成不必要的痛苦，或傷害到健康狀況)。
- 心理上的虐待: 一再的拒絕孩子，言語羞辱、否定他們的存在價值和人權 (例如: 怒罵孩子沒用，或是經常用難堪的言語對孩子咆哮和恐嚇他們)。
- 性虐待: 直接或間接的侵犯，對兒童有不適當的性舉動 (例如: 觸碰孩子的私密部位，與孩子發生性行為)。
- 歧視，騷擾和欺凌都是屬於虐待。



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

生理上的徵兆

- 割傷，擦傷，瘀傷
(傷痕出現於身體上不尋常的部位)
- 頭部受傷
- 燒燙傷和灼傷

- 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

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.

行為上的徵兆

- 精神不安，焦慮或苦悶
- 暴躁
- 恐懼 (例如: 對某些成年人特別恐懼，並且不願意與他們獨處)
- 愁眉苦臉，悲傷
- 不服從，不順從
- 沈默寡言，孤僻
(例如: 對甚麼都不感興趣)
- 經常尖叫，哭泣
- 表現出極度依賴、恐懼獨處的行為
- 在學校的表現欠佳 (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

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.

你可以為他們做些甚麼？

保護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。如果有任何兒童向你訴說他們受虐的經過，請清楚的讓這些兒童知道，你很重視他們告訴你的一切，並且將協助他們。你可以提供他們“ChildLine”的免費專線(24小時協助): 0800 1111，或是直接與社會服務單位聯絡。如果兒童處於具有生命威脅的危險環境中，請立刻撥打 999。

協助需要幫忙的家長

- 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

身為家長的你，如何幫助自己

- 當你感到壓力時，請尋求他人的協助 - 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，請求助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事來放鬆自己。
- 即時尋求協助及建議。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。

What you can do

Keeping children safe from abuse is everyone's responsibility. Trust your judgement and take action.

Be someone to turn to for a child. If a child tells you that they are being abused, make it clear to them that you take what they have told you very seriously and that you are going to help them. You could provide them with ChildLine's free and confidential 24-hour helpline number: 0800 1111. Or you can contact social services. If the child is in immediate life-threatening danger, call 999.

Support a struggling parent

- Offer a listening ear – sometimes a chance to talk may be all that is needed to relieve some stress.
- Offer practical help like caring for the children or doing the shopping.
- Help parents to find and access support or a service.

Parents: help yourself

- Find someone to turn to if you're under stress – all parents become stressed from time to time.
- Ask a friend or family member to help if you are under stress. They could baby-sit. Take this time to do something that you enjoy.
- Seek help and advice. Help is available.
- Learn about healthy child development and positive ways to raise your child.
- Know what goes on in your children's school and how their school responds to issues of child abuse and bullying.
- Take time to seriously listen to your child to understand what the child is saying and doing, and why.

你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
聽障人士專線

Helpline (24-hour)
Textphone for deaf and
hard of hearing people

0808 800 5000
0800 056 0566

電子信箱
網址

Email **help@nspcc.org.uk**
Website **www.nspcc.org.uk**

我們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，並且，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。
Provides 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.

慧妍社

Wai Yin Chinese Women Society

(曼城及英格蘭西北部)

(Manchester and
North West England)

電話
電子信箱
網址

Telephone **0161 237 5908**
Email **info@waiyin.org.uk**
Website **www.waiyin.org.uk**

詳情請撥打以上所提供的電話
Please call the number above for further information.

華心會

Chinese Mental Health Association

(倫敦及英國)

(London and the UK)

電話
熱線電話 (每週一至
五: 4pm–6pm)
電子信箱
網址

Telephone **020 7613 1008**
Helpline **0845 122 8660**
(Mon–Fri: 4pm–6pm)
Email **info@cmha.org.uk**
Website **www.cmha.org.uk**

我們提供英國當地華人所需要的心理方面協助
Provides community-based mental health assistance and support for the UK's Chinese community.

你可以在哪裡尋求協助

Where to get help

Home-Start

熱線電話
網址

Helpline
Website

0800 068 6368
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
聽障人士專線
網址
電子信箱

Helpline (24-hour)
Textphone
Website
Email

0808 800 2222
0800 783 6783
www.parentlineplus.org.uk
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)
24小時熱線電話
網址

(Scotland only)
Helpline (24-hour)
Website

0800 022 3222
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)
服務電話 (每週
一/三/五: 9am–5pm ;
每週二/四: 9am–9pm)
網址

(Scotland only)
Helpline
(Mon/Wed/Fri: 9am–5pm;
Tue/Thu 9am–9pm)
Website

0808 800 2222
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.

Parents Advice Centre

(僅限於北愛爾蘭)

(Northern Ireland only)

熱線電話

Helpline

0808 801 0722

網址

Website

www.parentsadvicecentre.org

對於家庭問題，為家長們提供援助和指引。

Provides help, support and guidance to parents on any family problem.

政府服務機構

Government services

Social services (英國與威爾斯)，social work services (蘇格蘭) 以及 the health and social services trust (北愛爾蘭) 主要在提倡兒童福利以及兒童照護。同時，他們也安排這些家庭得到援助，以及負責疑似受虐兒童的調查及評估。如果您想要搜尋當地的兒童服務機構，請參閱網址

www.direct.gov.uk 或 Citizens Advice Bureau

(**www.citizensadvice.org.uk**) 查詢電話，圖書館，服務熱線。

Social services (England and Wales), social work services (Scotland) and the health and social services trusts (Northern Ireland) are generally responsible for taking action to promote the welfare of children and for trying to keep them with their family. They can arrange for families to receive support. They also have a duty to inquire into concerns when a child may have been abused. You can find out about your local services from **www.direct.gov.uk**, a telephone directory, your local library, a telephone helpline service or the Citizens Advice Bureau (**www.citizensadvice.org.uk**).

緊急狀況時，請撥打**999**報警
(例如，發現任何兒童受到虐待)

In an emergency, call the police
on **999** (example: if you see a
child being abused).