

CENTERPOINT

The child sexual abuse scandal at Penn State, a predominant news story in recent months, has sparked much outrage and discussion.

Child sexual abuse is a terrible crime that can cause lasting severe emotional distress to the victim. Sleep disturbance, withdrawal, low self-esteem, trust issues, anger, and depression are just a few examples of the potential effects of abuse.

The fact that the scandal has gotten people talking about sexual abuse of children and teenagers is a good thing. Talking openly about it raises awareness which is an important step towards prevention.

Parents often find it uncomfortable and awkward to talk with their children about sex. Creating an open environment where sensitive topics can be discussed freely is one of the best ways you can protect your children from sexual predators.

In the next Centerpoint article, we will discuss ways to talk to your children about sex and sexual abuse. The third article in this series will address how to recognize a potential predator.

The Presbyterian Counseling Center . . . hope and healing for all.
Call us at 452-7370 or visit us at www.presbyteriancounselingcenter.org

-Ann C. Thacker