

REMEMBRANCE DAY

11 NOVEMBER 2024



Children exposed to violence show the same pattern of brain activity as soldiers in combat, according to recent research.

On World Remembrance Day, this research could not be more timely! As we honour those who have paid the price of conflict and war – whether through loss of life or lasting psychological and emotional damage, we willy-nilly continue to expose our children to horrendous violence, and wonder why, in teenage years and adulthood, they resort to drugs to alleviate deeply oppressive states of anxiety and depression.

Dr Eamon McCrory, head of Developmental Neuroscience and Psychopathology at University College London, who conducted the research, believes that exposure of children to violence “represents one of the most potent environmental risk factors associated with anxiety and depression.”

Co-researcher Professor Peter Fonagy, Chief Executive at the Anna Freud Centre, agrees. **“The McCrory report,”** he says, **“takes us an important step closer to understanding the devastation which exposing children to violence can leave in its wake. His exciting findings confirm the traumatic effects these experiences have on brain development.”**

The research showed that the parts of the brain implicated in anxiety and depression disorders, are the same parts that are activated in combat situations and in the brains of children exposed to violence, and may explain the development of mental health challenges later in life.

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On 18th September, 2023, the UN Committee on the Rights of the Child decreed that no child may be exposed to violence, be it domestic, societal or against animals...

...this included trophy hunting and bull-fighting.

Subsequently, the extermination of stray dogs in the streets of Morocco, and the annual extermination of animals that is due to take place on 8 and 9 December, as part of the *Gadhimai Festival* in Nepal, have been brought to the Committee's attention.

Aftermath of the Gadhimai sacrifice



Photo: Courtesy Nikki Botha

See *World Link Coalition* for more details on the impact on our children of violence against animals

