

# What is corporal punishment?



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Corporal punishment combines control, force and physical pain to get children to behave in acceptable ways.

Punishment does not necessarily require mutual respect or trust between the parent/child.

Some examples of corporal punishment are:

- punching, kicking, shaking, harsh spankings or slaps
- throwing objects that can injure a child
- threatening a child with physical harm
- placing a child in a locked or confined space
- depriving a child of basic needs (eg. food)

**What happens to children when a parent uses corporal punishment?** There is a significant risk of injury to the child when a parent uses corporal punishment. Corporal punishment can cause physical harm, permanent physical disabilities and occasionally death. There is a risk of emotional problems developing in the future. Many children who have been punished as a child grow up to become abusive to their children and their family as an adult.

## What is the position of the Children's Aid Society on the use of Corporal Punishment?

The Children's Aid Society of Ottawa is opposed to the use of corporal punishment in any form as a means of disciplining or punishing children. The Society promotes effective parenting and child rearing practices as alternatives to corporal punishment. Excessive use of corporal punishment may result in a referral to and investigation by a Children's Aid Society.

If you need help call  
(613) 747-7800