

# Die Fakten

## Zusammenhänge zwischen Kindesmisshandlung und Lebensqualität im Kindes- und Jugendalter

Opfer von Misshandlungen oder Gewalt zu werden, kann die normale körperliche, emotionale und geistige Entwicklung von Kindern und Jugendlichen stören. Zu den damit verbundenen Risiken gehören Veränderungen der Gesundheit im Kindes- und Jugendalter, schlechtere psychosoziale Funktionsfähigkeit, psychische Belastungen und Veränderungen der Gehirnarchitektur. Die Prävention von Kindesmisshandlung und Vernachlässigung verbessert die Gesundheit und die Lebensqualität der Kinder und Jugendlichen.

**1** Körperliche Gesundheit: Missbrauchserfahrungen in der Kindheit verdoppeln beinahe das Risiko eines schlechten allgemeinen Gesundheitszustands, darunter ein erhöhtes Risiko für: <sup>(4-5)</sup>

Asthma <sup>(1,6-7)</sup>  
Schädel-Hirn-Trauma <sup>(4,7-10)</sup>  
Sexuell übertragene Infektionen <sup>(4-5)</sup>  
Ungewollte Schwangerschaften <sup>(11-12)</sup>  
Gewalterfahrungen beim Dating <sup>(14-15)</sup>

Prellungen <sup>(4)</sup>  
Verbrennungen <sup>(4)</sup>  
Knochenbrüche <sup>(4,7)</sup>  
Übergewicht <sup>(4,7,13-14)</sup>

**2** Kriminalität (Einschränkungen der psychosozialen Funktionsfähigkeit): Kinder und Jugendliche, die Misshandlung erlebt haben, zeigen unter anderem:

Aggressiveres Verhalten <sup>(1-2,4,11,16-17)</sup>  
Schulschwänzerei <sup>(17-18)</sup>  
Ausreißertum <sup>(18-19)</sup>  
Physische Auseinandersetzungen <sup>(6,20-22)</sup>  
Tragen von Waffen <sup>(18,20-24)</sup>  
Einsatz von oder Drohen mit einer Waffe <sup>(18,22)</sup>  
Gewalt <sup>(25)</sup>

Alkoholkonsum <sup>(6,11-12,19,26-27)</sup>  
Komatrinken <sup>(6,26)</sup>  
Rauchen <sup>(6,14,19,28)</sup>  
Substanzmissbrauch <sup>(4,6,11,13,19,29-32)</sup>  
Sexualisiertes Verhalten im jungen Alter <sup>(5,11,26,31)</sup>  
Riskantes Sexualverhalten <sup>(2,5,12,19,33)</sup>

**3** Psychische Gesundheit: Traumatische Belastungen haben potenziell schwere Auswirkungen auf die psychische Gesundheit der Kinder und Jugendlichen, darunter:

Bindungs- und Verhaltensstörungen <sup>(2,4,12)</sup>  
Antisoziales Verhalten <sup>(17)</sup>  
Posttraumatische Belastungsstörung <sup>(2,4-5,12,17,20,29,34-35)</sup>  
Depression <sup>(2,5-6,11,13,17,19,20,22,36)</sup>

Angststörungen <sup>(1,5,11,17,29,31,36)</sup>  
Suizidgedanken <sup>(21,31,36,38)</sup>  
Selbstverletzendes Verhalten <sup>(20-21,31,39-43)</sup>

**4** Veränderungen der Gehirnarchitektur: Misshandlungen während der Kindheit können zu Veränderungen der physischen Struktur des Gehirns führen, mit folgenden möglichen Folgen: <sup>(2-4,11-12,14,26)</sup>

Verminderung der sensorischen und motorischen Fähigkeiten <sup>(9)</sup>  
Schlechte akademische Leistungen <sup>(1,2,44)</sup>  
Beeinträchtigungen der kognitiven Verarbeitungsprozesse und des Spracherwerbs <sup>(2,9,33)</sup>

Schlechtere körperliche Gesundheit <sup>(2,4,10)</sup>  
Einschränkungen der psychischen Gesundheit und fehlangepasste Verhaltensweisen <sup>(2-4,9,11,33,45)</sup>

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