

DEAR PARENTS,

Did you know spanking can harm a child's developing brain?



A **Harvard Medical School** study found that kids spanked "specifically for discipline, with parents in emotional control," & "not striking out in anger," at least 12 times a year, once with an object, but was not physical abuse, had

14-19%

less gray matter on MRIs in important decision-making areas of the brain. ¹

14.5%¹
less gray matter

dorsolateral prefrontal cortex

19.1%¹
less gray matter
medial prefrontal cortex



Spanking is an adverse childhood experience (ACE), which causes **toxic stress**. ^{5, 6}

1,574 additional studies concluded that brain changes resulted in:

- aggression
- depression
- suicidal behavior
- PTSD
- substance abuse
- delinquency
- future violence
- decreased IQ
- lower self-esteem ^{2, 3}

16.9%¹
less gray matter
right anterior cingulate gyrus



HANDS ARE FOR HOLDING
STOP SPANKING.ORG

THE UP INSTITUTE
MOVING UPSTREAM TO SOLVE CHILD ABUSE