

THE FOUR *BRAHMA VIHĀRĀS* IN CHILD SEXUAL ABUSE PREVENTION

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Child sexual abuse represents a pervasive global crisis with profound, lasting impacts on survivors, requiring compassionate, multifaceted approaches to prevention and support. This study addresses a gap in child protection frameworks by exploring how the Buddhist ethical principles of the Four *Brahma Vihāras* “*Mettā* (loving-kindness), *Karuṇā* (compassion), *Muditā* (empathetic joy), and *Upekkhā* (equanimity)” can be applied to both the prevention of child sexual abuse and the support of survivors. Grounded in the *Mettā Sutta* (*Samyukta Nikāya*) and supported by ethical guidelines in the *Vinaya Piṭaka*, this research investigates the role of these divine abodes as foundations for a spiritually informed, ethically grounded response to child abuse. The methodology includes a qualitative review of primary sources, such as the *Sutta Piṭaka* and *Vinaya Piṭaka* of the *Pāli Canon*, alongside secondary literature and real-time case studies. By examining both theoretical foundations and applied Buddhist practices, the study evaluates the potential of Buddhist ethics, mindfulness (referenced in the *Satipaṭṭhāna Sutta* of the *Majjhima Nikāya*), and loving-kindness (*Mettā Sutta* of the *Khuddakapāṭha*) as healing mechanisms for survivors. The findings reveal that the Four *Brahma Vihāras* form a unified framework fostering empathy, non-harming intentions, and emotional resilience, which help prevent child abuse and support survivor recovery. Practices such as *Mettā* and mindfulness meditation promote healing by cultivating self-compassion and stability, essential for trauma recovery. While applying these principles across cultures can be challenging, they retain universal relevance through their focus on compassion. This research concludes that integrating the Four *Brahma Vihāras* into child protection offers a compassionate, adaptable approach to address suffering and prevent harm globally, underscoring the need for ethical, spiritually grounded frameworks in child welfare initiatives worldwide.

Keywords: Buddhist ethics, Child abuse prevention, Compassion, Four *Brahma Vihāras*, Mindfulness

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