

APPENDIX: NEEDS

Any growing child needs and deserves these.

Not meeting these needs is **abuse**.



Survival
Protection
Safety
Belonging
Touching, skin contact
Attention



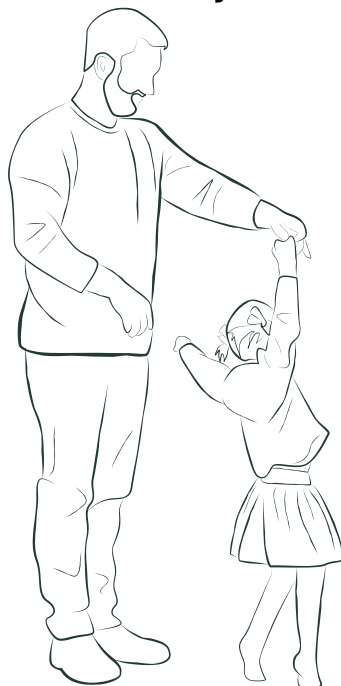
Being allowed to grow (up) (not being held back, e.g. overbearing mother)

Being trusted (and given a chance to make your own mistakes)

Being allowed to learn and develop at your own pace

Not being asked to act above your age / take on too much

Healthy boundaries (maintaining their rules and respecting yours)



Positive emotional mirroring

Guidance

Freedom

Nurturing

Trustworthy parents

Support

Loyalty

Listening

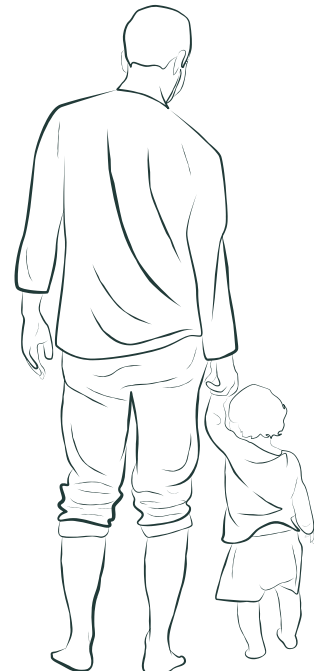
Participating

Acceptance

Freedom to be the real you

Tolerance of your feelings

Real/authentic, honesty from parents



Opportunity to grieve loss together (vs being distracted from sadness)

Unconditional love (vs being loved “when you’re good”)

Sexuality and being curious without being judged

Enjoyment or fun