



# Care House News



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## CARE HOUSE MISSION

“To prevent and reduce the incidence and trauma of child sexual and serious physical abuse in Macomb County through collaborative, multi-disciplinary and effective family services.”

## Can Children Recover from Sexual Abuse?

In an attempt to better understand the ill effects of child abuse, psychologists and other researchers have studied what factors may lessen the impact of the abuse. More research needs to be done, but, to date, factors that seem to affect the amount of harm done to the victim include the age of the child; the duration, frequency, and intrusiveness of the abuse; the degree of force used; and the relationship of the abuser to the child.

Children's interpretation of the abuse, whether or not they disclose the experience, and how quickly they report it also affects the short- and long-term consequences. Children who are able to confide in a trusted adult and who are believed experience less trauma than children who do not disclose the abuse. Furthermore, children who disclose the abuse soon after its occurrence may be less traumatized than those children who live with the secret for years.

Some researchers have begun to look at the question of whether someone can recover from sexual abuse, and, if so, what factors help in that recovery. Children and adults who were sexually abused as children have indicated that family support, extra-familial support, high self-esteem, and spirituality were helpful in their recovery from the abuse.

It is important for victims of abuse to relinquish any guilt they may feel about the abuse. Victims also report that attending workshops and conferences on child sexual abuse, reading about child sexual abuse, and undergoing psychotherapy have helped them feel better and return to a more normal life. Research has also shown that often the passage of time is a key element in recovery.

Counseling and other support services are also important for the caregivers of abused children. One of the strongest predictors of the child's recovery from the abuse experience is a high level of maternal and family functioning. (This, of course, assumes that the abuser was not a member of the immediate family or, if so, is not still living within the family.)

Understanding Child Sexual Abuse: Education, Prevention, and Recovery  
© PsycNET 2001 [American Psychological Association](http://www.apa.org) on www.apa.org

## A Child's Rights

Many parents make the mistake of assuming that teaching children they have the right to say no to an adult means teaching their kids to defy authority or that it is OK to talk back. This is simply not the case. Teach your children that they have certain basic rights as individuals. These rights are:

### The right to their body

As an individual being, their body is theirs. It belongs to them, it affects them, it is who they are. Their body is for their use and their use only. Adults should never use a child's body for their own use. An adult may hug and comfort a child. An adult may apply medicine or help their body to heal. But an adult should never use the child's body for their own purposes.

### The right to not hurt

Every child has the right not to hurt, and as such, has the right to tell an adult to stop if they are hurting them. It is also the role of any adult to protect any child and to make sure they do not get hurt, let alone to hurt the child themselves. If there is an adult that is hurting the child they are doing something wrong.

### The right to be taken care of

Every child has the right to be taken care of in a proper manner. They have the right to have their needs met and have loving adults look after them and keep them safe. Children do not take care of adults. Adults take care of children. As such, an adult should never ask a child to do something to meet their needs. Children should not always feel obligated to do what an adult asks. They can if they would like to, but not if it means hurting themselves.

### The right to speak for themselves

Every child has the right to speak for themselves. They have the right to speak up when something hurts them. They have a right to express their needs and their desires. They not only have the right but the duty to tell an adult how they feel.

If anyone violates these rights, they have the right to protest. You can go over some different situation scenarios with children and explain how the different situations may violate these rights.

From: [keepyourchildsafe.org](http://keepyourchildsafe.org)





## Rules: What's Fair?

## All Kids Need.... Positivity

For families to function harmoniously, they need rules.

Rules and limits let everyone know what is expected of them. A set of rules that works in one family may not work in another. Setting rules about safety and family unity is important.

It is NORMAL for parents to be upset when kids break rules. It is NORMAL for children to say, "Rules aren't fair because the parents always get to be the boss." Children want choices. They want some control over their lives. And parents want and need to feel in control at home. So, what's fair when it comes to rules?

### Rules about safety are needed.

Examples are: "No playing in the street;" or "No biting your sister;" or "No playing with matches." The major goal of safety rules is to keep kids from harm.

### Rules about bedtime and mealtime are important.

Kids need a regular routine. Children need adequate sleep to feel and be their best. Parents need time alone in the evening. Kids need proper nutrition to thrive and grow. Parents and kids feel better when meal-times are regular and pleasant. While it is vital to have limits and rules about bedtime and meal times, it's also important to give children some choices about bedtime and meals.

### Rules having to do with respect and appreciation are important and fair.

Examples are, "If you're going to be more than 15 minutes late, call home;" "Before you can spend the money Grandma sent you, you need to write her a thank you note."

The goal of setting limits when kids are young is for them to grow up learning self-discipline. As children grow older they are able to take more control over and responsibility for their lives.

Too many rules can lead to conflict between parents and children. Parents have to "pick" the things which are important enough to have rules about. Examples of things that parents might want to "let go of" and let kids choose, include what to wear, whether to eat meat or veggies first, and how to style their hair.

Children are more likely to follow rules if they help create the family rules. Let them share in making decisions about things like bedtime, menus, television time and chores. Let them also help decide what will happen [consequences] if rules are broken.

Discuss rules with your children. Hug and praise your children for helping you set and follow family rules.

[www.circleofparents.org](http://www.circleofparents.org)

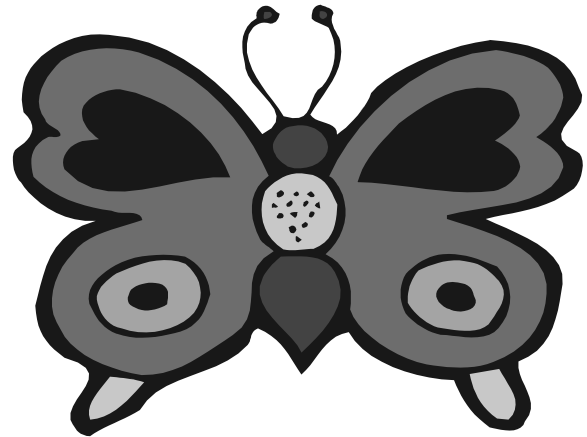
A mentor of mine once remarked: An adult can look out the window at a common, natural rainfall and say "What a bad day! I hope it stops raining," and a child learns to see the negative. Or, the adult can instead view the exact same scene and remark, "Wow! Look at how the trees and plants and bushes and flowers are all being watered right now!" After all, we *do* need rainwater just as we need sunshine. Teach your child to generally view "the glass" as half-full rather than half-empty.

This is not to suggest denial of bad feelings nor to deny tough times and challenges. After all, the "floods" and "fires" of our lives should evoke feelings of pain and loss. But overall, having an attitude of gratitude to see and enjoy the beauty of life, promotes contentedness and resiliency.

Teach your child even to look for the positive benefits of the adversity and struggle that he will undoubtedly face throughout his life. Help him to see problems as opportunities for growth.

**Try It!** Next time you catch yourself being overly negative in front of your child, stop and turn it into a positive.

Source: Jimmy's Guide to All Kids Need.



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**Need Help?**  
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If you are in need of counseling services, support or information about the court process, please call us at (586) 463-0123. We are here to help.



## Internet Safety By Age: 14 to about 17

## Coffee Filter Butterflies

This can be one of the most exciting and challenging periods of a child's (and parent's) life. Your teen is beginning to mature physically, emotionally, and intellectually and is anxious to experience increasing independence from parents. To some extent that means loosening up on the reins, but by no means does it mean abandoning your parenting role. Teens are complicated in that they demand both independence and guidance at the same time.

Teens are also more likely to engage in risky behavior both online and offline. While the likelihood of a teen being abducted by someone he meets in a chat room is extremely low, there is always the possibility that he will meet someone online who makes him feel good and makes him want to strike up an in-person relationship. It is extremely important that teens understand that people they meet online are not necessarily who they seem to be.

Although it's sometimes difficult to indoctrinate teens with safety information, they can often understand the need to be on guard against those who might exploit them. Teens need to understand that to be in control of themselves means being vigilant, on the alert for people who might hurt them.

The greatest danger is that a teen will get together offline with someone she meets online. If she does meet someone she wants to get together with, it's important that she not go alone and that she meet that person in a public place.

It's important for parents to remember what it was like when they were teenagers. Set reasonable expectations and don't overreact if and when you find out that your teen has done something online that you don't approve of. That doesn't mean that you shouldn't take it seriously and exercise appropriate control and discipline, but pick your battles and try to look at the bigger picture.

If your teen confides in you about something scary or inappropriate that he encountered online, your first response shouldn't be to take away his Internet privileges. Try to be supportive and work with your teen to help prevent this from happening in the future. And remember that your teen will soon be an adult and needs to know not just how to behave but how to exercise judgment, reaching her own conclusions on how to explore the Net and life in general in a safe and productive manner.

Source: [www.getnetwise.org/safetyguide](http://www.getnetwise.org/safetyguide)

These beautifully vibrant butterflies are a great way to welcome spring! Suspend them from the ceiling with fishing line, or make several and attach to a paper plate mobile.

### What you'll need:

- ½ black chenille stem
- Paper coffee filter
- Water color paints
- Paint brush
- Water



### How to make it:

Flatten the coffee filter and place it on a plate or newspaper, the paint and water will soak through. Set aside on paper towels to dry.

Fold the chenille stem in half. Remember, you are only using half of a chenille stem to begin with.

Fold the coffee filter accordion style, in about ½" pleats.

Position the pleated coffee filter into the bent end of the chenille stem. Center the filter at the bend.

Twist the chenille stem around the filter to secure it in place.

Bend the tips of the chenille stems over about ¼" to create the antennae.

Fan out the butterfly wings.

If desired, hang with yarn or fishing line.

### Tips:

For a more vibrant butterfly, be sure to paint all white areas with paint. Tie a piece of fishing line around the "neck" and suspend from the ceiling. They will look like they are flying!

Instead of using all the colors on one filter, make some with warm colors (red, yellow, orange) and some with cool colors (blue, green, purple).

Source: [www.kaboose.com](http://www.kaboose.com)



