

## Effects of abuse on personal health

### The impact on the individual

Abuse affects your personal health. It changes your relationship with others, how you feel about yourself, how healthy your body is, how well you do at school and how you behave.

#### Activity: A case study of abuse

*My name is Sandy. I'd like to tell you what happened to me behind closed doors.*

*My dad would go out every Friday night and get drunk. I would hear him arrive home. I would hear my parents argue. I used to listen to the shouting. Sometimes, my dad would hit my mom. My brother and I would try to stop him, but he would scream at us and call us horrible names.*

*One day, I came home from school and my dad was in my room. He asked, "Why is this room such a mess?" I tried to explain that I was busy with a project, but he would not listen. "You are stupid and lazy!". He grabbed me by the hair and hit my head against the wall. He locked my bedroom door and said I was not allowed to come out for supper. I knew it was my fault and that I should have tidied up my room before my dad came home. My stomach was sore, and I had a terrible headache. I cried most of the night.*

*The next day at school, I didn't tell anybody what had happened, but almost fell asleep in class because I was so tired. That night, my dad said that he was sorry and gave me a gift.*

1. What does it mean when you say something happened "behind closed doors"?
2. Sandy is keeping a secret from her friends. Is it good or bad? Explain
3. Do you agree with Sandy when she says: "I knew it was my fault and that I should have tidied up my room before my dad came home"? Justify your answer.
4. Do you think Sandy thinks she is special and unique? Explain.
5. How is the abuse affecting Sandy's physical health?
6. Is the abuse influencing Sandy's schoolwork? Justify your answer