

Cognitive Distortions		
OFFENDERS	VICTIMS	NOP
But it wasn't my fault.	It was all my fault.	He would never hurt her.
She wanted it.	I enjoyed it.	She is ok. She's not talking about it.
I only touched her.	He loves me.	He was drunk.
She didn't cry or say no.	It was a game.	She is advanced for her age.
It was an accident.	It didn't hurt.	We had sex all the time.
I was just playing.	She just kissed me.	He is a professional.

The Grooming Process – What's Actually Happening!

THOUGHTS

Looks like a possible target

Imagining sexual contact

How to get closer

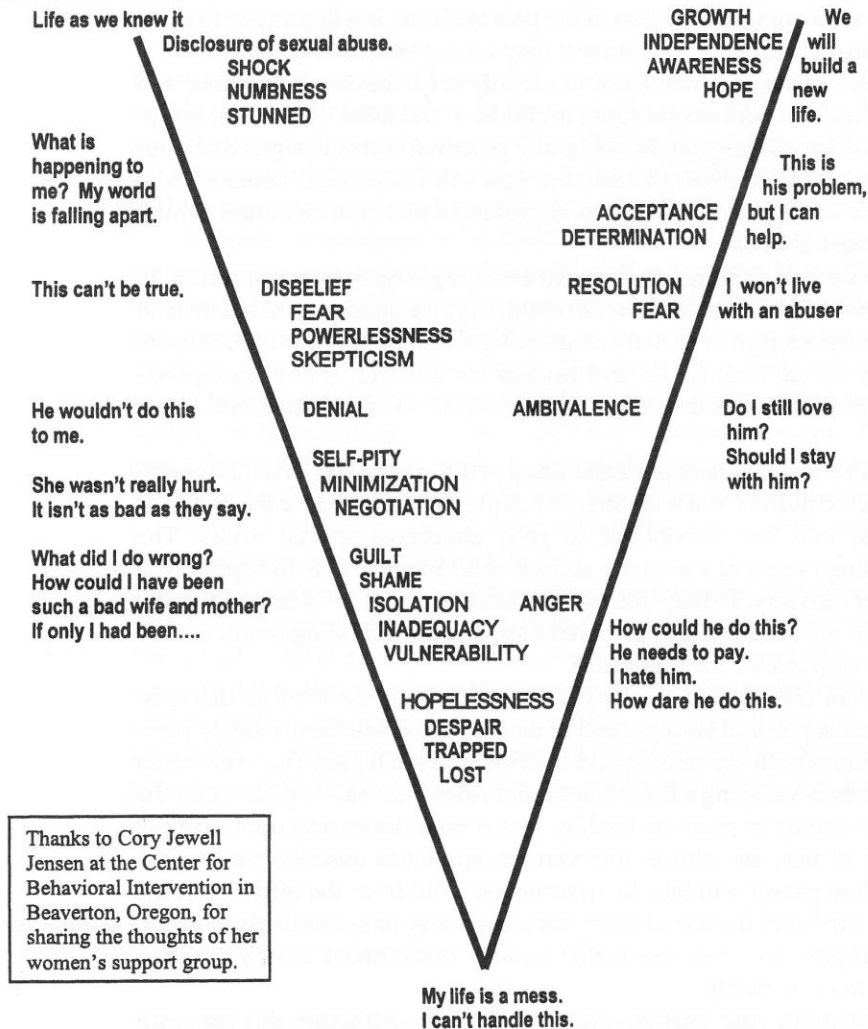
Speaking to other family members

Waving hello

Giving the victim a little extra attention

BEHAVIORS

The Journey Through Emotional Reactions to Child Sexual Abuse as seen through the eyes of a mother's support group



Thanks to Cory Jewell Jensen at the Center for Behavioral Intervention in Beaverton, Oregon, for sharing the thoughts of her women's support group.

Figure 1.1. The Journey Through Emotional Reactions to Child Sexual Abuse (as seen through the eyes of a mothers' support group)

Thanks to Cory Jewell Jensen at the Center for Behavioral Intervention in Beaverton, Oregon, for sharing the thoughts of her women's support group.

At the back of this workbook, there is an attendance checklist where your *Connections* therapist will keep track of your attendance and a safety checklist to be filled out by your *Connections* therapist at the end of the program.

Figure 1.1 shows the emotional journey that many families make in coming to terms with child sexual abuse.

Sexually Transmitted Diseases in Children

Sexually transmitted diseases (STDs) are what used to be called "venereal diseases." If your child has been diagnosed with any STD, it is almost certain that your child has been sexually abused. Make sure your child gets the proper medical treatment, as STDs can have serious long-term effects. Any suspected perpetrator should also be tested for STDs, as a positive result can provide corroborating evidence for criminal and family court proceedings.

Gonorrhea	Always transmitted through sexual contact
Syphilis	Always transmitted through sexual contact
Chlamydia	Probable transmission through sexual contact Can infect baby through birth canal of infected mother
Genital Warts	Probable transmission through sexual contact Can infect baby when infected mother is pregnant Transmission through nonsexual direct contact has not been proven
HIV in children	Probable sexual contact if no other risk factors exist (e.g., exchange of blood or HIV mother during pregnancy)
Herpes	Possible sexual contact, birth canal transmission
Herpes II	Probable sexual contact

Sexual Abuse Educational Class for Non-offending Parent's Pre-Test

1. What is child sexual abuse?
2. At what age can a child consent to sexual behaviors with another person?
3. Name five things that can help a child heal or recover from sexual abuse experiences.
4. What are some of the characteristics of an adult who sexually abuses a child?
5. Power and control are important issues for adults who sexually abuse children
True or False
6. How do adult offenders select children whom they will abuse?
7. How do children feel about the person who sexually abused them? Why?
8. What is a safety plan? If you have one, please describe it.
9. Define the following words or phrases:
 - a. Grooming
 - b. Distorted Thinking

Myths

1. Children lie/fantasize about sexual contact with adults.
2. Children provoke, or are partially responsible for sexual contact with adults.
3. Mother colludes in the incestuous relationship.
4. Non-violent incest is not emotionally damaging to the child.
5. Children like to be sexual with adults.
6. The perpetrator of the incestuous act picks out one child in the family to abuse.
7. Brother-sister incest doesn't really count, because it's not damaging.
8. If the child didn't want it to occur, they could say stop.
9. Incest offenders are psychotic or mentally retarded.
10. Telling the offender to stop is all that's necessary.
11. Children who experience incest are all traumatized.
12. Children who are victims of incest will usually tell someone, especially their mother.
13. It happens only to girls.
14. Only men sexually abuse children.
15. Strangers are more dangerous to children.
16. Homosexuals are more likely to be perpetrators than heterosexuals.
17. Sexual abuse doesn't happen – at least not here.
18. Most sexual assaults occur as the result of an uncontrollable urge.
19. Children who have been sexually assaulted are scared for life and can never really heal.
20. Young children who have been victims of sexual assault always hate their assailant.

Type of Denial	Offender	Nonoffending Parents	Child
Denial of the facts	I didn't do it.	It couldn't happen in my family. It's all a misunderstanding.	I made it up, it didn't really happen. He was only bathing me.
Denial of awareness	I was drunk and didn't know what I was doing. I didn't know how old she was.	I worked at night and never saw anything unusual. The child never told me anything.	I was asleep.
Denial of responsibility	The child was wearing sexy clothes. The child wanted to learn about sex.	I told her not to walk around without a bra. She came on to him.	I should have said no. I should have made him stop.
Denial of impact	I didn't really hurt her. I never forced her. She liked it.	She'll get over it, she seems to be doing ok.	It didn't really bother me that much.
Denial of the need for treatment	I learned my lesson by going to prison.	Now that I know, I'll watch him more carefully	I don't want to talk about it.

What Your Victimized Child Probably Needs From You

Do	Don't
Tell your child it wasn't his or her fault.	Restrict your child's activities more than necessary.
Ask what your child needs to feel safe; for example, a night light.	Make too many changes right after the disclosure.
Let your child know it's ok to be confused.	Minimize your child's feelings.
Let your child know you aren't mad.	Ask probing questions about the abuse; let the child talk freely.
Realize its ok to let your child know you're sad or to see you cry.	Make promises you can't keep.
Keep your child informed about what might happen.	Urge the child to forget it.
Let your child know the abuser was at fault.	Question your child's story.
Reassure your child that you want to protect him or her.	Evade your child's questions.
Ask your child about his or her feelings.	Let your child blame him or herself.
	Tell you child not to talk about it.

VOCABULARY

Abuser	Adjudication
Allegation	Anatomically Correct
Betrayal	CATSO
Coercion	Cunnilingus
Disclosure	Distorted thinking
Degrees of Sexual Assault	Empathy
Exhibitionist	Exploitation
Fellatio	Fixated
Fondling	Grooming
Guardian Ad Litem	Helplessness
Incest	Isolation
Molestation	Nolle
Penetration	Perpetrator
Plea	Powerlessness
Pornography	PTSD (Post Traumatic Stress Disorder)
Rapist	Regression
Relapse	Retract
Sexually reactive	Sodomy
Victimization	Voyeurism