

事實

兒童虐待與兒童/青少年幸福感的關係

遭受虐待或暴力可能會破壞兒童和青少年的身體、情感、智力發展過程。與受虐相關的風險包括：兒童和青少年的身體健康變化、心理社會功能受損、精神健康狀況受損、大腦結構改變。預防兒童遭受虐待及忽略，能改善兒童與青少年的健康狀態與生活品質。

1

身體健康：童年遭受虐待危害整體健康的風險幾近兩倍，包括增加下列風險：(4-5)

氣喘 (1, 6-7)
創傷性腦損傷 (4, 7-10)
性傳染病 (4-5)
意外懷孕 (11-12)
約會暴力 (14-15)

瘀傷 (4)
燒燙傷 (4)
骨折 (4, 7)
肥胖 (4, 7, 13-14)

2

少年犯罪 (心理社會功能受損)：曾經受虐的兒童與青少年可能會損害其心理社會功能，包括：

更多侵略性的行為 (1-2, 4, 11, 16-17)
翹課 (17-18)
逃家 (18-19)
鬥毆 (6, 20-22)
攜帶武器 (18, 20-24)
攜帶或使用武器威脅他人 (18, 22)
暴力 (25)

飲酒 (6, 11-12, 19, 26-27)
酗酒 (6, 26)
抽煙 (6, 14, 19, 28)
濫用毒品 (4, 6, 11, 13, 19, 29-32)
过早的性相關行為 (5, 11, 26, 31)
危險的性行為 (2, 5, 12, 19, 33)

3

心理健康：創傷暴露對兒童和青少年整個發展過程中的心理健康有潛在的嚴重後果，包括：

依附和行為脫序 (2, 4, 12)
反社會行為 (17)
創傷後壓力症候群 (2, 4-5, 12, 17, 20, 29, 34-35)
憂鬱症 (2, 5-6, 11, 13, 17, 19, 20, 22, 36)

焦慮 (1, 5, 11, 17, 29, 31, 36)
自殺意念 (21, 31, 36, 38)
自我傷害行為 (20-21, 31, 39-43)

4

腦部結構改變：童年受虐可能導致腦內物理結構的改變，而可能導致下列情況：(2-4, 11-12, 14, 26)

感官和動作技能缺陷 (9)
學業表現不佳 (1, 2, 44)
認知處理障礙及
語言學習障礙 (2, 9, 33)

身體健康下降 (2, 4, 10)
心理健康問題及
適應不良行為 (2-4, 9, 11, 33, 45)

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「事實上」係由美國司法部司法專案處之少年司法暨偏差預防辦公室核撥之 #2009-CI-FX-K010、#2010-CI-FX-K005 以及 #2011-CI-FX-K003 補助金支援贊助。文件內之觀點或見解，均屬執筆專家看法，未必反映美國司法部之正式立場與官方政策。