

Child abuse is one of the most compassionate subjects that I value not only in life but as well as in my future career as a pediatric nurse. Understanding child abuse is something that is profoundly hard due to it involving children. Personally it's a sensitive subject to even think about someone inflicting pain on an innocent child. Which is why it is so crucial to educate families and especially children about the issue. Because child abuse is something that should not be taken lightly and no child should ever feel like it's their fault. With the many forms that child abuse can fall into, it's difficult to distinguish the repercussions it can have on a child for the rest of their life. Preventing child abuse is something that needs to be continuous among schools and communities. Every child at home or at school needs to feel safe and they should know it's okay to talk to someone without that fear living with them for the rest of their life.

As leaders of the community and school we should not only be supportive in education but also in being alert to the signs of abuse. The impact that abuse can have on a child is unfathomable due to the damage done. Children are the most impressionable beings especially at a young age and to live with abuse is something that can haunt someone for the rest of their life. Living with that fear or burying that pain can slowly but surely be the ruin to the way they love, care or even connect with people. Connection to people is the way we communicate and prosper in life but to not be able to trust is one of the many fears that an abused child may live with. It's not easy to help an abused child due to the way their minds live in darkness and feeling like nothing is something that only time can heal but having someone there for them during that process can be life changing for that one child.

Children are meant to be nurtured and cherished from birth to even after they graduate to go off to college. From the time children are first born can be a stressful time and prevention programs like nurses checking in on newborns when they are first born can also be one of the things that can make a difference in child abuse. Children are truly a gift that is sometimes taken for granted. We don't see how fragile they are until something happens or they are at risk. As a parent or sibling we need to stand for something more to make it our duty to make sure they are protected from abuse in any form. Abuse can range from being physical, sexual to being emotionally neglected or unloved. These are some of the things that a child should never have to endure. As a community we must take the steps necessary to prevent that. Creating a parent education class on how to deal with disciplining their children or even knowing the signs of abuse that could be coming from a significant other could drastically lower rates of child abuse in the community.

For instance being that voice that educates parents and children about child abuse can be the difference in allowing someone to come forward or just letting that child know they are not alone. Another key factor that should be taught to children is the fact that they are special. With anyone that feels special know they deserve to feel safe and loved. There's no greater tragedy than to lose a child to abuse or to them not having someone to go to about what they live with.

Spreading the word about the prevention of child abuse or even educating parents about not losing their temper can promote healthy and safe relationships with their children. With any relationship there has to be a sense of understanding and being able to listen to what they're trying to tell you.

If we don't collaborate to put an end to child abuse or raise awareness we are putting the future of humanity at risk. The teachings we present to the world or community is based on our values and the beliefs we hold dear. Choosing to do nothing or not say something is the same thing to letting this happen right in front of us. If all of those values are tainted or no more then there's no point in trying to inspire others to be good. Humanity is the reason we feel everything and it's important to encourage the ones that have been mistreated that there's still hope.