

World Congress on  
**Gynecology, Obstetrics, Nursing & Healthcare**

April 16-17, 2018 Dubai, UAE

**Psychosocial effects of sexual exploitation on children health**

**Zahra Salim Jessani**

Aga Khan University, Pakistan

**Background:** The happiest moment for parents in their life is to have a child whom they love, guide, protect and care for. A child is recognized soon after their birth on sexual appearances, whether he is a boy or a girl. The term sexuality came into existence since life has evolved on earth. Although the world understands how sexual harassment poses a threat but, it is shrouded in secrecy either in the name of false piety or for intended personal revenge. Resultantly, complaint against the perpetrators of sexual exploitation could not be registered.

**Method:** Literature review conducted to explore psychosocial effects of sexual exploitation on children and their impact on their health. Different electronic engines were explored from 1968 to 2014. Research question was to address the psychosocial effects of sexual exploitation on children.

**Finding:** Literature suggests that sexual abuse has a profound impact on a child's health and its management is imperative to prevent them from being sexually abused. It includes eating disorder, sleeping disturbances, phobia, depression, anger, average school performance and lack of confidence level. Proper awareness session, counseling and acknowledging patients' and caregivers' concerns can alleviate their psychological sufferings.

**Conclusion:** Child sexual abuse is a heartrending problem. It leaves a scar on the victim which gives rise to psychosocial, behavioral, interpersonal, cognitive and affective problems. As caregivers, our goal is to remain proactive and start programs for their protection in order to prevent children from being victimized in the society.

**Biography**

Zahra Salim Jessani is currently working as a Registered Nurse from past 3 years at Aga Khan University Hospital Karachi, Pakistan in the Department of Post Anesthesia Care Unit. She has obtained Bachelor of Science degree in Nursing with a valid license from Pakistan Nursing Council.

zahra.jessani1104@gmail.com

**Notes:**