



**teaching  
sexual  
health.ca**

**Grade 8**  
**Learning Activity**  
**Outcomes of Abuse**

**Learning Outcome**

**W-8.7** determine the signs, methods and consequences of various types of abuse; e.g., neglect, physical, emotional, sexual abuse.

# Outcomes of Abuse

Grade 8



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Abuse can have serious effects on both the person who causes harm (the abuser) and the person who is harmed (the abused person). These effects can be legal, emotional, social, physical and medical. Understanding the possible outcomes for both people helps us see why abuse is never acceptable. It's important to get help if you or someone you know is experiencing abuse.

1. Work with a partner or in a small group to complete the chart below.
2. Use your own ideas and, if you're stuck, look for help by talking with a teacher, counsellor or another trusted adult about where to look for credible sources of information.

Type of Outcome	Abusive Person (What might happen to them?)	Abused Person (What might happen to them?)
Legal		

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Type of Outcome	Abusive Person (What might happen to them?)	Abused Person (What might happen to them?)
Emotional		
Social		

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Type of Outcome	Abusive Person (What might happen to them?)	Abused Person (What might happen to them?)
Physical/Medical		
Why is it important to understand what happens to the person who causes harm and the person who is harmed?		

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### Possible Answers

Type of Outcome	Abusive Person (What might happen to them?)	Abused Person (What might happen to them?)
Legal	Charged with assault or abuse; criminal record; court case; possible jail time; restrictions on seeing the person they harmed.	May need legal protection (restraining order); may be involved in the justice system as a witness. <b>Important:</b> the abused person is not to blame for what happened.
Emotional	May feel guilt, shame, regret, anger; denial or blame others.	May experience fear, shame, guilt, sadness, anxiety, depression, low self-esteem, post-traumatic stress. These feelings are common after being harmed but the responsibility always lies with the abusive person.
Social	Loss of friends and relationships; embarrassment; reputation damaged; difficulty getting a job or being trusted.	Isolation; difficulty trusting others; problems in friendships and relationships; may feel alone or unsupported. The solution is not for the abused person to change their behaviour but for the abuser to stop causing harm.
Physical/Medical	May injure themselves or others; may experience stress-related health problems.	Injuries (bruises, cuts, broken bones); sleep problems; headaches or stomach aches; long-term health issues from stress or trauma. The responsibility for these outcomes lies with the abuser.



Why is it important to understand what happens to the person who causes harm and the person who is harmed?

- Abuse has consequences for both the person harmed and the person who causes harm.
- The responsibility for stopping abuse is always on the person who chooses to harm others.
- Solutions to abuse come from preventing, stopping, and holding the abuser accountable, not from the abused person changing their behaviour.
- This knowledge can encourage us to support people who are harmed and to stand against abuse.

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