

FROM TUESDAY to TUESDAY:
A CLOSER LOOK at
WEDNESDAY'S CHILDREN

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Bangalore

INTRODUCTION

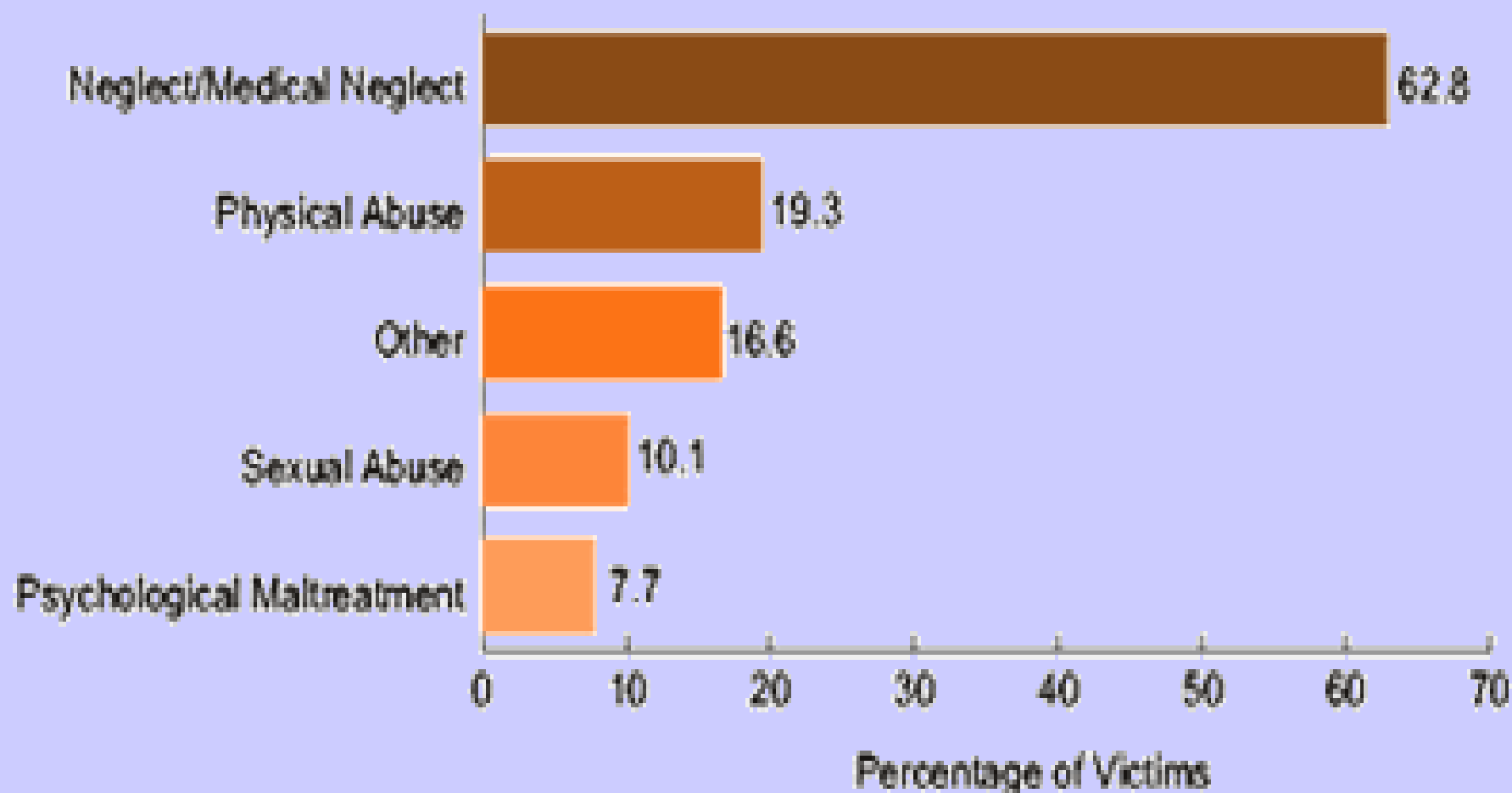
Monday's child is fair of face;
Tuesday's child is full of grace;
Wednesday's child is full of woe;
Thursday's child has far to go;
Friday's child is loving and giving;
Saturday's child works hard for a living;
But the child that is merry and happy and
gay,
Is the one born on the Sabbath day.

The SPECTRUM of Child Abuse

- Neglect
- *Physical Abuse*
- *Emotional Abuse*
- *Sexual Abuse*
- Child Labour
- Munchausen syndrome by Proxy

PERCENTAGE OF CHILD ABUSE AND NEGLECT VICTIMS BY TYPE OF MALTREATMENT: 2000

Source (II.7): U.S. Department of Health and Human Services



Note: Percentage totals more than 100% because children may have been victims of more than one type of maltreatment. Includes victims in 49 states.

CHILD ABUSE in INDIA

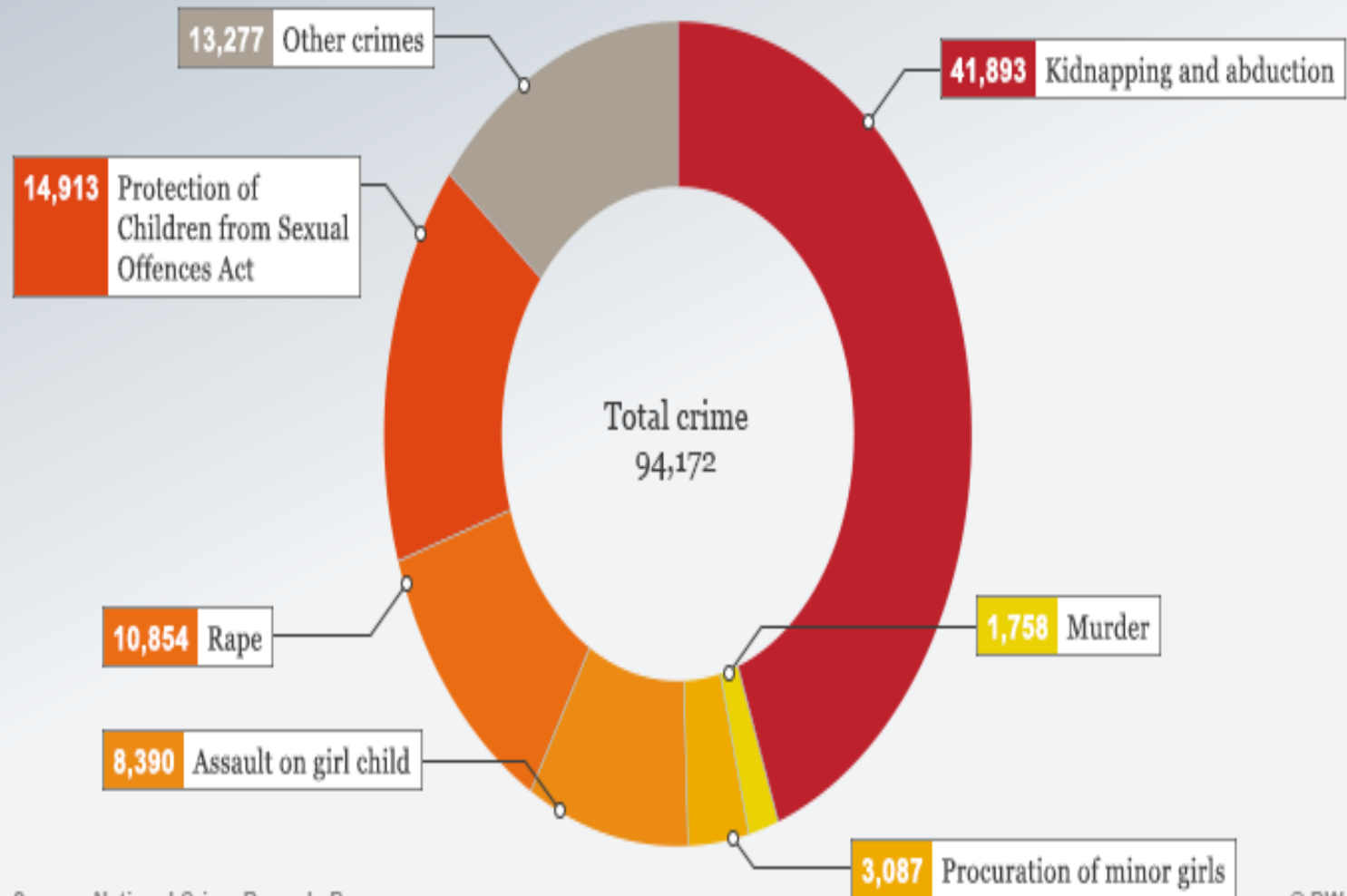
The first National Study on Child Abuse, covering 13 states and a sample size of 12,446 children (between the ages of 5 and 18 years) and released by the Ministry for Women and Child Development (April 2007), says that

53% *of children faced some kind of abuse.*

THE SILENCE

Form of Abuse	National Average (%)	Gender Break Up		% Young Children (5-12 yr)	% Young Children (13-14 yr)	% Adolescents (15-18 yr)
		M (%)	F (%)			
Physical Abuse	68.87	54.68	45.32	65.07	19.17	15.75
Severe Sexual Abuse	53.22	52.94	47.06	39.58	24.82	35.59
Emotional Abuse	48.37	49.99	50.01	47.02	25.61	23.37

Crime against children in India in 2015



Source: National Crime Records Bureau

© DW

The First **Tuesday**

ANTECEDENT / CAUSATIVE FACTORS

ANTECEDENT FACTORS

- Social and Cultural
 - Upbringing styles
 - Norms regarding punishment
 - Socio-economic status

A black and white illustration of a man in a suit standing over a cowering child. The man is on the left, wearing a dark suit jacket, a light-colored shirt, and a dark tie. He has a stern expression and his right hand is raised in a gesture of authority or aggression. The child is on the right, cowering on the ground with their head down and hands behind their back. The background is plain white.

*ANTECEDENT FACTORS:
PARENTAL*

ANTECEDENT FACTORS

- **Parental Factors**
 - Parents' personalities
 - Parents' own upbringing
 - Psychiatric illness
 - Chronic physical illness &/or disability
 - Life events and stresses
 - Notions of child abuse

*ANTECEDENT FACTORS:
CHILD*



ANTECEDENT FACTORS

- Child Factors
 - Personality /
Temperamental traits
 - Presence of
psychopathology:
(ADHD, DMDD)
 - Child's physical health
 - Physical demands
made by the child

THE ABUSER

- Elders in the family: parent/ step-parent / sibling/ grandparent/ uncle / aunt / others
- Other authority figures : Teachers, coaches, neighbours
- Peers: bullying (not being discussed today)
- *Often there is a great sense of **frustration** on the part of the abuser usually not directly related to the child's behaviour*

THE ABUSER

- PERVERSION

Sadistic temperament

Antisocial Personality

Deprivations

PHYSICAL ABUSE

Prof Henry Kempe



"The Battered-Child Syndrome" was chillingly illustrated with the X-ray images of children's multiple fractures:

"The bones tell a story the child is too young or too frightened to tell."

Physical Abuse

(‘Non- accidental Injury’)

- Most often, perpetrated as punishment
- Human violence can take myriad forms: slapping, strapping with belts, feeding of noxious substances, burns with iron/ cigarette butts, cuts/ bruises, lynching
- *Sometimes it is just a “one off” occurrence*

Physical Abuse

(Non-accidental Injury)

- *Ambroise Tardieu's syndrome*
- *Caffey-Kempe syndrome*
- *Silverman syndrome*

Physical Abuse

(Non-accidental Injury)

WHEN TO SUSPECT: Child brought with injury/ physical complaints that are genuine:

- Stories that don't fit the evidence or keep changing
- Defensive or recalcitrant parents/care-givers
- Conspiracy of silence sometimes also involving others (non-abusers): fear of abuser, stigma, family/community prestige

EMOTIONAL ABUSE

**How could any mother say to her child
“I wish you were dead!”
or
“I wish you were never born!” ?**



EMOTIONAL ABUSE

- *Emotional child abuse is any attitude, behavior, or failure to act that interferes with a child's mental health or social development.*

EMOTIONAL ABUSE

It can range from a simple verbal insult to an extreme form of punishment and many a times becomes chronic.

Emotional abuse is almost always present when another form of abuse is found.

Surprisingly, emotional abuse can have more long-lasting negative psychiatric effects than either physical abuse or sexual abuse., especially if it has been chronic.

EMOTIONAL ABUSE

Other names for emotional abuse are:

- **Verbal abuse**
- **Mental abuse**
- **Psychological maltreatment or psychological abuse**

Emotional Abuse

- *Ignoring*
- *Rejecting.*
- *Isolating.*
- *Exploiting or corrupting.*
- *Withdrawal from disciplining*
- *Terrorizing.*
- *Verbally assaulting*.*
- *Neglecting the child.*

*REBUKES, TAUNTS, ABUSE, SARCASM, DAMAGING STATEMENTS about CHILD'S WORTHINESS..

Emotional Abuse

While the definition of emotional abuse is often complex and not precise, professionals agree that, for most parents, occasional negative attitudes or actions are not considered emotional abuse.

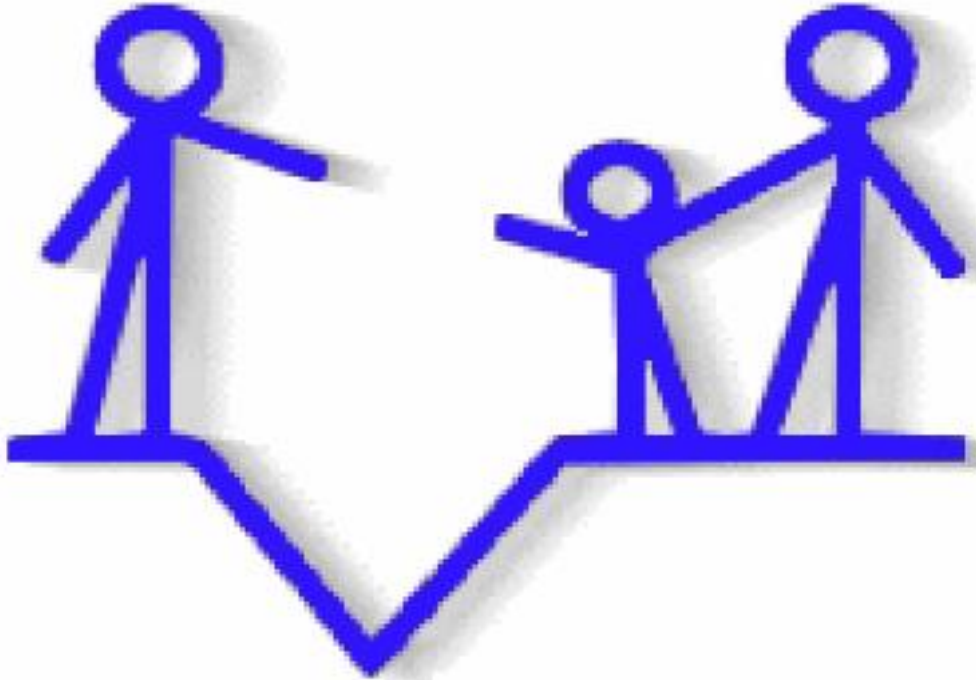
Even the best of parents have occasions when they have momentarily “lost control” and said hurtful things to their children, failed to give them the attention they wanted, or unintentionally scared them by their actions.

UDAAN



Parental Alienation Syndrome ~Richard Gardener

Le Syndrome d'Aliénation Parentale



WHETHER EXPLOITED

as child labourers or prostitutes, drafted as young teenagers into armed forces, forced as young girls into a lonely life as domestic workers, deprived of an education to work on the family farm, or denied adequate nutrition and health care, children need help and protection from an adult world that perpetrates the abuse.

SEXUAL ABUSE

Sexual Abuse

(CSA)

- Two well defined forms: the *seductive* and the *violent*. These can overlap or transition from one to the other.
- The perpetrator is often a close family member: step-father/ father/ uncle/ brother
- The conspiracy of silence is most insidious in this kind of abuse

The next few slides are based on a
presentation from the US

**BALTIMORE CHILD ABUSE
CENTER (2018)**

CSA: History

- Exploded into awareness in the 1980s.
 - 322% increase in reports (National Center on Child Abuse and Neglect, 1988).
- Credibility of reports questioned.
 - Complaints of false allegations and brain-washing.
- Nationwide agencies develop methods and protocols for investigating CSA allegations.

Dynamics of CSA

- Unique crime with unique behaviors and dynamics
- Rarely third-party witness or medical evidence
 - Only 4-5% of children who give a credible history of sexual abuse have a specific finding on medical exam.
 - 94-95% of all children who give a history of sexual abuse have a normal or nonspecific medical exam.

Dynamics of CSA: Myths

- Denials of the extent of CSA: the Roman Catholic Church, Indian God-men
(My Salem experience)
- Perpetrator stereotypes
- Minimizations or exaggerations of the extent of harm CSA poses on the child
- Diffusions of perpetrator blame

Extent of CSA: How common is it?

High incidence and prevalence

- 1 in 4 girls
- 1 in 6 to 7 boys

...Will be sexually abused before the
age of 18.

- Elevated risk for younger children and children with disabilities.

Extent of CSA: How common is it?

- 300,000 cases reported in United States
 - Only reported cases; unknown how many cases actually exist
- Only **10%** of children report their abuse

Extent of CSA: How common is it?

- Myth:
 - Only happens in poor, uneducated communities...
- Fact:
 - Inconsistent and scarce findings that race or socioeconomic status are risks
 - Unlike physical abuse

Perpetrator Stereotypes

- Myths
 - ‘Stranger danger’
 - Media focus
 - All CSA perpetrators are male
 - ‘Dirty, perverted’ men
 - Men who sexually abuse boys are homosexual

Perpetrator Stereotypes

- 70-90% of alleged abusers are people the child **knows** and **trusts**
- 90% of alleged offenders are male; however, there are documented cases of female perpetrators
 - Highly under-reported and not recognized
- CSA alleged offenders tend to be married, employed and heterosexual

How Children Experience Abuse

- Child Sexual Abuse Accommodation Syndrome (CSAAS)
 - Roland C. Summit, M.D. (1983)
 - Widely known theory for understanding dynamics of child sexual victimization
 - **However**, merely a clinical opinion, not scientific instrument
 - Anecdotal, not backed by research

Child Sexual Abuse Accommodation Syndrome (CSAAS)

- Five categories:
 - Secrecy
 - Helplessness
 - Entrapment and Accommodation
 - Delayed, unconvincing disclosure
 - Retraction and Recantation

Secrecy

- Happens when child is alone with their abuser.
 - ✓ “This is our secret.”
 - ✓ “Don’t tell anyone, or else.”
 - ✓ “Nobody will believe you.”

This becomes both: the source of fear and the promise of safety.

Helplessness

- Authoritarian relationship
 - No child has equal power to say no to a parental figure or to anticipate the consequences of sexual involvement with an adult caretaker.
- Expectation for child to cry out and run away
 - Almost every child fails.
 - Fight, flight → **freeze**.
 - Difficult for courts and law-enforcement to understand
 - Disbelief and rejection by non-offending caregiver = self-blame, self-hate, guilt for allowing the acts to occur.

Entrapment and Accommodation

- Abuse is not usually a one-time occurrence.
 - Multiple incidents
 - Grooming
- Accommodating *escalating* sexual demands.
- Child faced with continued helpless victimization must learn to somehow achieve a sense of power and control.
 - Child prepares for the sexual act before it happens:
 - Undresses and places themselves in a position for their perpetrator.
 - Child initiates the sexual act.

How Children Experience Abuse

- Usually happens under the disguise of love or attention:
 - Bath time
 - Bedtime
 - While watching TV on the couch
 - Wrestling and tickling
 - Games
- Abusers use these and physical contact opportunities to sexually touch children.

Vignette:

Natural reactions of healthy child to profoundly unnatural and unhealthy caregiver environment.

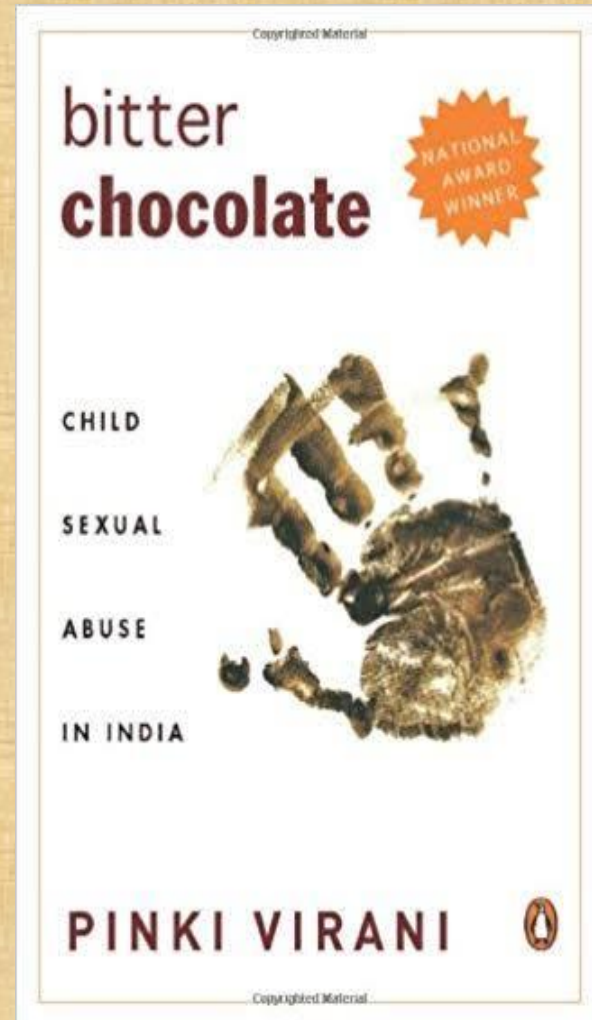
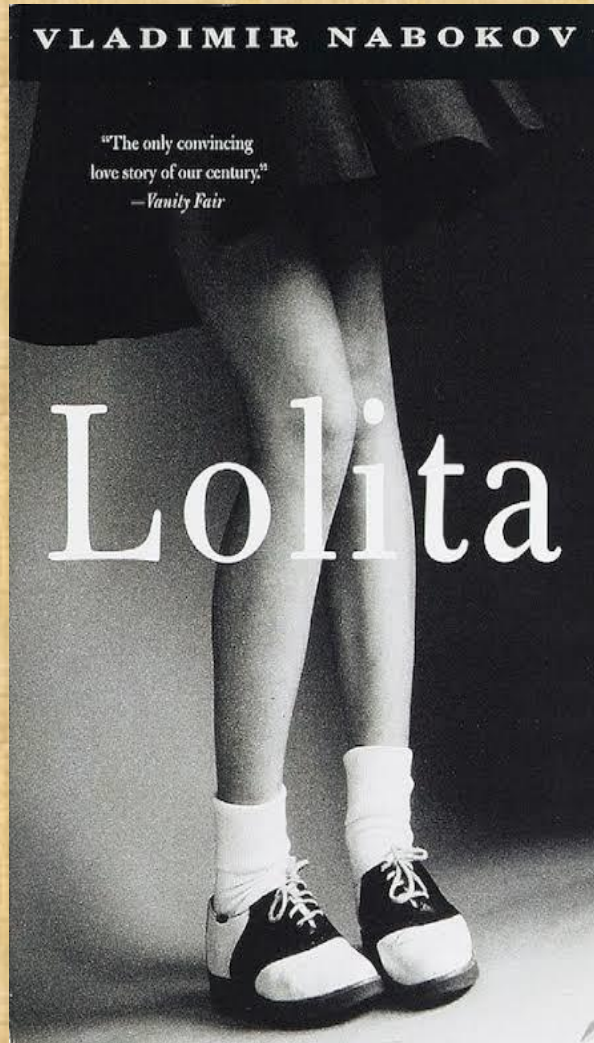
Coach on your soccer team always tells you what a great job you're doing on the field; he couldn't get along without you; if he had his way, you'd be voted most valuable player. Everyone loves coach, so it makes you feel good that you have his attention.

Then while he's driving you home, he starts saying things like how during showers he noticed you were really developing into a man. He begins commenting on the size of your penis and how some day you're going to make a girl really happy. All of a sudden the good feeling goes away and you feel embarrassed, confused, maybe frightened.

Sexual Abuse: Two studies

- ✓ Out of 350 female college students (17-21 yrs old):
 - 83%** have experienced **physical eve teasing.**
 - 47%** were **molested / experienced sexual overtures**
 - 15%** were **less than 10 years of age.**
- ✓ **One out of every seven girls has experienced serious forms of sexual abuse including rape of which 31% were less than 10 years of age.**

Sexual Abuse



**CSA:
LEGAL ANGLE
A Word about**

**The Protection of Children From
Sexual Offences Act
(POCSO, 2012)**

Nhg

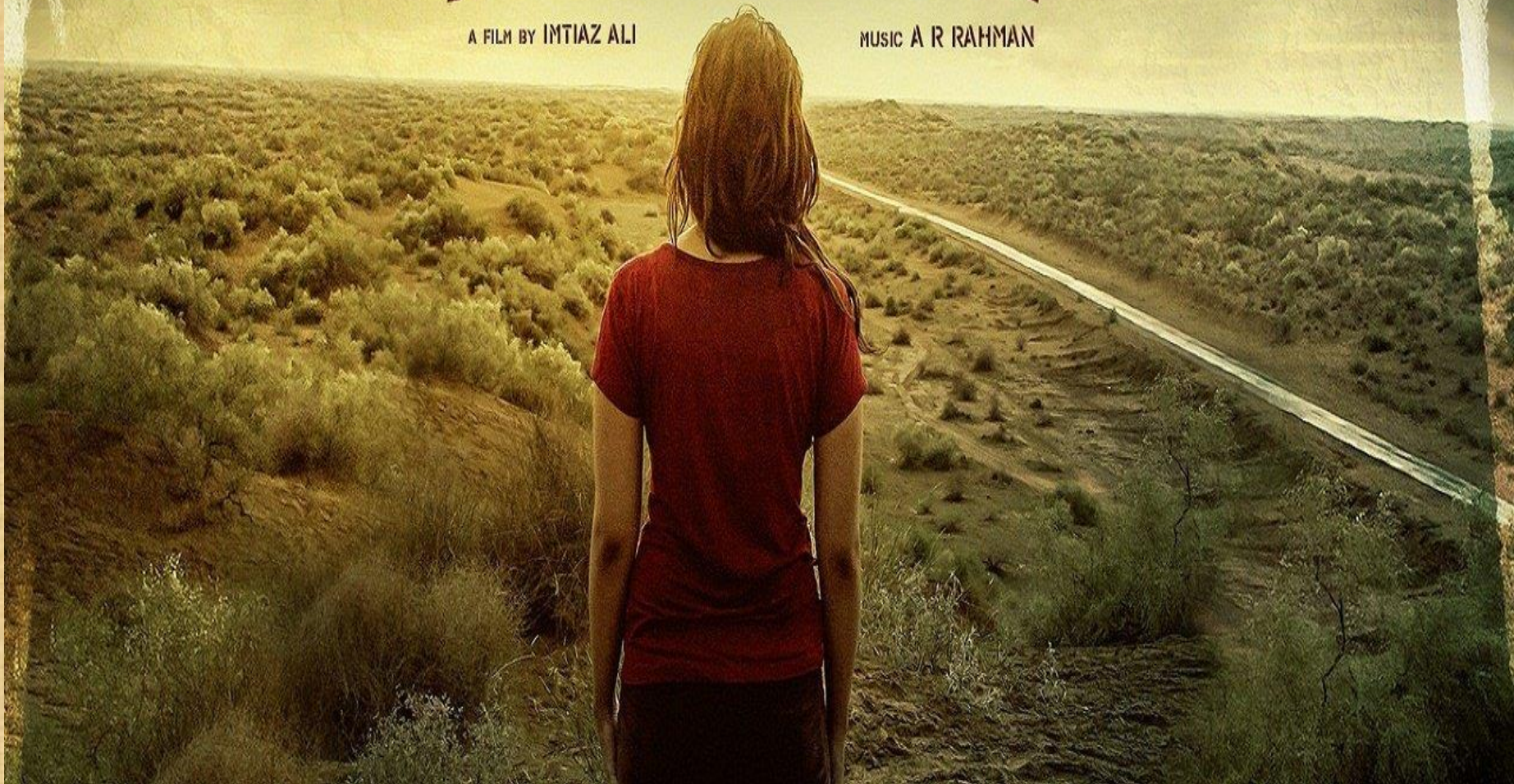
SAJID NADIADWALA PRESENTS



HIGHWAY

A FILM BY INTIAZ ALI

MUSIC A R RAHMAN



*The **NEXT Tuesday**.... And Beyond*

SEQUELAE OF CHILD ABUSE

SEQUELAE of Child Abuse

- Immediate
 - **Emotional disturbances : sad/tearful ; tense/anxious ; cranky/irritable;**
 - **Scholastic deterioration**
 - **School Avoidance/ Phobia/ Truancy**
 - **Dissociative symptoms**
 - **Excessive/ Unusual dependence**
 - **Oppositional behaviour**

SEQUELAE of Child Abuse

- Long Term
 - Highly varying profile
 - Psychiatric disturbances :
 - Anxiety disorders ;
 - Affective disorders ;
 - Personality disorders;**
 - Impulse control disorders;
 - Substance Abuse

SEQUELAE of Child Abuse

- Long Term
 - Attitude to sexuality : cold/ frigid/ impotent or *promiscuous*
?Gender Orientation
 - Attitude to life :
anxious / cynical / paranoid
 - Attitude to other gender/s
 - Attitude to children and their upbringing
 - Suicide and attempted suicide

SEQUELAE of Child Abuse

- Long Term

Physical problems :

- Failure to thrive
- Psychosomatic illnesses
- *Psychosocial dwarfism*

Long Term Sequelae:

- *“I’m sorry,
Mamma,
....didn’t mean to
hurt you....”*
- Sublimation?
Reaction formation?
BOTH??



SEQUELAE of Child Abuse

- Long Term

BUT THE NEWS

ISN'T

ALL BAD

MISCELLANEOUS CONSIDERATIONS

WHAT CAN BE DONE?

Miscellaneous Considerations:

- Intervention with the child
- Intervention with the perpetrator
- Intervention with other care-givers/family
- Follow up
- The notion of resilience
- The need for a tough “generation next”!

Intervention with the child

- A fine balance between urgency and patience
- The role of play, art etc. to elicit history
- Dealing with emotions : anger, anxiety, sadness, GUILT
- ‘Exoneration’ & Reassurance
- Ensuring safety : sometimes even drastic means are called for.
- Guidance to move on...

Intervention with the perpetrator

- Dealing with denial
- Not to rush in with “high morals”; certainly not at the start
- Dangers of castigation
- If / when denial persists, more severe means may have to be adopted to stymie the evil
- Several are helped by skills training
- Legal aspects

Intervention with other care-givers/family

- Dealing with emotional upheavals/
cynicism
- Clear objective of protecting the child
MUST NEVER BE LOST TRACK OF
- Fostering the child's healthy development
after the trauma.
- Guiding 'moving on'.

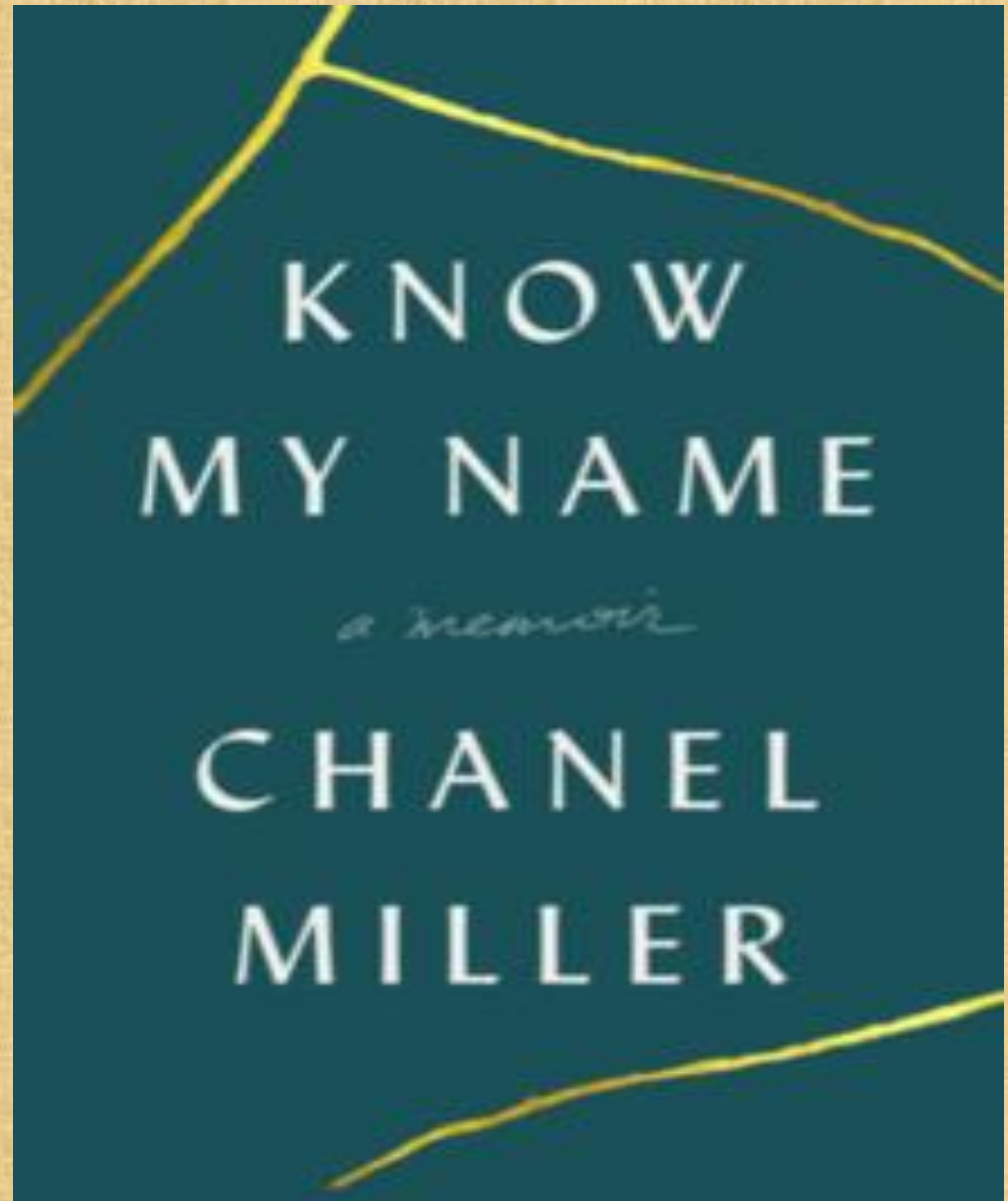
RESILIENCE

- Innate
- Can it be *built up* if it isn't *built in* ?
- Is resilience a guarantee against further personal problems?



Recovering from Abuse

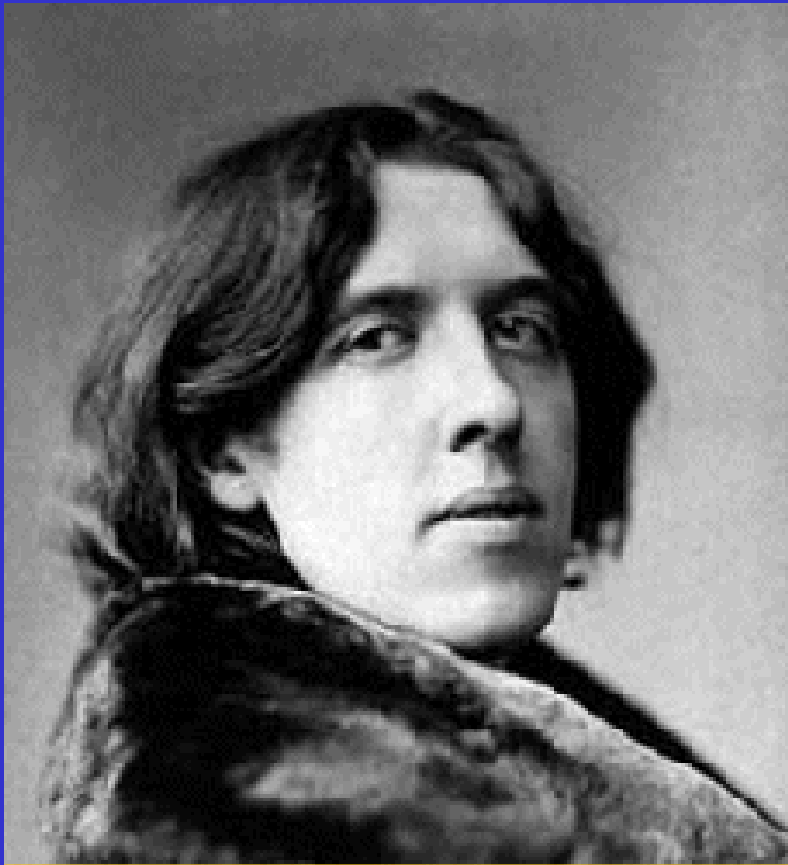
The cover art for the book was inspired by Kintsugi, which is the Japanese art of repairing broken pottery with powdered gold, emphasizing the cracks rather than covering them up.



Follow up

Gentle!

Persuasive, within limits.



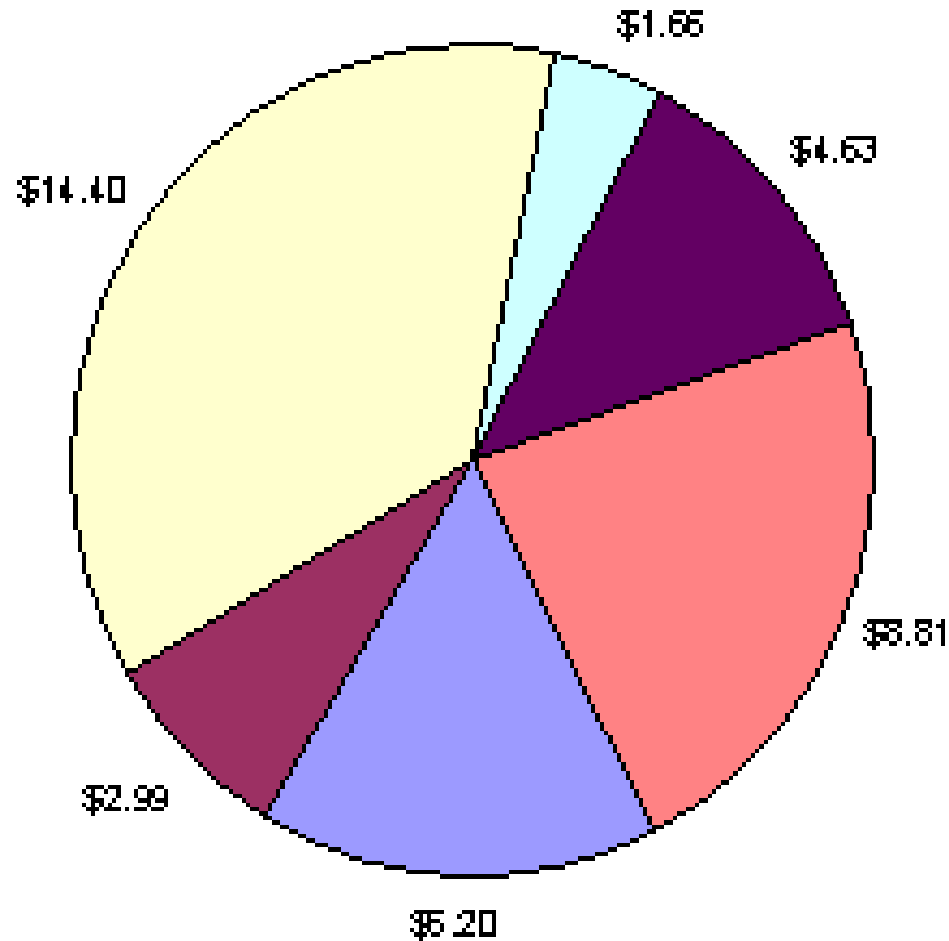
“...Children begin by adoring their parents ; as they grow older they judge them : rarely do they forgive them...”

AWARENESS & PREVENTION



Total Annual Cost of Child Abuse and Neglect in the United States in Billions of Dollars

(Statistics from Prevent Child Abuse America)



- Hospitalization
- Chronic Health Problems
- Child Welfare System
- Lost Productivity, Special Education, Mental Health Care System, Law Enforcement Judicial System
- Mental Health and Health Care
- Juvenile Delinquency

INADEQUACIES

- ***Dangers of under-reporting :***
myths about our culture being 'ideal' ..
lack of sensitivity to the issue of child abuse

- ***Dangers of over-reporting :***
 - ~ *the case of the paediatrician in the UK*
 - ~ *'invented' memories in the US*



*Puzzle they call me
Some say it can never be solved
To me I am a mystery too
That I beg you to please resolve
My tears have dried
My passion is spent
Perhaps it's all my fault..
Lifelong will I repent*

*Don't look at me strangely
Please!
Even if you can't put me at ease.
I am a jigsaw that was once a picture
All the pieces are here and yet
There's always one missing
Or one that doesn't fit.....*

Thank you!



***THANK
YOU***

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