

# Kids Who Kill: The Disturbing Case of Sandy Charles

Sandy Charles was just 15 years old when she stabbed her father to death in 1998. Her case is a disturbing example of how even the most seemingly normal children can be capable of violence.

Sandy grew up in a middle-class home in a quiet suburb of Chicago. Her parents were both professionals, and she had a younger brother and sister. By all accounts, Sandy was a happy and well-adjusted child. She was a good student, active in extracurricular activities, and had a close relationship with her family.



## Kids who Kill: Sandy Charles: True Crime Press Series

**Book 4** by Kathryn McMaster

★★★★☆ 4 out of 5

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Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
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However, behind Sandy's seemingly perfect facade, there was a dark secret. She had been struggling with depression and anxiety for several years, and she had begun to self-harm. Sandy's parents were unaware of

her mental health struggles, and they were shocked when they learned about them after her arrest.

On the night of the murder, Sandy had an argument with her father. The argument quickly escalated, and Sandy grabbed a kitchen knife and stabbed her father in the chest. He died from his injuries a short time later.

Sandy was arrested and charged with murder. She initially denied killing her father, but she later confessed to the crime. She was found guilty of second-degree murder and sentenced to 10 years in prison.

Sandy's case is a tragic reminder that even the most seemingly normal children can be capable of violence. It is important to be aware of the signs of mental illness in children and to get them help if needed.

## **The Signs of Mental Illness in Children**

The signs of mental illness in children can vary depending on the age of the child and the specific disorder. However, some common signs include:

- Changes in mood or behavior
- Difficulty sleeping or concentrating
- Withdrawal from social activities
- Changes in appetite or weight
- Physical complaints (such as headaches or stomachaches) that do not have a medical cause
- Thoughts of self-harm or suicide

If you are concerned that your child may be struggling with mental illness, it is important to seek professional help. A therapist can diagnose your child and recommend treatment options.

## **Getting Help for Mental Illness**

There are many different types of treatment for mental illness in children. Some common treatments include:

- Therapy
- Medication
- Hospitalization

The best treatment option for your child will depend on their specific needs. A therapist can help you determine the best course of treatment.

## **Preventing Violence in Children**

There is no surefire way to prevent violence in children, but there are some things that can be done to reduce the risk. These include:

- Providing a safe and supportive home environment
- Teaching children how to resolve conflicts peacefully
- Monitoring children's exposure to violence in the media
- Seeking professional help if you are concerned about your child's mental health

By taking these steps, you can help reduce the risk of violence in your child.

Sandy Charles's case is a tragic reminder that even the most seemingly normal children can be capable of violence. It is important to be aware of the signs of mental illness in children and to get them help if needed. By taking steps to prevent violence in children, we can help keep our communities safe.

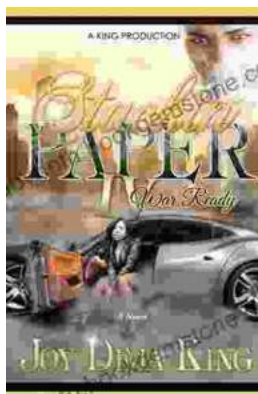


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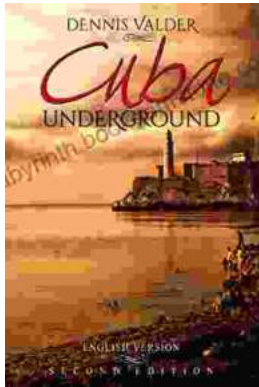
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