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.

Spanking is an adverse childhood experience (ACE), which causes toxic stress.

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
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dorsolateral prefrontal cortex

19.1% less gray matter
medial prefrontal cortex

16.9% less gray matter
right anterior cingulate gyrus

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