

# **An Indepth Insight into Child Abuse and its Impact on Personality of Victims**

Shamim Soomro  
Zareen Abbasi  
Farah Lalani

## ***Abstract***

*This paper highlights the issue of child abuse and its existence in Pakistan, alongside critically analyzing the causes and effects of it. Firstly, child abuse and its types- physical, sexual, emotional and neglect are explained in detail. The prevalence of child abuse in Pakistan is discussed with the help of latest statistics available from child welfare and protection NGOs such as Sahil. Then, a critical analysis is carried out which examines the causes and effects of child abuse, explaining the impact of child abuse on the individual as well as society. Finally, the paper proposes a set of recommendations to deal with the menace of child abuse in Pakistan. The recommendations entail treatment techniques as well as prevention measures, which if adapted, can help the country in overcoming the grave issue of child abuse, thereby providing the children with a safe and secure environment to grow and develop.*

## **Keywords:**

Child, offence, abuse, prevention, negligence, violence

## **Introduction**

Child Abuse refers to the physical, emotional or sexual maltreatment or disregard of a child or children. The Journal of Child Abuse and Neglect lays out the definition of child abuse as any recent attempt or failure of response by a parent or warden, leading to death, severe physical, emotional or sexual neglect or abuse, thereby an attempt or failure to attempt which carries high risk of serious damage. Thus, child abuse results in the child being hurt by the offender in a manner that causes considerable harm, in that way, effecting the child's wellbeing, growth and health, through either force or lapse. Child abuse can take place at the child's house, school, organizations, streets,

marketplaces, etc. The abusers are often referred to as ‘pedopath’. Child abuse, particularly physical and sexual abuse, has been on the rise in Pakistan over the years with the number of cases increasing by 2.26% in the year 2012. Children have been continuously suffering from this curse while the offenders have been moving freely as law implementation remains weak in the country (What Is Child Abuse and Neglect?, 2008).

## **Description**

### ***Types***

#### **Physical Abuse**

Physical Abuse entails hurting a child by means of hitting, smashing, burning, poisoning, throwing, drowning, suffocating or any other such act. The attempt to injure the child may be deliberate in some cases while not in others. It may also be in the form of strict discipline or severe punishment being given to the child by the parent or the caretaker. It entails maintaining discipline through physical harm and inappropriately punishing the children such as hitting with belts, sticks, etc. Negligence on the part of parent or caretaker, leading to ill health of the child is also regarded as physical abuse. Physical abuse is associated with unpredictability, anger and fear. The child never knows what to expect from the parent or the caretaker or in other words, what behaviour or act will prompt rage and consequently, a physical attack. The caretakers or parents, who indulge in physical abuse, manage to instil their fear in the hearts of the children through stern control and unpredictable reactions. Children suffering from physical abuse tend to constantly focus on evading the anger of the custodian, instead of growing and developing their personalities (Smith & Segal, 2012).

In Pakistan, physical abuse towards children is not uncommon. In fact, at madrassas and various schools, beating children is considered to be a culturally tolerable way of inducing obedience and discipline. Every other day, there are numerous cases reported about teachers physically harming students not only in rural areas but in urban areas as well. Though legislations banning physical abuse exist in most parts of the country, yet their execution and implementation remains fragile (Fayyazuddin, Jillani, & Jillani, 1998)

### **Sexual Abuse**

Sexual Abuse is another form of child abuse which is considered to be quite complicated primarily due to the element of guilt and shame being involved in it. In this form of abuse, child is offended by an adult or adolescent for the purpose of sexual stimulation. Child sexual abuse can involve forcing the child into sexual intercourse, indecent exposure of sexual parts of the body to the child, exposing the child to pornography, viewing the child's sexual parts of the body without contact, or making use of the child in developing pornographic movies. Hence, exposing the child to any type of sexual scenario or substance is regarded as sexually abusive, irrespective of physical contact.

It is startling to know that on most occasions, child's acquaintances or relatives, whom the child trusts, are involved in this type of abuse. Not only girls, but boys also suffer from sexual abuse; though their cases remain mostly underreported mainly due to guilt and disgrace involved. The effects of sexual abuse can be quite traumatic with the child suffering from self-blame, shame, dishonor. In addition, the child may also undergo insomnia, nightmares, flashback memories, fear, anxiety, chronic diseases, sexual dysfunction, addiction of sexual habits, personality disorder, etc (What Is Child Abuse and Neglect?, 2008).

Child sexual abuse is another major crime that takes place in Pakistan on a relatively large scale, mainly due to poor implementation of regulations and lack of law enforcement. With reference to child sexual abuse in Pakistan, in 2011, the number of cases increased by 2.26% to 2303 in total. As far as the numbers are concerned, 505 rape/sodomy cases took place, followed by 279 gang rape/sodomy cases and 141 attempted rape/sodomy cases. According to the data compiled by NGO Sahil, 28% of the abused were boys while 72% were girls (Fatima, 2012).

### **Emotional Abuse**

Emotional abuse, also known as psychological abuse is detrimental for a child's mental growth as well as psychological and social development. It is quite difficult to define emotional abuse as it may encompass:

- Continuous humiliation in the form of ridicule, belittling or rejection.

- Intimidation by threatening, unnecessary scolding or bullying.
- High degree of criticism with low affection and care.
- Not calling by the child's name and using abusive terms or names to call him or her.
- Confining the child to a very restricted environment with no contact or communication with other children.

The children who become victims of emotional abuse may react in different ways. They might detach themselves from the offender or retaliate by insulting the offender. In other instances, the affected children tend to feel the guilt themselves for the abuse, thereby exhibiting passive conduct.

In Pakistan, emotional abuse also takes place considerably with children being taunted, made fun of and humiliated by parents, caretakers, acquaintances, etc. Often step children face emotional rejection from their step-parents. Similarly, on occasions; uncles, aunts, neighbours, teachers, relatives and strangers are found to be involved in emotional abuse of children (Smith & Segal, 2012).

### **Neglect**

Neglect is a form of child abuse in which the parent, guardian or the caretaker persistently fails to meet the fundamental physical and psychological needs of the child, thereby causing grave damage to the child's growth and development. Ill-treatment of mother or substance use during pregnancy is a very critical form of child neglect (Sahil: Against Child Sexual Abuse, 2012).

There could be various other forms of neglect such as:

- Physical neglect – Failing to provide the child with basic physical needs such as food, shelter or clothes.
- Medical – Failing to provide the child with needed medical or health treatment.
- Emotional – Ignoring the emotional needs of the child and not providing the necessary psychological warmth, affection and care.
- Educational – Failing to cover the educational needs of the child.

However, not all the above scenarios depict child neglect as in certain instances; poverty, religious or cultural beliefs might play a bigger role. However, child neglect also occurs in Pakistan as cases get reported in which expectant mothers are maltreated during pregnancy, father abandons the family thereby neglecting the physical and psychological needs of his children, or parents use of substance such as alcohol deprives the children of care and affection (What Is Child Abuse and Neglect?, 2008).

### **Prevalence in Pakistan**

Pakistan has been suffering from the curse of child abuse over the years with statistics going up with the passage of time. Pakistan, being a developing country, has always found itself in a difficult situation as far as social problems and domestic violence is concerned. Moreover, statistics at government level are not available; hence the reliance has been on national nongovernmental organizations (NGOs) such as Sahil and international bodies such as UNICEF. According to UNICEF Report, the population of adolescents in Pakistan is 41 million approximately (The State of the World's Children 2011, 2011).

The statistics of child abuse occurrence in Pakistan are compiled by the NGO Sahil on the basis of the articles and records in 65 daily National, regional as well as local newspapers. The statistics and figures show that child abuse prevails in Pakistan on quite a large scale. Child sexual abuse cases soared up by 2.26 percent with 2303 children being abused in the country during 2011, though several child abuse cases, especially those which take place within the family, are never reported. Abduction cases have also been on the rise rising from 850 in 2010 to 1112 to in 2012, which means that every other day, 3 children are abducted on average. There were total 4846 aggressors who abused 2303 children. Of the perpetrators, the largest group was of acquaintances, followed by strangers and then family members or relatives. Acquaintance can be anyone close to the victim and his or her family such as teacher, neighbour, servant, etc. So far as girls are concerned, the most vulnerable age bracket is 6-18 years, while in the case of boys, it is 6-15 years age bracket. Records accumulated by Sahil demonstrate that this shameless crime can take place anywhere at any time. 88% of the reported sexual abuse cases took places within

the walls; on the other hand, 12% took place in open area. 60% of the total cases reported took place in rural areas while 40% in urban areas. Considering the province-wise division, 79% cases occurred in Punjab, 10% in Sindh, 4% in Khyber Pakhtun Khwah, 6% in Balochistan and Islamabad, and 1% in Azad Jammu Kashmir and Gilgit Baltistan. 74% of all these cases got registered with the local police while 24% were never registered and 2% cases remained unidentified.

According to the data compiled by Sahil, perpetrators also include police officers, doctors, drivers, etc (Fatima, 2012).

## **Analysis**

### ***Causes***

Child Abuse is an intricate phenomenon with multiple complex causes. Though it is widely believed that child abusers are usually mentally disordered people, yet less than one tenth of the abusers are reported to be mentally ill. In most cases, the abusers are normal human beings, though their personalities tend to be a bit immature, which leads to physical, emotional, or sexual abuse. Child abuse tends to spring up from a composite blend of personal, cultural and social factors. Thus the causes of child abuse can be grouped as Intergenerational transmission of violent behaviour, social and communal stress, social isolation, and family structure.

- **Intergenerational Transmission of Aggression and Violent Behaviour** - Often children tend to inherit as well as learn aggression and violence from their parents. Consequently, when they grow up, they abuse their own children, hence, the abusive behavior tends to pass on from generation to generation. It has been found on the basis of research that 30% of the children who were abused in their childhood grow up to become abusive parents. On the other hand, only 2 to 3% of all persons turn out to be abusive parents. Children brought up in abusive environment may take on abusive behavior as a basis for bringing up their own children. Yet the greater portion of abused children does not develop into abusive parents or guardians. An important factor of whether or not an abused child grows into an abusive adult depends on whether the child comprehends that the behavior was

incorrect. Children who come to the conclusion that the abuse inflicted on to them was justified become abusive parents in more instances than those children who believed that the abuse done to them was not justified.

- **Social and Communal Stress** – The risk of child abuse within a family increases due to social stress, which may result from a variety of factors. These factors entail sickness, unemployment, deprived housing environment, large family size, presence of a disabled person or newborn baby at house, or even the demise of a family member. In Pakistan, most of the reported cases tend to be associated with families suffering from poverty. Though child abuse cases also take place in middle-class and affluent families, yet such families do not report these cases due to the fear of losing prestige in the society. The use of substance such as alcohol and drugs is quite widespread among abusive parents and caretakers. It not only exacerbates stress but also kindles violent and aggressive behavior. Moreover, when children are mentally retarded or suffer from physical or growth disabilities, the parent's or caretaker's stress increases and the risk of abuse also augments.
- **Social Isolation** – The abusers, parents or caretakers, in most cases are found to be socially isolated. These aggressors mostly tend to be the victims of seclusion having little contact with the outside world. They are usually not associated with any community associations and have very poor communication with friends and relatives. The dearth of social contacts aggravates the social stress of the abusers. Further, little or no communication with the community results in lack of alignment with community standards, ethics and values. Hence, such people deviate away from the established morals and principles of society and religion, consequently, committing wicked crimes such as child sexual abuse.
- **Family Structure** – Some families are more prone to the danger of child abuse and neglect, compared to others. For instance, a single-parent family faces more problems, economically as well as socially, resulting in greater stress, and thereby gets exposed to the increased risk of child abuse. Families, in which relationships between husband and wife are poor, leading to spousal abuse, tend to have greater child abuse rates than families with amicable

spouse relationships. Moreover, families where the house is dominated by either parent taking crucial decisions single handedly such as how many children to have, when to have them, how much spending to be made – usually have greater rates of child abuse than families where parents take decisions together with equivalent responsibility (Causes of Child Abuse).

- **Unintended Pregnancies** – Those children, who result from unwanted pregnancies, mainly due to events such as forced sexual intercourse, rape, or denial of abortion despite father's demand; tend to suffer from abuse or neglect in most cases. Since unwanted pregnancies are more often than not linked with offensive relationships, hence they also entail high risk of physical torture and aggression during pregnancy. This may aggravate the health and psychological conditions of the mother, leading to poor quality relationship between mother and child (Brown & Eisenberg, 1995).
- **Cinderella Effect** – In 1988, research was conducted in the United States about the murders of children. The results of the research established that children are 100 times more likely to be murdered by a non-biological parent such as step-parent; than by a biological parent (Roach & Pease, 2011). It is often observed that stepchildren tend to be at greater danger of being abused or neglected. This is usually known as the Cinderella effect. This term describes that on the basis of several studies conducted; stepchildren have a much greater rate of being neglected, abused, murdered or mistreated by stepparents than by genetic parents. The term derives its name from the character Cinderella of a fairy tale story. The effect is explained by evolutionary psychologists, who argue that parents are selective and discriminative in their love and care, and hence tend to favour their own off springs as far as the investment of resources is concerned (Daly & Wilson, 1999).

### **Effects**

The effects of child abuse can be quite varying, differing for every survivor. The impact depends upon a variety of factors such as the victim's age, the extent of the abuse, type of association with the offender, number of offenders, and the brutality of the attack. The effects of child abuse can be grouped into four categories: physical,

psychological, behavioural and societal. However, these categories are linked with each other as one effect can trigger another, consequently making separation of categories difficult. Physical effects such as impaired brain growth can lead to psychological issues such as mental disorders or emotion destruction. Psychological difficulties may lead to dangerous behaviours, for instance, the child may begin to consume alcohol, cocaine or other drugs, which in turn can lead to social violence. Hence, the effects of child abuse often tend to function in a chain.

- **Physical Health** – The physical effects of child abuse can vary from minor cuts or marks to brutal bruises, blood loss, disability and even death. In few cases, physical effects can be temporary, while in other cases, their impact can last for a much longer period. A common type of child abuse is shaking a baby. The damage caused by this practice may not be distinctly visible but it can result in internal bleeding in the brain or eye, in addition to injury to the neck or spinal cord alongside bone ruptures. Child abuse can hinder the growth and development of brain, leading to mental illness as well as long term effects in the form of impairment of cognitive, intellectual and language abilities. When the abused children grow up into adults, they may encounter physical problems such as asthma, high blood pressure, ulcer, allergies, etc.
- **Psychological Problems** – The instant emotional impact of child abuse includes fright, loneliness and incapability to trust and believe. However, in the long term, these immediate effects can transform into permanent consequences such as dejection, depression, low self-esteem alongside relationship complexities. Children may suffer from despair and symptoms of withdrawal upon experience of any type of abuse. In a study conducted, it was found that 80% of adults who had undergone abuse during their childhood, suffered from no less than one psychiatric disarray at the age of 21. The problems demonstrated by them included fear, hopelessness, suicide attempts, eating disorders and other mental disorders (Silverman, Reinherz, & Giaconia, 1996). Such adults may also experience anger, panic disorder, frustration, and various types of disorders such as posttraumatic disorder, hyperactivity

disorder, etc. Studies have shown that abused children tend to face cognitive intricacies as well, which has a negative impact on their intellect, language development and scholastic performance. Thus, such children are prone to becoming antisocial and rebellious with possible personality disorders and aggressive demeanor.

- **Behavioural Problems** – The victims of child abuse also go on to face behavioural problems even at the tender age of below five. It has been found from research and case studies that abused children demonstrate behavioural problems 25% more than normal children. The behavioural issues exhibited by them include felony, poor academic performance, drug habits alongside teen pregnancy (Kelley, Thornberry, & Smith, 1997).

On reaching adolescence, such individuals are more likely to get involved in illegal sexual affairs, in that way, becoming prone to sex related diseases. Further, child abuse victims may also get associated with crime and execute juvenile felony and other acts of violence and aggressive behavior. They may also get addicted to drugs, alcohol, cigarettes, cocaine, heroin in addition to becoming a part of drug trafficking, prostitution and the sex industry. In this manner, the abused children upon reaching adulthood may themselves assault other children as well as their own children. In Pakistan, there are high chances of such victims getting engaged in militancy too (AFP, 2011).

- **Societal Problems** – Though child abuse and neglect, on most occasions, takes place within the family, yet the impact looms over the entire society. The consequences of child abuse are faced by the entire society through direct and indirect costs. Direct costs can be interpreted in terms of the costs of developing and managing child welfare organizations which provide treatment and counseling to the victims of child abuse. Direct costs can also be associated with the spending resulting from legal, judicial and health issues. Indirect costs can be linked with the overall economic impact of child abuse which prevails over long periods of time. These costs entail the expenditure brought about by teen and adult crimes, mental disorders alongside drug usage and social cruelty. Further, the indirect costs also spring up from loss of production and yield, which is caused by joblessness as well as

underemployment, cost of counselling services, and extensive use of the health care services (Long-Term Consequences of Child Abuse and Neglect, 2008).

## **Recommendations**

### ***Treatment***

The treatment for physical and sexual abuse in children is similar to the treatment which takes place in case of any injury, bruise or cut. The victims need to be thoroughly examined by the doctor to treat any disease which is sexually transmitted. Females need to be examined for pregnancy and medicines are given to them in order to prevent pregnancy. After physical treatment, the abused children should be provided with mental health psychotherapy.

Cognitive Behavioural Therapy has been found quite useful in treating the physically and sexually abused children. The therapy centers its attention on the abuse itself, concentrating on the child's thought patterns, emotional reactions and behavioural responses. The child's feelings and thoughts of self blame should be addressed; bringing about a realization that he or she was not at fault, instead the offender is culpable. Other forms of mental health treatments include child-parent psychotherapy in which the relationship between children and parents is improved to curb any sort of neglect or abuse on the side of the parents. Similarly, treatments such as play therapy, art therapy and group therapy can be employed to aid the victims in redeveloping their thoughts as well as their personalities. Art therapy and play therapy, which involve making drawings, paintings, or playing certain games, can be particularly useful in learning about the child's feelings and present state of mind. In this manner, the therapist will be better able to analyze the child's emotions and personality, thereby leading to a better treatment and recovery of the child (Lipovsky).

The case of the abuse must be reported to the local police as well as child protection and welfare organizations such as Sahil, ROZAN, etc. After the filing of the case, the police must initiate the investigation process to protect the abused child from any kind of further threat from the offender. Meanwhile, the child protection and welfare organizations should work on the case simultaneously, highlighting it in the media and creating awareness about it in civil

society, lawyer's forums as well as in governmental bodies (Child Abuse - Sexual, 2011). On the whole, the treatment of abused children is quite intricate and requires dedicated and integrated efforts of several services such as medical, psychological, legal as well as child protection and welfare.

### ***Prevention***

The menace of child abuse can be prevented provided every stakeholder plays its role and fulfills its responsibility. Government, schools, social and community organizations, as well as common citizens can participate in a cohesive and organized movement to eliminate child abuse from the society. Studies have shown that when parents or guardians possess resources to take care of the child alongside having support in the form of family, neighbours, friends and communities; there are more chances of them being successful in providing a secure and protected environment to their children. However, when parents lack the necessary resources and support, then they are more likely to get involved in abuse or neglect. Consequently, welfare organizations and social activists around the world believe that the only viable way to prevent child abuse is to aid parents and caretakers in developing the necessary skills to treat children appropriately. In addition, facilitating the parents and caretakers in procuring the resources needed to accomplish the physical, emotional and developmental needs of their children is also critical. This enhances the responsibility of child welfare organizations to educate and create awareness among public especially parents and caretakers so that they in turn, realize their responsibility towards children (Preventing Child Abuse and Neglect, 2008). In Pakistan, there are a few nongovernmental organizations that are striving to wipe out the curse of child abuse in Pakistan. UNICEF, a vital organ of the United Nations works in the country alongside the government as well as nongovernmental organizations such as Sahil, ROZAN and Child Protection and Welfare Bureau (CPWB). The role of Sahil is especially commendable since it is the only institution in Pakistan that concentrates solely on the subject of child abuse particularly sexual exploitation. It is an affiliate of UNICEF's NGO Network. Sahil works effortlessly in promoting preventive measures and building awareness

among the population regarding the hazard of child abuse. The organization carries out various programs, campaigns and publications to protect children besides creating mass awareness at national level (Child Protection).

Some of the measures that can be adopted to prevent child abuse are as follow:

- **Public Awareness** – In order to curb down the growth of child abuse in Pakistan, it is imperative that public awareness programs are carried out extensively in every part of the country. Posters, magazines, brochures and leaflets encouraging child safety and protection, healthy and responsible parenting, and ways of reporting child sexual abuse; can be constantly circulated among the public.
- **Skills-based Curricula** – Programs should be run which aim at equipping the parents and caretakers with the skills to look after their children and maintain their safety and protection. Specific programs inculcating skills of preventing child sexual abuse are also necessary for parents and caretakers.
- **Parent Education** – Educating parents will help them in developing the essential parenting skills alongside forming a positive attitude towards children. This will not only help in creating better relationships between parents and children but will also decrease the likelihood of behaviours linked with all forms of child abuse.
- **Parent Support Groups** – These groups can serve as the platform where parents can cooperate together to establish strong and educated families alongside forming social bonds and networks that facilitate in sharing ideas and collaborating together for the betterment of the children and the society in general.
- **Home Visits** – These visits can be quite useful in increasing the security and protection of children by assisting expectant women as well as young mothers and families in developing a constructive attitude towards parenting as well as child growth.
- **Respite and Crisis Care Programs** – These programs are extremely valuable in providing reprieve and breathing space to caretakers in hectic conditions by offering temporary care to the

children. They not only provide well deserved break to the caretakers but also help them in refining their skills.

- **Family Resource Centers** – These centers, working in cooperation with community associates, provide a range of facilities and services to fulfill the particular requirements of the population, ranging from development of necessary skills to procurement of resources.
- **Government Support** – As far as power, resources and authority is concerned, government is the most important stakeholder particularly in countries like Pakistan. Moreover, it is quite difficult for the NGOs alone to eliminate the curse of child abuse. Hence, citizens as well as NGOs should create awareness among the government officials, at local, state and federal level; regarding the gravity of child abuse cases in Pakistan. Getting the assistance of media can further boost the intensity of the campaigns. Sincere government support can immensely strengthen the entire child abuse preventive system.
- **Strict Law Enforcement** – A very crucial measure that can help in preventing child abuse in Pakistan is development of severe laws followed by their strict enforcement. There are a few bills such as Charter of Child Rights Bill and Criminal Laws Amendment Bill regarding child protection, still pending in the National Assembly of Pakistan. These bills need to be passed at the earliest, followed by their immediate implementation. The matter should not be just left in the hands of the police as statistics show that quite a few policemen have been directly involved in sexual abuse of children over the years. Laws need to be enforced by the police but under the scrutiny of a national commission or a judicial panel. Hence, in order to prevent child abuse and instill fear in the hearts of the offenders, comprehensive, transparent and strict enforcement of child abuse laws by the concerned authorities is imperative (Minister accuses media of overlooking village and the villager, 2012).
- **Role of Schools** – The schools as well as madrassas, which function as second home to children, need to be proactive in developing a safe learning environment in which children are protected and secured. For this purpose, these institutions needs to:

train their staff to be vigilant to indications of abuse, thoroughly screen the staff before permitting them to work with children; develop a child protection policy which determines the steps to be taken in a case a teacher or staff member is found guilty of child abuse; and conduct regular health and social education classes which gradually teach the children about appropriate and inappropriate behaviour as well as self protection (Sahil: Against Child Sexual Abuse, 2012).

### **Conclusion**

Child abuse, whether physical, sexual, emotional or in the form of neglect; is one of the most atrocious crimes that has engulfed the country of Pakistan. With the number of child abuse cases increasing every year, strict action is demanded on the part of law making bodies as well as law enforcement bodies to curb this aggravating peril. Though there are several causes of this crime, however, in Pakistan, social stress and isolation seems to be the plausible cause in most cases. The effects of child abuse not only impair the victim physically and psychologically but also cause behavioural problems as well as serious issues for the society. There are various phases in the treatment of the abused, beginning from physical to psychological and then legal. Efforts need to be made by government, NGOs as well as private citizens to further strengthen the treatment system of child abuse victims. With such high abuse rates, it is imperative that child abuse prevention strategies are adopted countrywide at all levels in addition to stern law enforcement and penalties for the criminals so that a safe and secure environment can be provided to the future of tomorrow.

### **References**

- AFP. (2011, August 26). Children sexually abused on Pakistan's streets. *DAWN News*. Retrieved from <http://dawn.com/2011/08/26/children-sexually-abused-on-pakistans-streets/>
- Brown, S. S., & Eisenberg, L. (1995). *The Best Intentions: Unintended pregnancy and the well-being of children and families*. Washington D.C.: National Academy Press.
- Causes of Child Abuse. (n.d.). Retrieved July 27, 2012, from Family Resource Center: <http://www.frcmo.org/causes.html>

- Child Abuse - Sexual. (2011, January 24). *The New York Times*. Retrieved from <http://health.nytimes.com/health/guides/disease/child-abuse-sexual/overview.html>
- Child Protection. (n.d.). Retrieved July 26, 2012, from UNICEF: [http://www.unicef.org/pakistan/partners\\_1790.htm](http://www.unicef.org/pakistan/partners_1790.htm)
- Daly, M., & Wilson, M. (1999). *The Truth About Cinderella: A Darwinian View of Parental Love*. Yale University Press.
- Fatima, A. (2012). *Cruel Numbers 2011*. Islamabad: Sahil.
- Fayyazuddin, S., Jillani, A., & Jillani, Z. (1998). *The State of Pakistan's Children, 1997*. Islamabad.
- Kelley, B., Thornberry, T., & Smith, C. (1997). *In the Wake of Childhood Maltreatment*. Washington D.C.: National Institute of Justice .
- Lipovsky, J. A. (n.d.). *Treatment of child victims of child abuse and neglect*. Retrieved July 28, 2012, from Child's Law Center: [http://childlaw.sc.edu/frmPublications/treatment\\_114200441012.pdf](http://childlaw.sc.edu/frmPublications/treatment_114200441012.pdf)
- Long-Term Consequences of Child Abuse and Neglect. (2008). Retrieved July 28, 2012, from Child Welfare Information Gateway: [http://www.childwelfare.gov/pubs/factsheets/long\\_term\\_consequences.cfm#societ](http://www.childwelfare.gov/pubs/factsheets/long_term_consequences.cfm#societ)
- Minister accuses media of overlooking village and the villager. (2012, July 18). Retrieved July 28, 2012, from Daily Times: [http://www.dailytimes.com.pk/default.asp?page=2012%5C07%5C18%5Cstory\\_18-7-2012\\_pg11\\_8](http://www.dailytimes.com.pk/default.asp?page=2012%5C07%5C18%5Cstory_18-7-2012_pg11_8)
- Preventing Child Abuse and Neglect. (2008, April). Retrieved July 27, 2012, from Child Welfare Information Gateway: <http://www.childwelfare.gov/pubs/factsheets/preventingcan.pdf>
- Roach, J., & Pease, K. (2011). *Evolution and the Prevention of Violent Crime*. *Psychology* , 2 (4), 393-404.
- Sahil (2012). *Sahil: Against Child Sexual Abuse*. Islamabad: Sahil.
- Silverman, A., Reinherz, H., & Giaconia, R. (1996). *The long-term sequelae of child and adolescent abuse: A longitudinal community study*. *Child Abuse and Neglect* , 20 (8), 709-723.
- Smith, M., & Segal, J. (2012, July). *Child Abuse and Neglect*. Retrieved July 25, 2012, from Helpguide: [http://www.helpguide.org/mental/child\\_abuse\\_physical\\_emotional\\_sexual\\_neglect.htm](http://www.helpguide.org/mental/child_abuse_physical_emotional_sexual_neglect.htm)
- (2011). *The State of the World's Children 2011*. New York: UNICEF.
- *What Is Child Abuse and Neglect?* (2008). Retrieved July 25, 2012, from Child Welfare Information Gateway: <http://www.childwelfare.gov/pubs/factsheets/whatiscan.cfm>