What children need
To help children reach their full potential, parents should provide their children with:
- **nurture.** Parents should respond to children's need for love and security;
- **structure and guidance.** This refers to setting and adhering to standards of appropriate behaviour, designating what inappropriate behaviour is, and providing a good role model for children. Children need boundaries and guidance for their own security and the development of their own values;
- **recognition.** Children need to be seen, heard and valued as persons. Parents need to show an interest in their children's daily experiences, listen to them and try to understand their viewpoints;
- **empowerment.** This means enhancing children's sense of competence, personal control and ability to affect the attitudes and behaviours of others.

To help children learn positive behaviour, parents can:
- **provide regular, positive attention, at all ages.** As children grow older this includes being aware of and interested in their peer relationships and school performance;
- **help them to understand the potential consequences of their choices;**
- **encourage good behaviours with attention and praise, and ignore minor misbehaviours;**
- **behave as they want their children to behave, communicate with them respectfully and demonstrate how to resolve conflicts constructively.**

What parents need
All parents want to be a good mother or a good father to their children. This is sometimes difficult to achieve. Hitting people is wrong – and children are people too. Children have the same rights as adults to respect for their human dignity and physical integrity and to equal protection under the law. The 47 member states of the Council of Europe have immediate human rights obligations, under international and regional human rights instruments, to reform their laws and take educational and other measures to prohibit and eliminate all corporal punishment of children, including in the family home. To protect children from corporal punishment, the Council of Europe has developed tools for the use of governments, parliaments, local authorities, professional networks, civil society and, more generally, anyone caring for children.

About the Council of Europe
**Founded in 1949,** the Council of Europe seeks to develop common and democratic principles based on the European Convention on Human Rights and other reference texts on the protection of individuals, including children. The programme “Building a Europe for and with children” was set up to secure and promote children’s human rights, and to protect children from all forms of violence.

Abolishing corporal punishment of children
The Council of Europe wants a continent free of corporal punishment. Hitting people is wrong – and children are people too.

Children have the same rights as adults to respect for their human dignity and physical integrity and to equal protection under the law. The 47 member states of the Council of Europe have immediate human rights obligations, under international and regional human rights instruments, to reform their laws and take educational and other measures to prohibit and eliminate all corporal punishment of children, including in the family home. To protect children from corporal punishment, the Council of Europe has developed tools for the use of governments, parliaments, local authorities, professional networks, civil society and, more generally, anyone caring for children.

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What is corporal punishment of children?

One way of defining corporal punishment is any physical abuse to a child, which is inflicted on a child in such a way as to cause some degree of pain or discomfort, either physical or psychological.

Why should we abolish corporal punishment of children?

There are many good reasons why corporal punishment of children should be abolished:

★ It is a violation of children's rights to respect for physical integrity, human dignity and equal protection under the law.

★ It can cause physical and psychological harm to children.

★ It teaches children that violence is an acceptable and appropriate strategy for resolving conflict or getting people to do what they want.

★ It is a violation of children's rights to respect for physical integrity, human dignity and equal protection under the law.

How can we achieve abolition?

Through law reform:

★ Ensuring that existing laws are adequately enforced and that there are adequate penalties for offenses involving corporal punishment.

★ Ensuring that any remaining laws that allow corporal punishment are repealed. This includes laws that allow corporal punishment for minor offenses.

★ Ensuring that children are provided with effective remedies for corporal punishment, such as legal actions and complaints to authorities.

Through policy measures:

★ Ensuring that comprehensive systems to prevent violence and protect children are in place, and that they are adequately funded.

★ Ensuring that advice and support is available to children who have been subjected to corporal punishment.

★ Ensuring that children have access to confidential advice and counselling.

Through awareness raising:

★ Ensuring comprehensive awareness raising of children's human rights, including their right to be free from corporal punishment.

★ Ensuring that children and young people have the opportunity to express their views and participate in planning and actions to eliminate corporal punishment.

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How is corporal punishment used?

There are many forms of corporal punishment, including:

★ Physical force is used and intended to cause some degree of pain or discomfort, either physical or psychological.

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What is positive parenting?

Positive parenting refers to parent behavior based on the best interests of the child, which provides nurturing, empowering, recognition and protection, and helps to enable the full development of the child. Positive parenting supposes respect for children's rights and non-violent child-rearing, where parents do not use corporal or psychophysically demeaning punishment, to ensure conflict of teachable discipline and respect.

Children are not the property of their parents.
What is corporal punishment of children?

One way of defining corporal punishment is as any action taken to punish a child which, if directed at an adult, would constitute an unlawful assault. Adults have a great knack for inventing special words to make grossly irresponsible and traumatic acts sound more palatable, but the stark reality for the child is that hitting a child is hitting a child, whether with their hand or with an implement – whip, stick, belt, etc.

There are many good reasons why corporal punishment of children should be abolished. It does not work as a means of discipline. There are positive ways to teach discipline, which are better for children’s development, for resolving conflict or getting people to do what they want; it teaches children that violence is an acceptable and appropriate strategy; it is a violation of children’s rights to respect for physical integrity, human dignity and equal protection under the law; it can cause serious physical and psychological harm to children; it is a form of inhuman or degrading treatment or punishment of children, normally in civil or criminal law, and applying to all settings in children’s lives (at home, in institutions, at school, etc.); it is a violation of children’s rights to respect for human dignity; it can cause serious physical and psychological harm to children; it is a form of inhuman or degrading treatment or punishment of children, normally in civil or criminal law, and applying to all settings in children’s lives (at home, in institutions, at school, etc.).

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How can we achieve abolition?

Through law reform:

- ensuring there are no existing legal defenses that justify corporal punishment by parents or others;
- ensuring that the criminal law on assault applies equally to positive assaults on children;
- ensuring an explicit prohibition of all corporal punishment and all other degrading or humiliating treatment or punishment of children, normally in civil law, and applying to all settings in children’s lives (at home, in institutions, at school, etc.);
- providing guidance on appropriate enforcement of these laws which focuses on protection and promotion of the human rights of children in general and on the best interests of affected children in particular.

Through policy measures:

- ensuring that comprehensive systems to prevent violence and protect children, including the right to respect for their human dignity and physical integrity.
- ensuring effective and appropriate forms of protection for children who may be particularly vulnerable to harmful and humiliating punishment – for example children with disabilities;
- ensuring that children and young people have the opportunity to express their views and participate in planning and actions to eliminate corporal punishment and all other inhuman or degrading treatment and punishment of children;
- ensuring that family courts and other parts of the justice system are sensitive to the needs of children and their families;
- ensuring effective and appropriate forms of protection for children who may be particularly vulnerable to harmful and humiliating punishment – for example children with disabilities;
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Through awareness raising:

- ensuring comprehensive awareness raising of the prohibition of all corporal punishment and other inhuman or degrading treatment and humiliation of children. This should target children, all who live and work with them, and the general public;
- ensuring comprehensive awareness raising of children’s human rights, including the right to respect for their human dignity and physical integrity;
- promoting positive, non-violent forms of child-rearing, conflict resolution and education for future parents, parents and other care providers, teachers, and for the general public.

What is positive parenting?

Positive parenting refers to any way of helping parents to enable the full development of children? positive parenting supposes respect for children’s rights and a non-violent environment, where parents do not rate corporal or psychologically damaging punishment, to build conflict- or touch-healthy relationships.
What is corporal punishment of children?

One way of defining corporal punishment is as any action taken to punish a child which, if directed at an adult, would constitute an unlawful assault. It is a broad term for inflicting special pain by hitting, shaking, throwing, pushing, tripping, grabbing, pressing in,FITTED PANTS

What is positive parenting?

Children are not the property of their parents.

What can we do to achieve abolition?

Through law reforms:
- ensuring there are no existing legal defences that justify corporal punishment by parents or others;
- ensuring that the criminal law on assault applies equally to punitive assaults on children;
- ensuring an explicit prohibition of all corporal punishment and all other degradation or humiliating treatment or punishment of children is incorporated in the law, and applying to all settings in children’s lives (home, in institutions, at school, etc.);
- providing guidance on appropriate enforcement of these laws which focuses on protection and promotion of the human rights of children in general and on the best interests of affected children in particular;
- ensuring comprehensive awareness raising of children’s human rights, including the right to respect for their human dignity and physical integrity.

Through policy measures:
- ensuring that comprehensive systems to prevent violence and protect children are implemented at different levels and that corporal punishment violates the definitions of detention or family violence;
- ensuring that family courts and other parts of the justice system are sensitive to the needs of children and their families;
- building capacity among those who work with children and their families;
- promoting positive, non-violent forms of child-rearing, conflict resolution and education for future parents, parents and other caregivers, teachers, and for the general public;
- ensuring that advice and appropriate support is available for all parents and increasing awareness for those who find child-rearing stressful; and
- ensuring that children have access to confidential advice and counselling as well as advocacy to challenge violence against them;
- ensuring effective and appropriate forms of protection for children who may be particularly vulnerable to harmful and humiliating punishment – for example children with disabilities;
- ensuring that children and young people have the opportunity to express their views and participate in planning and actions to eliminate corporal punishment; and
- monitoring the effectiveness of abolition by regular research into children’s experiences of violence in their homes, schools and other settings. This should also include assessing the impact of abolition on child protection services and parents.

Why should we abolish corporal punishment of children?

There are many good reasons why corporal punishment of children should be abolished:

- It is a violation of children’s rights to respect for physical integrity, human dignity and equal protection under the law.
- It can cause serious physical and psychological harm to children.
- It teaches children that violence is an acceptable and appropriate strategy for resolving conflict or getting people to do what they want.
- It is ineffective as a means of discipline. There are positive ways to teach correct or discipline children, which leave the child. Positive parenting involves the setting of boundaries with the child, recognizing and guiding, which provides nurturing, empowering, and respect.
- It is difficult to protect children if corporal punishment is legitimate – this implies that some forms or levels of violence against children are acceptable.

How can we achieve abolition?

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What children need

To help children reach their full potential, parents should provide their children with:
- nurture. Parents should respond to children’s need for love and security;
- structure and guidance. This refers to setting and adhering to standards of appropriate behaviour, designating what inappropriate behaviour is, and providing a good role model for children. Children need boundaries and guidance for their own security and the development of their own values;
- recognition. Children need to be seen, heard and valued as persons. Parents need to show an interest in their children’s daily experiences, listen to them and try to understand their viewpoints;
- empowerment. This means enhancing children’s sense of competence, personal control and ability to affect the attitudes and behaviours of others.

What parents need

To help children learn positive behaviour, parents can:
- provide regular, positive attention, at all ages. As children grow older this includes being aware of and interested in their peer relationships and school performance;
- help them to understand the potential consequences of their choices;
- encourage good behaviours with attention and praise, and ignore minor misbehaviours;
- behave as they want their children to behave, communicate with them respectfully and demonstrate how to resolve conflicts constructively.

All parents want to be a good mother or a good father to their children. This is sometimes difficult to achieve, especially when being a parent and having children can either make being a parent a joyful experience or having a negative impact on daily life. The programme “Building a Europe for and with children” was set up to ensure that this is the case as much as possible.

About the Council of Europe

Founded in 1949, the Council of Europe seeks to develop common and democratic principles based on the European Convention on Human Rights and other relevant texts. The programme “Building a Europe for and with children” aims to promote the protection of children’s human rights, including their right to freedom and development, and to protect children from all forms of violence.

The Council of Europe wants a continent free of corporal punishment. Nothing is more important than protection. Children need to be protected from violence. The right to protection is a fundamental right which is enshrined in the European Convention on Human Rights.

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What parents need

All parents want to be a good mother or a good father to their children. This is sometimes difficult to achieve, depending on a parent’s personal experiences and the environment in which they find themselves. While parents often know intuitively what their children need, they may not always be aware of the best ways to meet those needs. In order to overcome stress, manage conflict and control anger, parents need to:

- provide regular positive attention, at all ages. As children grow older this includes being aware of and interested in their peer relationships and school performance;
- help them to understand the potential consequences of their choices;
- encourage good behaviours with attention and praise, and ignore minor misbehaviours;
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