

# **Keep Them Safe**

**Keeping Our Children Safe in  
Dangerous Times**



**Abuse Awareness and Protection  
Dr's Les and Wendy Hatton**

Accelerated Learning Systems, Inc.  
Orlando Florida, 34744

KEEP THEM SAFE. Keeping Our Children Safe in Dangerous Time.  
Abuse Awareness and Protection

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# **Child Protection and Abuse Awareness Program for Parents**

## **Foreword**

Recent events have brought home to many parents the desperate need to find ways to protect their children, teenagers and young people from sexual predators and abusive danger around them in the world today.

In Los Angeles, an entire school staff was suspended due to extremely serious abuse by two of its long term teachers against six to ten year olds on multiple occasions. This situation has followed hot on the heels of the Penn State University abuse case against an assistant coach who evaded removal and conviction of his actions for many years because of a deliberate cover up by those in authority above him. These and other situations have brought home to parents across the nation the need to protect our children from sexual predators in all environments of our society today.

Swim teams, gym club, martial arts schools, uniformed organizations are attractive to children, parents and abusers alike. Even the church has been seen to be completely vulnerable to this disease of the modern age. As I write the Catholic Church is paying out millions of dollars to victims of abuse at the hands of their priests.

YOUR CHILD does not have to become a statistic. YOU CAN take measures to give YOU and THEM the knowledge and the tools to protect them from all forms of abuse. You have made a wise and powerful decision and you are taking action.

You have begun the essential journey as a parent in protecting your child from having their lives scarred by the events and memories of abuse against them, events that have the power to torment them for the rest of their lives. As a parent we must not underestimate the terrible effects abuse can have when a child is abused by someone they trust (A figure of authority) or love (parent or guardian).

Children and young people look to those they love and trust to train them for being launched into adult life with innocence and faith intact when that obligation is betrayed it leaves them battling against feelings of betrayal and struggling to trust everyone in authority around them.

This protective program for parents is a result of my own personal experiences with traumatic abuse, operating rehabilitation centres for many years, twenty five years as a Senior Pastor counselling hundreds of young people and families plus my wife Dr Wendy Hatton's extensive experience in the medical care and social services fields. We have both helped all kinds of people from all walks of life overcome the consequences of abuse in their lives. Having worked so extensively with abuse, addiction and their

consequences in multiple nations we are committed to bringing healing and hope to all who are struggling from physical, sexual, mental or emotional abuse and stress in their lives.

This mandate was given to us in 1984 when Dr Wendy had a dream that began our journey of bringing healing to the abused that we are on today. In the dream I and Wendy were sat in a balcony in a large cathedral type church. The church was full and we were singing a hymn and all seemed well. Then up through the grills down the centre of the church dirty brown water began bubbling up through them. To our horror the water quickly began to cover the shoes of the people in the congregation below us but what was extremely strange to us was no-one was taking any notice! They just carried on singing as if nothing was happening!

We watched as it continued to climb up their legs to their knees and now we could see that the water was actually sewage with all sorts of filth floating around in it. Amazingly everyone carried on as if nothing was happening! As the awful smell began wafting up to us we could stay silent no longer and stood to our feet and began shouting at the people below about the rising sewage water, yet still they took no notice!

Increasingly desperate, we watched the disgusting water continue to rise around the people we began throwing flyers down to the people below. Most people ignored them as they continued to sing; others read them then just threw the flyer into the filthy water. Some read them and then immediately began to walk to the back of the cathedral. We looked to the back of the cathedral to see where the people were going as we continued to throw flyers to the people below.

There, at the back of the cathedral, we saw a room with an open door and the most wonderful radiant light pouring out from within. The water was all around the door yet could not penetrate into the light. The people who had responded were walking, or wading into the room and safety.

As we turned our attention back to the people below us the water was still rising and they were still singing! How long we were throwing down the flyers for the people to read we do not know. But eventually the water rose over the entire congregation's heads and filled the whole building below us apart from the room of radiant light at the rear.

Then suddenly the rear doors burst open with a mighty crash and were carried of their hinges as the water flooded out of the building sweeping everything below us with it. The people, the pews, the fixtures and fittings everything was carried away. All that was left was a layer of foul smelling sludge. The only one's to survive were those who took heed to the warning on the flyers and went to the back room.

This dream is our inspiration to train as many parents as possible in abuse and addiction awareness so that their children are protected from their terrible effects on their lives. The dangers of abuse and addiction (the sewage) will always be around us but so is the safety of the room at the back bringing the light of awareness and protection into as many homes as possible before it's too late.

You have in your hands one of our 'leaflets' from the balcony a powerful program that will give you awareness of all the tools you need to build a powerful wall of protection around the most precious gift parents receive on earth, your children and their innocence.

ALL of us begin this life with a destiny designed by our Creator, to weave our lives around the lives of others and create something of incredible beauty, through loving and serving others around us.

Traumatic abusive experiences of childhood and adult life, seek to break into this process and disconnect us from it, stealing our innocence and bringing us into a place of anger against our God, our world, our family and friends. This then puts the work of Heaven on hold, as we battle to regain our innocence lost and our trust of those in authority around us. As a parent when our children are abused we can, if not careful, become very angry against the perpetrator, our God and the world and that has serious consequences for our faith and trust of humanity.

This is why this book and our abuse awareness program is so important for parents because it gives you the peace of mind to know that you have put in place powerful procedures within your home that can save you the emotional turmoil that sadly more and more parents are going through today.

Thank you for giving us the privilege of bringing the light of abuse awareness into your family.

Yours on the journey, *Dr Les and Dr Wendy*

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# Chapter 1

## The Environments of Abuse

First of all as parents we need to be aware of the five environments that have the potential to be an abusive environment for our children. They are the home (residential), educational (school and college), the workplace (occupational), leisure and hobby's (recreational) and our place of worship (spiritual).

All of us have been aware of the dangers of abuse in the home but now past events have graphically shown us that abusive environments are all around our children. We must not make the mistake of believing what I call the myths of abuse and subsequently be lulled into a false sense of security.

### The Myth's of Abuse

**Myth 1:** I know them, they would never do such a thing!

**Reality:** Anyone is capable.

**Myth 2:** Only wicked people do it!

**Reality:** Everyone is capable of abusive behavior due to the pressure of personal circumstances or individual and corporate ignorance of the abusive process.

**Myth 3:** They are only children they are too young to understand what is going on.

**Reality:** The child's mind may not be able to rationalise or explain it but the pain of a broken heart and broken trust is universal for all ages.

**Myth 4:** Adults can look after themselves and no longer need protection.

**Reality:** The abuse may only last for a moment but the pain of the memories, if not dealt with, can last a lifetime.

## The Five Relational Environments

### Relational Environments

All of our children, teenagers and young people in our care are constantly meeting new people and sharing experiences in new environments as they grow and mature as a parent we need to be vigilant in all of them. The tragedy is environments that are meant to be safe supportive, loving and exciting for our children are never guaranteed to stay that way. If our parental defences are down they can become places that rob, steal and crush our children's innocence through abusive experiences.

### Residential (Home Environment)

This environment is where children are meant to discover, unconditional love and trust from those who are guardian's over their lives. When done correctly this creates a launch pad for success and happiness in our children's physical, intellectual, emotional and spiritual beings. So enabling them to be, and become, all that they are called to be and achieve in this life. The home

environment has huge importance in the healthy development of our children's spirit, body and soul. It is not too strong a statement to say that it is of the greatest importance in whom and what we become in this world.

## **Educational (School and College Environment)**

This is the environment where our children are meant to discover the wonders and the incredible mystery of our world, building a respect and awe of creation and humanities place in it as its beauty is unfolded before them.

Events at Penn State University, where an assistant coach is accused of sexually abusing young boys on a youth football program, charged with at least seven charges of first-degree involuntary deviate sexual intercourse, and the L.A school where the whole faculty were suspended as photos of male teachers feeding young children their bodily secretions have emerged. These events show that far more sinister agendas. can be presented to children and are the exact opposite of all that the education systems are meant to achieve in our childrens and young peoples lives.

**Later we will give you strategies to implement with your children throughout the educational process that can guard them from kindergarten to college** helping to ensure the educational experience is an amazing journey of wonder and enlightenment that education is meant to be. You and your children are going on an exciting journey of discovery together that will build bonds that will stand the test of time and all that may come against you if the bonds are established correctly.

## **Occupational (Work Environment)**

This is the environment where we are meant to discover discipline and diligence. Establishing a lifestyle, that honours those who have authority over

our lives. Obviously this is primarily an adult environment but our teenagers are always at risk in this environment through casual or part time work that they undertake to create supplementary income for themselves. Management are commonly known to manipulate their staff sexually, mentally or emotionally during work hours.

Young people and teenagers are particularly vulnerable due to their immaturity and ignorance of manipulation and grooming techniques that the abuser will use to entrap them. We will share in detail later in the process of abuse exactly how the targeting and grooming techniques of the abuser work.

**But more importantly show you can create open communication channels and relational activities with your children to protect them.**

## **Recreational (Leisure Environment)**

This is the environment where we are meant to discover the place of challenge that teaches us integrity and the power of a team environment to achieve a common goal.

Millions and millions of our children across America are involved in after school recreational activities or local programs such as Girl & Boy Scouts, Martial Arts or Dance Schools, Gymnastic clubs, Swim Team, Little League and more. Most have wonderful, fulfilling, fun experiences with friends and dedicated, talented staff. Unfortunately it is the experiences of those that are harmed in places we trust, the tragedy of Penn State University has brought home to all of us the vulnerability of our children in recreational environments.

## **Spiritual (Rest Environment)**

This is the environment where we are meant to discover the place of peace and refreshing. Place where we should stand back from the futility of our

humanity when left to its own devices and commit ourselves to a power above it and beyond corruption. Although the multiplicity of abuse and cover up of those in authority within the Catholic Church has rightly appalled many we must always remember that it was men within its organisation and not the God above it who abused young boys.

When these five relational environments are in balance and free of the traumatic experiences of abuse as they were intended to be, happiness, fulfilment, contentment and harmony will flow naturally from them into the lives of our children.

**When not in harmony all five relational environments may have the potential for creating abusive and traumatic experiences for our children.**

Although all five relational environments have the potential for abuse and tremendous heartache, the **most dangerous and destructive of these five environments without doubt is the home or residential environment.**

The substantiated figures for abuse in the home from the Prevent Abuse Now organisation make for very sobering reading and show the depth of the problem within our home environments for children.

Composition of substantiated child abuse in 2010:

5.9 million reports were made of child abuse

Reports were in these categories.

Neglect	63%
Physical	19%
Sexual	10%
Psychological	8%

Remember these figures are **substantiated** it is truly worrying to consider the level of abuse that goes unreported and therefore unsubstantiated.

The home or residential environment is the most dangerous because it is a closed one where the child's innocence is at its most vulnerable. When parental or family abuse takes place, it can invade the child's innocence and pollute it for rest of their lives. This leaves in place seeds of negative momentum that subconsciously create automatic negative response systems in the five relational environments. Making attempts to build meaningful relationships in them extremely difficult as the abused see relationships as dangerous and not to be trusted so creating the inner negative response systems that will **severely hinder any relationships they seek to build.**

A report recently released by the UK based mums.net social network gives further evidence of the danger of the home environment for sexual abuse in particular. It revealed that their research found that more than a third of British women have been subjected to some kind of sexual assault and one in ten has been raped and they **predominately take place in the home environment of the victim or rapist.**

Any individual who has suffered a traumatic experience of abuse in any of the five relational environments will have negative inner response systems developed and because of them watch in hopelessness as an endless parade of failed and broken relationships pass before them in their adult life.

**This is why this material is so powerful for your home and your children to help keep them safe from these consequences.**

This book will give you the tools to help prevent and expose abuse in the home environment.

## Chapter 2

### My Story

Sadly my life was one not free from childhood abuse on multiple occasions leaving my life an endless cycle of negativity. The apostle Paul speaks about this awful dilemma that I went through with great insight in the New Testament. In one verse he uncovers not only the mental and emotional torture I went through, but I believe all who are abused go through to some degree no matter what their age when it occurs.

The only blessing to being an adult rather than the child is that there can be a greater emotional and mental development structure to make some sense of it all and escape from it. When it comes to building relationships in the five environments of activity I shared earlier the child, teenager, young person or adult will find themselves trapped in the inner conflict Paul explains so well.

**'The things I want to do (build relationships) I can't do! Yet the things I don't want to do (destroy relationships), that's what I find myself doing! Oh, wretched man and that I am who can help me!'** (Romans 7:18-25)

For twenty-seven years, these words of Paul were to be the anthem of my life as traumatic abusive experiences in my childhood and adult life, threw me further and further away from meaningful relationships. However hard in life I tried nothing ever seemed to work out, and the **harder I tried the worse it got!**

Let me share my story and offer light at the end of your tunnel for anyone reading this book that has also been through an abusive experience. My story will also be used later to illustrate the process of abuse **that you as a parent must guard against**. A process that is common to nearly every case of abuse I and Wendy have dealt with more than twenty five years of counselling the abused.

If you are a survivor of abuse or suffering abuse please do not hesitate to contact us at the link below.

[help@abuseawareness.info](mailto:help@abuseawareness.info)

## My Story

His big hands roughly grabbed my small four-year-old frame, and violently threw me into the tiny cupboard. The darkness closed around me, hot stinging tears began streaming down my face as I screamed at the top of my voice.

“Dad! Dad! Dad! Please let me out! Please, please let me out!”

The first time it happened, over and over again I would cry out. Waiting for his footsteps to return, but they never did! In desperation, I placed my little legs against the door in the darkness and kicked and kicked, with all my might.

Over and over again until there was no strength left. My father never did heed my screams or my little legs trying to break me out of my black tomb

The door opened just before my mother returned. Violently grabbing me he pulled me to within an inch of his face, snarling at me, the words spitting out of his mouth.

“Don’t you dare tell your mother or I will tan you black and blue’. My heart knotted in panic he threw me aside, trembling in fear I watched my father's large frame disappearing out of the room.

This physical abuse took place every time my mother left home to take my brother to the hospital, born crippled in one leg, his hospital visits were frequent. My fathers attacks were just as frequent. As soon as she left I knew it was only a matter of time before he heard or saw me. Then it would begin. Verbal abuse, hitting, shutting me in the cupboard, if my mother noticed the bruises it was put down to ‘he’s a boy, clumsy, always falling over.’ With three more younger children to look after, her hands were full and I was too terrified of him to say anything. Over the next four years, I was to suffer constant physical abuse and occasional sexual abuse at his hands as he enjoyed the power and control his violent and painful acts had over me.

Finally at the age of eight, my mother separated from my father. A day of great joy in my young life, at last the monster was gone.

But the joy of my new freedom from his terrible abuse was to be short lived, my mother's health rapidly deteriorated over the next four months, as she desperately tried to care for her young family! Battling to bring up four young children, two with special educational needs proved too much for my brave mother. She had to be taken into hospital with a complete nervous breakdown.

I was separated from my younger brother and two sisters immediately, leaving my young mind utterly confused and heartbroken that somehow I had let the family down. Somehow I had failed everybody and it was entirely fault, in my young mind I felt that being the oldest made me responsible for them all!

Over the next six months I was shunted around a succession of foster homes, each home desperately trying to make sense of an eight-year-old boy in deep pain, battling to make sense of his world. After six months of foster care. Once again my dark world of mental torture was illuminated with hope. My grandparents decided that they could take me and my younger sister Sarah into their home. Sadly they could not take my younger brother and other sister, because they were both special needs children

The joy that filled my heart as I met my sister and walked around the familiar surroundings cannot be expressed. The joy of seeing my precious Grandma with her legs to the back of the stove with her dress lifted to warm her legs in the chill autumn air was nearly overwhelming.

My granddad sat in his battered old corner chair, in the front room, a pint mug of tea in his hand and a cigarette dangling precariously from the corner of his mouth. These so familiar scenes gave me a wonderful sense that all was at last right with my world and now at last surely some sanity could enter my young and disturbed life?

I had only been in my grandparent's home a few short weeks when once again my world was caught in a hurricane of twisted emotions.

One of my uncles began to regular sexual abuse me. After working hard to gain my trust, and as I was so vulnerable and emotionally raw it didn't take

much, he began stroking me like a pet. The stroking turned to touching and stroking in more intimate areas. Seeing each other naked became a daily routine 'We are all guys together' he would say 'just like the sports changing rooms.' While I felt it was wrong and he was out of line, I did not know he was wrong. No-one had ever discussed privacy, inappropriate behaviour with me. He was only doing what I remembered from my dad's behaviour. Maybe this was the way men are supposed to behave. Eventually when we were exploring a shutdown construction site on a weekend he grabbed me and violently raped me.

I went into shut down, mentally, physically and emotionally. From that point he treated my body as if it was his toy. I needed it to stop.

In pain and desperate for help, I told another uncle, who lived with us. As I spluttered out my cry for help, the same sinister glint appeared in his eyes that I had seen in my father's eyes and younger uncle before him.

My heart began to beat violently as panic arose in my body with this sick awareness. In desperation, I ducked beneath his groping arms and ran out of the house into the back garden I fell to the ground in a crumpled heap shaking violently with the release of tension. Tears streaming down my cheeks, my mind became a helter-skelter of tumbling thoughts creating a cocktail of dark confusion.

Who could I tell, where could I turn, every answer seemed to bring more heartache around my family and loved ones. My final decision at the age of eight was to be a catastrophic mistake. I decided I would remain silent, because my perceptions of the consequences for my uncles were too awful to contemplate. I could imagine my Grandfather's rage, my Grandmother's heart break, I could imagine the social workers coming and taking us back to foster

care. An understandable decision for a little boy of eight years old who had never known the family environment as a place that God had intended it to be. But was it the right one?

**I know now beyond any doubt that it was not the right decision.**

After six months at my grandparents' house my mother was finally released from convalescence and we were once again a family, moving to the south coast I never saw either of my uncles again during my childhood.

I entered adult life hoping the physical and sexual abuse I had suffered as a child were at last behind me and I could get on with my life without any further interference from it. After all I was now eighteen and an extremely fit one hundred and eighty pound young male who had grown up on the biggest government housing estate in Europe. Surely no-one would dare try to mess with me now!

At a naive eighteen years old I joined the British army conned by the adverts of freedom, excitement, travel and a tall leggy blonde waiting in every port. I joined up full of hope for a new chapter in my life free from the emotional turmoil and pain of the past. What I got was the door opening to let yet further dark abusive experiences into it!

I had only been in army training barracks for a couple of weeks when our unit was sent to Scotland for a two week training exercise. To get there we travelled by overnight train from London. Without even the faintest thought of possible sexual abuse in my head I had returned early to my sleeping compartment to settle down for a good night's sleep, thankful for the chance to recharge my physical batteries. I was just starting to drift off when another soldier came into the compartment who I had struck up a good friendship with

over the first two weeks of training, carrying a couple of beers for us to share. For a few minutes we chatted about army life and the universe and all seemed well.

Then the familiar panic of my childhood gripped my heart as the glint of evil I had seen so often as a child appeared in his eyes, suddenly his hand slipped beneath the covers and began stroking my thigh! Travelling upwards with purpose his hand pressure was firm and conveyed his meaning.

Charlie didn't say a word he just leered in anticipation of what he was about to do. Here I was again with my thoughts on a helter-skelter of confusion through my mind. Charlie was both an amateur and army boxing champion and I had seen him in vicious action during our first week of training. I could handle myself but he was in another league, so I knew that if he wanted to rape me it was a no contest.

My mind desperately clawed for anything to grip on to that could save me from yet another horrible rape of my body. What could I do? What could I do? What could I do? Continually hurtled down the tracks of my mind like some crazy run away train and then I knew. Suddenly I went from total panic to an all consuming sense of peace as in calm and measured tones I said to Charlie.

"Its up to you Charlie I can't stop you from doing what you want to do but I promise you I will kick, scream and fight you to the bitter end. The choice is yours!" For thirty awful seconds Charlie considered his options while still stroking my thigh!

Then with a resigned shrug of his shoulders took the beers and his evil intentions out of the room leaving me shaking in relief behind him.

During my three years of army service I suffered two more times from the attentions of homosexual men. Both not as serious as Charlie's because there was no physical contact only disgustingly lewd behaviour seeking to entice me into their abusive snare.

There were also numerous occasions during my three years of active service that I was directly involved in or witnessed severe physical abuse of individuals.

I know that the calm assurance that entered my being on that night as Charlie stroked my thigh was a gift of grace from heaven to help me.

Because of my childhood and adult abuse, an emotional and mental turmoil was created that gradually coiled itself around my life, choking all destiny, happiness and contentment from it. The violation of my body and mind had four direct results. Each one feeding the negative momentum in my life and building up it's pace and power as time passed by.

## Chapter 3

### The Emotional Battleground of Abuse

When an individual is abused there are many emotional and mental negative consequences that can be released into their lives. But there are four main ones that affected my own life and are common to those I have counselled over the years. These four are fear, mistrust, guilt and shame.

**It is very important for every parent** to have a clear understanding of these four major emotional consequences that are in place once their sons or daughters are abused in any of the five environments. Abuse creates extremely powerful and complex emotions in the victim; some are greater than others because of age, social backgrounds and life experiences.

**But for the abused the reality is that all will suffer to greater or lesser extent the emotional and psychological consequences that abuse releases into their lives.**

## **Fear**

When and where it would happen again, who else is out there waiting to hurt and abuse the innocence and vulnerable? If there is no safety within the walls of the family home, recreation, church and the workplace are you safe anywhere? The abused individual will reason the world indeed is a dangerous place and involvement in new environments and experiences will only leave them in greater danger. Because of fear a prison of silence and introversion will begin to be created in their **minds seriously hindering balanced emotional development in their lives.**

## **Mistrust**

Everyone in authority comes under suspicion until they prove they can be trusted to act responsibly. The abused will become nervous in all new situations and around new people, keeping everyone at arms length until absolutely sure of their safety. If the abuse is severe all trust of any authority figures in their lives can become impossible. Rebellion against authority and a desire to fight the world as the walls of silence close in around them will eventually become natural to them as they **fail to come to terms with the inner emotions of mistrust subconsciously driving them.**

## **Guilt**

This emotion is probably the most crippling of all particularly for a young child who is trying to deal with the invasion of their mind with the thought that somehow they were responsible for it all. This emotion becomes more powerful and difficult to deal with when the abuse has become habitual and sustained.

It does not matter that this emotional guilt is complete nonsense and difficult to understand from a rational perspective. But the emotional reality will not stop a victims mind being bombarded with the thoughts that somehow it was all in some way their fault. **This sense of guilt will often keep the victim of abuse from speaking out about the abuse, helping the abuser create the sustainability of abuse** that he or she seeks. You need to create an open environment of communication for your child to ensure it is extremely difficult for them to be locked into this world of silence that is so dangerous for them.

## Shame

This is another extremely destructive emotional mindset that is extremely dangerous for the abused victim, particularly children, teenagers or young people. I personally believe however young the child within them is a sub-conscious awareness that the abusers behaviour is wrong and dangerous to them. This and other conscious and subconscious emotions and thoughts about the violation of their bodies feed a negative response of shame within the abused. There is often the feeling that somehow in some way, through some means, the abused child or young person could have stopped what took place however innocent their part in it.

Like the emotion of guilt this is also in the vast amount of cases completely illogical. But for the abused individual it is a very real constant emotional and mental battle to overcome and **must not be underestimated by those around them.** Because of these four consequences, Negative Momentum will increasingly invade the life of the abused. Twisting the events of the abuse constantly over and over in their minds as they seek answers to the hurt and confusion they feel. Negative thought patterns can be compounded quickly affecting self worth and all status values in life. This will then feed individuals negative life momentum making it more and more difficult to develop and

keep meaningful relationships and hope for future destiny and happiness to be achieved in the five relational environments of life.

I personally suffered all four consequential emotions of abuse throughout my childhood as a result I entered my teenage years, with the cycle of Negative Momentum firmly in place. But my life proves conclusively that there is hope for all however dark, however serious the abuse, there is a reality that shines above it all for the abused to walk to from the filth of the sewage.

**The reality for me and anyone caught in the vicious cycle of sustained abuse is that the rest of your life can be the best of your life.**

## **Chapter 4**

### **Abuser Profile**

When talking about the abuser's profile it is very important to remember the myths of abuse I shared at the beginning of the first chapter. Particularly the tragic reality that an abuser can come from any environment or social structure where there is relational contact with others. For the safety of those we love we must understand the reality that no-one is above temptation whoever or wherever you are and no child can be guaranteed to be permanently safe from its evil. I am going to discuss three categories of abuser and what you can do as a parent to take counter measures against them so that you and your children, teenagers and young people are not ignorant of their intent. The three categories are the mental, emotional and psychotic.

#### **The Emotional Abuser**

This will generally be an individual who is not receiving the emotional support from their established relationships around them that they believe they need

to remain emotionally stable, creating the need for them to seek emotional comfort with others that are near them in the five relational environments in unhealthy and dangerous ways. An example of this is a husband in a loveless marriage who then finds he is battling sexual temptation with his children or adulterous thoughts in the workplace. Another example of the emotional abuser is an individual who has a dysfunctional home life that leads them to behave violently towards others around them inside or outside the home.

## **What Can Parents Do?**

Protect your home environment from the emotional dysfunctionality that creates the emotional lack in the other partner and opens the door for temptation and abuse. Parents need to do this on two levels of open and transparent communication. **The first level is with their partners so that at the first sign of trouble in the relationship there is open and honest dialogue** to address the issues and return the relationship to its previous stability.

The second is to explain clearly to children that their **bodies are special and their own property** and no-one has the right to abuse it in any way. That even mum and dad must always treat it with respect at all times. Explaining to them that if anyone including one of them ever touches them inappropriately they must immediately tell the other. If it is another member of the immediate family or someone involved relationally with the children in one of the five environments then **both parents must be told immediately and any necessary authorities.**

**We have great resources for marriage and parental tensions in the home please get help by contacting us at the link below before the home is emotionally out of control.**

[www.leshatton.com](http://www.leshatton.com)

## Mental Instability

This is where individuals thought patterns have become negatively wired by the outside influences around them. The influences that can create this mental instability can be parental, social, educational, political, media or spiritually related to name just a few of the areas where negativity can invade the abusers mind and negatively affect them to the point where they will eventually actively abuse others due to mental instability. To understand this form of abuse clearly we only have to look at the scope of racism in America, apartheid in South Africa and the concentration camps that exterminated thousands of Jew's during the Second World War.

All of these huge emotional and physical evils that have plagued our world were fed by a collective mental instability that truly believed that what they were doing to make the world they lived in a better place! **Mental instability is rarely a spontaneous event its process 99% of the time of the time is a warped journey sometimes over a considerable amount of time.**

A classic example of the warped journey of mental instability was a man called Bernie Gertz

In 1984 he got on the New York subway. He is tormented by three teenagers, who try to mug him. He calmly pulls out a Smith and Wesson revolver and shoots all three. He makes major headlines for the next few months as his case is brought to trial.

Where did this mental instability come from? Was it just a random act out of the blue with no rhyme or reason? Was it just a crazy moment of anger where he suddenly lost all control? No, as the background to Bernie Gertz was studied the process of gradual mental instability could clearly be seen.

It began with his childhood emotional needs for unconditional love, affection and acceptance being denied him. His father was a strict disciplinarian lacking in tenderness and compassion. The relationship with his father broke down completely as he increasingly became a victim of his father's rage. Due to his emotional problems at home he became a loner at school and an outsider among his peers. With his home and educational relational environments in terrible disarray he entered the working world.

He worked for some years at Westinghouse building nuclear submarines. But his emotional instability from his early years left him constantly arguing with his fellow workers and clashing with his superiors over corner cutting and shoddy work practices. He moves into a depressed New York apartment block where the janitor, **one of his few real friends is beaten senseless by muggers**. With his anger against the world and life powerfully fuelled by what happened to his friend a little while later he is also mugged by three youths. His briefcase is stolen and he is left with a permanent chest injury. He constantly complains to all who will listen about the terrible condition of the neighbourhood and the subways.

The journey of mental instability and bitterness is now complete and his behaviour crosses over into the psychotic. In a public meeting he declares the only way to clean up the streets is to get rid of the spics and niggers! He burns down a news stand outside his apartment block because it's used by vagrants overnight! Mental instability complete he guns down three teenagers on the New York subway.

Anger management issues can be overcome for help contact us below:

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## What Can Parents Do

The greatest priority for parents is to first of all examine the values you are instilling into your children with your own thoughts, actions, words and deeds around them. Are you mentoring them with balanced attitudes in the five relational environments? For a child to understand the danger of mental instability fully around them parents must understand the power of their position in influencing their children as they grow up.

A quote from the Jesuit priests sums this up well:

**“Give me the child until he is seven and I will give you back the man.”**

I strongly recommend all parents should regularly take stock of their believe systems and attitudes towards the rest of society that they are actively passing on to their children.

Parents should also monitor their children’s friendships and peer activities and social culture throughout the educational process. Keeping an open and honest dialogue with their children and keeping the three essentials of good parenting communication skills in mind. **Always be available, accountable and flexible.** With these things in place in the home they will quickly be able to spot mental instability around them and ensure there separation from it.

## Psychotic Possession

Once the abuser has moved into the psychotic possession stage they are extremely dangerous to all areas of society. There thinking patterns are now completely warped and beyond any help. There thinking and behaviour are so habitually grooved there is no hope of sensible conversation or logical and

balanced thinking. As a parent it is important to note that it is possible for an individual to appear normal and sane in some areas of conversation while harbouring serious psychotic problems beneath the outward veneer of normality.

**ANYONE with a psychotic problem area in their mind or thinking needs immediate professional help it is extremely dangerous for non professionals to seek to help these individuals in ANY WAY.**

### **What Can Parents Do**

Do not let individuals in to the family environment for close personal contact with the children until serious dialogue has taken place with them and their family background checked out, to ensure their mental stability in all areas. Monitor all internet activity where it is very easily for the mentally disturbed to hide and appear normal. Insist on having their passwords until they leave home, this is not an invasion (because you will not abuse your privilege) but a protection for your child afforded by maturity) If they will not comply, remove the electronic connections until they do. They will live without computers, x-box connections and 4G phones and quickly come around to your way of thinking.

Know where your children are at all times and ensure some form of communication direct to you is always with them. Your teenagers **should always have pepper spray or some form of physical deterrent with them.** The reality as parents we have to accept is that however much we want to protect our children from the psychotically insane there is no way to do it totally in this life.

**But we can and should take all measures possible to protect those we love, particularly young children.**

## **Chapter 5**

### **The Four Types of Abuse**

There are four major categories of abuse that are affecting our world today. Each one has many sub categories to them but the four major types of abuse are the physical, sexual, psychological and emotional. In most cases of abuse in one of the four categories there will be overflow into the other three, for example sexual abuse will also definitely overflow into affecting the physical, psychological and emotional arenas of an individual's life.

But psychological abuse for example belittling a child or young person for their lack of ability physically or mentally will not necessarily have any physical consequences. The information age we live in today with news travelling around the world in mille-seconds of time as increased the speed of access of these four categories into our lives considerably, particularly in the psychological and emotional categories of abuse.

The severe lack of morality and integrity of delivery from the media is being exposed today as never before Rupert Murdoch and his news empire the latest example of complete disregard for an individuals respect and privacy,

with no thought or compassion to the consequences of their actions or its effect on the individual's life or family.

## **Physical**

Suffering physical violence, assault, pain or loss of liberty is all physical abuse. This is most common in the home or domestic environment. But can also be prevalent in government institutions such as prisons, correction centres, care facilities, and the armed services where I suffered multiple abusive situations. When it comes to the armed services training centres for young people can be particularly susceptible to violent victimisation of individuals.

In education physical abuse is seen in day-care, pre-school and grade school. Special needs children can be particularly at risk and the use of physical abuse within bullying also continues to be a widespread problem. At college the practice of hazing among young people in colleges, schools and organised activity groups is physical abuse it is NOT harmless fun as some would believe. Peer pressure to fit in is huge in our education system and feeds these wicked initiation rights of passage. Setting a dangerous precedent in the young person's life that this is the norm! No it is physical abuse of an individual.

## **Sexual**

This area of abuse is the one that will spring to most people's mind because it receives very high profile in the media. Rape, molestation, incest and harassment are hot topics for the media world to plaster all over our T.V screens and the tabloid press. Major political figures over the years have given us classic examples of the media's publicity of sexual abuse at work

exposing multiple major political figures abusing their power with the sexual molestation of young interns.

## Emotional

Fear, mistrust, shame, guilt, judgemental attitudes lack of self worth, esteem and prestige are just a few of the feelings we will experience when emotional abuse is at work in our lives. People in positions of management and authority are particularly dangerous for this category of abuse as some will seek to control and manipulate vulnerable individuals to their own hidden agendas. Some are so skilled at the craft of emotional manipulation they will often leave you feeling you are at fault and not them for what is taking place!

## Psychological

Anyone who belittles or looks down upon another is guilty of psychological abuse. The treatment of the black community in America and apartheid in South Africa that I mentioned earlier is psychological abuse. **But it applies equally to any individual who looks down upon, controls or manipulates another individual according to their personal believes or agendas with no regard for the other.**

Information given to us by the media, authorities and the corporate world that is deliberately seeking to manipulate our minds and actions is a form of psychological abuse. In the corporate, local, national, international, political, social and religious arenas of life propaganda and misinformation designed to deliberately mislead the public is now the norm in society today. It is not called lying and cheating but creative marketing!!!

For most parents in America sexual and physical abuse is completely unthinkable but the breakdown of the family unit in today's world through

divorce and separation is creating environments where mental and emotional abuse is sadly far more common and largely ignored.

For example one member of the couple will play the Blame Game in front of the children against the other. Even arguing openly and becoming physically violent. This is extremely negative for the adult couple involved but is **disastrous for the children**. What should be an environment of love and care focused on their well being and putting in place excitement for their destiny and what they can achieve in the world, instead becomes a war zone of stress and anxiety that is impossible for them to comprehend.

Creating mental and emotional havoc in their lives that not only robs their innocence but cripples their ability levels on what they can achieve in the other three environments of life. Some parents in these situations will deliberately manipulate their children's minds and emotions to turn them against the other partner in the relationship using them as pawns in their game of hate.

**All of this is abuse of the children psychologically and emotionally and extremely destructive for them.**

For help in building or repairing a marriage to make it last and protect your kids from the above please contact us at the link below.

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## **Chapter 6**

### **Palaces and Paupers**

One of the abuse myths is where one or both parents will say to themselves it could never happen here. The reality is of course is that it can happen anywhere. Abuse is no respecter of person's, prestige or place in society whether living in a gutter or living in a palace no-one can say they are safe and beyond its wicked reach.

To illustrate this reality let me tell you about a famous King in Israel, a King who was American Idol and Rocky of his generation all rolled into one! His name was David and he lived in Israel 2,400 years ago. He brought the nation of Israel security and great prosperity and lived a life of great fame and luxury in a palace in Jerusalem. There was nothing he needed or wanted until the evil of abuse took hold in his home.

David had a son called Absalom, who he loved a great deal. Absalom had a younger sister Tamar who was very beautiful. Amnon, Absalom's brother lusted after Tamara so badly he pretended to be sick and asked David if

Tamar could come and take care of him while he was sick. Foolishly David agreed. Once Tamar had been in his home for a few days her defences were down and he lured her into his bedroom and raped her. If that wasn't bad enough afterwards he threw her out on to the street!

Absalom was informed and outraged he found his sister wandering the streets in deep distress. After hearing her account of what took place, he took her into his home to look after her. Absalom's rage against his brother went out of control when instead of seeing his father David and insisting that Amnon was dealt with by the law of the land. Absalom plotted the murder of his brother at the hands of two of his servants. After his brother was killed Absalom fled into exile for two years fearful of his father's revenge.

Under pressure from courtiers at the palace his father King David finally called Absalom back to Jerusalem but he only fed Absalom's anger as David did not allow him into the royal court or his personal air space! David has now really blown it big time! He has already lost one son now he is fast on his way to losing another.

Absalom seethed in isolated resentment, his Cycle of Negative Momentum© now spinning so viciously out of control in his mind he planned and led a successful armed rebellion against his fathers rule. Absalom drove his father out of the city, as his first act as the new dictator he sets up tents on the palace roof, where he systematically sleeps with David's ten wives!! Thus pouring more ridicule and shame upon his father. Absalom eventually died in battle fighting against a foreign army. David returned to Jerusalem as king and ruler of Israel.

A series of disastrous consequences for David and his family all set in motion by one act of incestuous rape. Releasing a Cycle of Negative Momentum that

led to the needless loss of lives in a failed rebellion, a broken hearted daughter and David living with tragedy and regret for the rest of his days over the death of his two sons. Only the record of David's life remain but if **he was alive today I believe he would have some very strong views on the importance of dealing with abuse and protecting your family from it's consequences.**

My childhood was spent in poverty on one of the biggest government housing complexes in Europe. Absalom grew up in the King's palace. I grew up with a father who hated me, Absalom grew up with a father who loved him as his favourite son. **Abusive trauma and its consequences have no respect for person, place or standing in society.** It is a poison of Negative Momentum that travels through every vein of society the same, its purpose is to become a cancer of broken relationships destroying and disrupting their divine destiny wherever possible.

I am going to share the story of the most courageous woman I know, but before I begin my mother's incredible story of survival from multiple abusive traumas' in her life to give practical illustration of the process of abuse at work. **I want to emphasise again that mine and my mother's story powerfully illustrate that whatever the depth of abuse a family can suffer there is always the light at the back of the room to walk into freedom**

Our stories illustrate the process of abuse that I am sharing with **most importantly the solutions to protect and train your children in abuse awareness.** After a mother's story I am going to share in detail the process of abuse that is not only powerful for all who have suffered traumatic experiences from physical, sexual, emotional or intellectual abuse to understand what took place in their lives. **It is absolutely essential for all those in a position of responsibility and care for others in all five**

**relational environments to understand its process and protect those in their care from it.**

Parents and family members, management and work colleagues, friends on the golf course or at the poker table, ministers and congregation members and the stranger who sits next to you on the bus who is about to end his life. To understand this process is to be able to help our fellow man who ever they may be and where ever they may live. Entrapment and silence of the victim is the end goal for all who abuse us in our physical, sexual, emotional or intellectual realms, establishing silence immediately is the primary objective. Because once silence is achieved the victim can then be abused in some cases for many years. And of course more serious still **leave the abuser free to inflict his or her wicked attentions on others.** It is this world of entrapment that parents must break in too so that they may protect their children effectively.

**You will learn how as you read on.**

## **Chapter 7**

### **A Mother's Story**

In my family growing up and in twenty-five years of ministry I have seen the process of entrapment to create isolation and sustainability of abuse repeated many, many times. Mine, Tamar's and a mother's story give powerful insight into the process of entrapment and abuse at work.

#### **My Mother's Story**

Born into a family in which she struggled to relate, particularly with her stepfather, her childhood was not a happy one. One of her first memories is of being left outside a building while her mother went inside with a strange man. Abused by a male relative while a young girl she could not get out of the home fast enough and so joined the women's Army at the age of eighteen. Life really now began, a pretty young woman she never lacked suitors, friends or a good time. At the age of twenty-one it was all to go horribly wrong.

Meeting a man on the rebound from a relationship with a Hungarian fighter pilot she was quickly found herself pregnant, married to him, and had to leave the women's Army.

The marriage turned into a nightmare within a few weeks as her life became a cycle of constant arguments and unwanted sexual attentions forced upon her. The first five years of marriage resulted in the birth of five children in five years. One died after two months, one crippled in one leg and educationally sub-normal, one educationally sub-normal (special needs) and two normal children.

The relationship deteriorated into constant blazing rows night after night while my two baby sisters wept in their bed next to me. Finally she could take no more of the mental, emotional and sexual abuse and separated from him after eight years of a living hell leaving her destitute and having to walk around the subdivision begging for food from door to door. Most of the neighbours closing their doors on her in embarrassment and leaving her with empty hands and an aching heart.

These events took place in the 1960's when the law of the land stated that a separated woman would have to wait eight weeks to receive benefits. Eight weeks being the length of time that satisfied the authorities that the husband had truly left. The mental and emotional battle finally took its toll, as she had a complete nervous breakdown and ended up in hospital and a convalescence home for eight months. The family was split up and put into care until finally she recovered and we could all return home.

For the next four years the family's existence was still a constant battle. We had no money, lived in government housing, never had a family holiday or

owned a car, but they had the most precious gift of all each other and **after what we had been through that was truly all that counted.**

For these four years there was relative calm and peace in the home environment. Yes the courageous mother was forever battling to put food on the table for us all. Yes many times a knock on the front door would send all the family flying into a blind panic as the rent man or creditors knocked on the door. My mother hurtling around the room like some demented mad woman trying to turn off the T.V and lights and usher the children behind the settee to hide until they had gone, with the promise of a treat if everyone kept quiet. With the amount of practice the family got, it quickly became a drilled operation that would have made a NASCAR wheel change team proud!

But as a family **they were all under one roof**, living and loving together. That was **simply priceless.**

Where ever possible this should always be the goal of the care services. The power of family bonds is extremely powerful in a child's life and should never be underestimated. In high emotional trauma it gives some continuity and crazy sort of normality to it all. But the peace was to be short lived as suddenly another **mortar bomb of destruction was thrown into the family environment!**

Out of the blue, with no warning, I came home from school to find the monster that we had for a father sat in our living room!

I did not break stride as I glared at his mother's tormentor, spat at his feet and walked out the back door. For the next six months I did this every time my father walked into the home or I found him in it! My younger brother and two sisters welcomed their daddy with open arms. To my growing dismay and

alarm the visits were becoming more and more regular. He always brought gifts and a smile for the other children, cleverly hiding the monster within.

Finally the inevitable took place. I was in the back garden working on one of my few joys in life, my bike, mending a puncture. My mother approached with a look of apprehension in her eyes and her hands betraying her nervousness as they ran up and down the sides of her dress. Inside I knew exactly what she was going to say. She didn't disappoint me.

“Son what would you say if I told you that I am thinking about getting back together with your father and having him back in the home!”

There was no hesitation as a calm peace seemed to descend on me, this 12 year old boy he looked up from what he was doing. Looked at my mother straight in the eye and said

“Mum if that man comes back into the home I will run and run and run until he is gone. If you find me I will run again and again. I will never stay in the same house as him!! It doesn't matter what you do.” My father's clever pretence to be a changed man to get himself back into the home may have fooled everyone else, but I was convinced the sheep was most definitely a wolf waiting to pounce. Somehow I knew that behind those eyes still lurked the same evil monster that had already destroyed our lives once.

But what would my mother do? Desperate for a man to be in the house again, desperate for release from her daily battle of existence bringing up four young children, what would she do?

Thankfully she took heed to a young boy's calm authority and chose my love and affection, above her desperate need for comfort and release from the daily battle of existence and finished the relationship again.

**How wise that decision was became terribly apparent two years later!  
Information so terrible for my mother surely this would be the final spear  
of mental and emotional torment that would take her down?**

The evening began as many had before the mother was now back in a social circle joining a local divorcee's club and was out on a date with one of the members.

I had finished my homework and was at home watching TV with the baby sitter and my eldest sister. Only one year younger than me in age she was special needs and functioned five or six years younger. My thoughts mindlessly drifting through space as dreaming of scoring winning goals at Wembley stadium and the really hot girls at school that I would never have the courage to ask out. On the T.V was a documentary about pregnancy. The program finished, and my sister suddenly spoke up. as though it was the most natural thing in the world to declare.

**“I could have a baby like that lady on television!!!”**

The babysitters jaw dropped to the ground!

I looked at my sister in stunned amazement!

I struggled to get my thoughts together after such an outrageous statement from my sister. It was like skiing up a mountain with an avalanche coming the other way absolutely no chance of success. My mind numbed in panic and confusion finally blurting out

“That's impossible sis, you have to have been with a man!”

The next statement from my sister shocked disgusted and angered me all at the same time.

“I can because daddy did that to me when he stayed with us!” she said in a matter of fact tone.

My head and emotions were now submerged under the avalanche of violent panic, horror and disgust that crashed over me, not surprisingly with this new information I did not know what to do? I looked towards the sixteen year old babysitter for help, in the forlorn hope that maybe she could make sense of the insanity of his sister’s statement of what my father had done to an 10 year old special needs little girl!

Not for the first time in my young life I felt completely alone as the babysitter had turned white and violently shook her head. Making it very clear she wanted nothing to do with it.

Now totally flustered and confused all I could say was

“Don’t worry sis you go to bed and I’ll tell mum about it when she comes in and she can have a talk with you tomorrow.”

With trembling lips and a heart that felt that it had been dragged and kicked into a cage full of Pit Bulls trying to tear him apart I was once again thrown into a situation way beyond my years of maturity. My mother came in with a smile on her face laughing and joking after a good evening out with her escort.

I watched her crumble into the arms of her escort as I shared the conversation with her young daughter earlier. I watched helplessly as her world caved in on

her once again. Sobbing uncontrollably she collapsed on to her escorts shoulders.

Had it not been enough that she had been abused as a child, a marriage that was hell on earth, raising four children in poverty, begging on the streets, a nervous breakdown that sent her four children whom she loved dearly into care and now her husband had returned and committed multiple rapes of her 10-year-old daughter in her home.

Surely this was enough for any woman to bear, but no the dark evil that my father had poured into our lives had one more twist of the knife.

A police investigation into my father's behaviour discovered that he had already been married twice before he met my mother, yet never divorced! He was a double bigamist!! He had also had a number of children with his two previous wives'. My poor mother could not even divorce him as she had never been legally married.

The sense of total betrayal of her and the sham of a marriage she had suffered with him cut deep into her heart. How could she not see it she kept asking herself but the answers never came. What held this courageous mother above this dark sea of traumatic and abusive experiences that should have submerged her?

The answer may shock you; it may be something that you strongly disbelieve. It may be something that resonates in your own heart with great power. Whatever your feelings I know that from the first day my mother told me of her experience. I saw in her eyes a sense of affection beyond the depth of words and a sincerity that reverberated with absolute believe, so strong and sure I have never doubted its truth.

The event that had allowed my mother to stand against the tidal wave of tragedy that tried to engulf her life was a **physical visitation of Jesus** in her bedroom as a five year old little girl as she lay dying from double pneumonia.

The doctor left the bedroom to tell her aunt Mary, who she lived with, a devout Catholic lady that there was no more that he could do to save my mother's life. His parting words were.

“If you believe in prayer, pray because that's all that's left for her.” I praise God that my great aunt Mary not only believed in prayer but also read the Bible to my mother every day when she came home from school.

As my mother lay in her bed battling death, Jesus appeared across the room at the bedroom window. She knew it was Him without a word being spoken. He stood for some time and then turned and walked toward my mother. With eyes full of love and compassion he sat down on the bed. He took my mother's little hands in His and gazed at her for some time. How long my mother does not know. All she can remember is drinking in his wonderful divine presence.

Then he spoke a few simple words.

“Don't worry June you're going to be fine.” Then after a few more precious moments he gently let go of her hands walked back to the window. Turned back to look at her with one last heavenly gaze and then was gone

Some may put it down to a delusion created by her fever and severe illness. What I know is that my mother has absolutely no doubt about the validity of her experience and the faith it birthed in her heart that day.

Having lived through all that she suffered with her, I have been left to marvel many times at its power in her life. This childhood experience of my mother's put an anchor in her life that all the demons of hell have never been able to move. However fierce the tempest around her His love could never be shaken. The spears of life thrown by the hands of the wicked and the innocent had tried to pierce her heart His shield of faith always went before her.

What is your defence when the tempest of life roars around you? When the depths of hell drag at you and the worst of all when the spears of life in the hands of those you trust, love and respect are aimed at your heart? My mother's answer has been to hold tight to the hand of Jesus that took hers when she was a five-year-old little girl and never let go. Despite yet another scheme of destruction, that lay in wait for her.

After this latest bombshell in my mother's life she retreated into herself. Like a boxer being mercilessly beaten in the ring she spent the next two years desperately holding her opponent on the ropes to stop his blows reigning down on her. She smoked forty cigarettes a day, she watched countless hours of soaps on TV sitting zombified in the corner of our front room.

She could have been left to drift into mindless oblivion? But no that was too merciful the deck of life had one last twisted hand to deal her the last card, in one last desperate attempt to drag her into irreversible decline!

He seemed a nice man; a chauffeur for the civil service in London a very good job that had given him a very comfortable lifestyle in a four-bedroom, two bath house in central London. A world far removed from our poverty on the sprawling government housing estate.

At first the relationship went extremely well for her, he was showing her a tenderness and affection she had been craving for so many years. Things moved swiftly and they were talking about marriage and settling down together. It seemed at last after a life of living in a relational vacuum fashioned by hell, the windows of heaven had opened and cupid had decided to pay her a visit with the arrow of love.

Then the years roll by, one, two, three, four etc, five, six, etc. This deeply frustrated her as she felt stuck on an emotional carousel of excuses concerning his lack of commitment to her.

The answer was simple to all around her **tell him to rock up or ship out.** This is simply said of course but when you are women living in a dungeon of relational despair for so many years any hope of escape becomes extremely attractive, when it seems at last a real opportunity to find some true contentment a holy grail that could not be turned aside easily? Fourteen years later she was still sat on the carousel of frustration with still no marriage in sight! The family grow, I left home, joined the army, left, took up a trade, met and married my wonderful wife and moved to the far north of the country. Both my sisters had married and started their own families. Grand babies grow into grandchildren and still my mother was not wed

My mother's boyfriend began taking out two of the granddaughters alone for weekends. My mother voiced her concerns, her boyfriend said she was overreacting and everything was fine!

When I heard about it, I immediately contacted her boyfriend and told him that he was extremely unwise to put himself in such a vulnerable position and should stop trips out alone with the girls immediately. Much to my annoyance he refused to listen, giving me the same excuses he had given my mother.

I was particularly concerned because the one of the girls and been on holiday with us for two weeks some months previously. On their arrival, my wife and I were instantly concerned about the girl's behavioural patterns.

After a few days our professional training set serious alarm bells of in our minds. We became so strongly convinced abuse was taking place we decided we needed to give her opportunity to talk.

Wendy a trained counsellor was able to talk with the girls using her specialised training to give her opportunity to speak. By the end of the two weeks with us we were both extremely perplexed, as she had said nothing of any abusive experiences. Yet with each passing day of her stay with us we felt more and more convinced that abuse was taking place. So sure were we that it was taking place we even rang my sister's social workers to voice our concerns.

A short while after she had returned home, my mother came onto the phone hysterical.

“Les, Les he's been arrested, he's been arrested”.

I was shocked to discover when my mother calmed down that her boyfriend of fourteen years had been arrested for extremely serious sexual abuse against my two nieces.

I was not shocked at the information of abuse because it only confirmed our worst suspicions. What shocked us was that here was a man who my mother adored and was desperate to marry. He had an extremely high profile job with the civil service ferrying government officials around London. Giving him an

extremely good income and job security for life with a superb pension and benefits! Because of his income he lived in a beautiful home in the suburbs of Wimbledon one of the most desirable areas to live in the city. He had grown up children who deeply loved and respected him who lived around the corner from him with their children and visited their favourite grand dad every day.

His life seemed to have everything that a man could have for contentment yet fell into terrible trap of temptation and child molestation!

**REMEMBER:** The one of the myths I shared at the beginning.  
It could never happen here.

These tragic events show you that even the most stable and seemingly innocent of men are vulnerable and can fall

This latest wave of twisted fate was a broadside from hell that nearly blew her completely out of the water. Then at a point in her life when she desperately needed it most another visitation took place. My mother was alone in her bedroom and sobbing uncontrollably, because of the intense pressure, of all that was happening around her. The invisible hand she had held for so long with such unshakeable faith returned.

**Once again her Jesus appeared before her in a second physical visitation.**

He looked as though he had just walked straight out of the pages of the Bible. A wonderful light surrounded him and an awesome peace resonated from his being. Wonderful waves of warmth came flooding into her heart. He walked over gazing at my mother with those incredible eyes that seemed to have the

depth of a thousand oceans and sail a thousand journey's all at once. He took my mother's hands tenderly in his.

Holding them for some time before speaking a few simple words that washed away all the complexity of a lifetime of pain, saying

“June don't worry everything is going to be fine.”

Our world is filled with endless diatribes that have little or no purpose or affects in the world they are spoken.

Just a few words from the Jesus and all can change overnight!

My mother is living testimony to the power of God's promises when we come to him as a little child and refuse to let the hand of fate and the traumatic consequences of relational or the world's disasters remove the rock of our faith. The promise of God is even if we walk through the valley of death He will find us and lead us back out into life. My wonderful mother has lived in that reality to this day.

For the last fifteen years my mother has attended a Methodist Church where she has become a qualified lay preacher, led prayer meetings and small groups in Bible study.

My brother George crippled at birth is now fully recovered. My mother was told by the educational authorities for special needs when he was growing up that he would be dependent on her all his life and would never hold down a full-time job as long as he lived because of his learning difficulties.

My mother refused to bow the knee to the highly qualified educationalists assessment, instead she defiantly declared to them all that one day her son

would have normal life and full time employment. My brother George has worked full-time at a cinema complex for the last thirty years!!

My prayer for you as you read this incredible story of a woman, buried under an avalanche of traumatic abusive experiences. Is that like her however deep your valley, however dark the storm clouds above, however fearful the lightning flashing around you. You will keep walking through your valley and seek the hand of the master who stands in the middle of it waiting for you to reach out to him.

## **Chapter 8**

### **The Process of Abuse**

It is very important to understand that everything is a process in this life. The seed falls into the ground and one day will become a tree. The iron ore is plucked from the ground and one day will become what you eat with. The wood is felled in the forest and one day will become the chair that you sit on. Go behind the scenes to look at the overnight success and you will find years of unknown graft that preceded it.

For the butterfly the process is short and its beauty flutters through life for a few days. For others it takes a lifetime for their beauty to be released into the world. But one way or another all we see, smell, touch, feel and hear is a process.

It is this truth that is our weapon in understanding the process of abuse that will seek to affect our children's and young people's lives.

This is the power of understanding the process, because once it is understood it can be recognised and removed when it is in operation around our children. Mine, my mother's and Tamar's story powerfully illustrate the process of abuse and the victims silence and where opportunity was given to intervene before sustainability was in place.

Our process of abuse went through five distinct stages to create entrapment and sustainability.

Stage 1: Ignorance.

Stage 2: Vulnerability.

Stage 3: Opportunity. I

Stage 4: Isolation.

Stage 5: Sustainability.

The first four stages are the Journey of Silence that leads to the fifth stage of sustainable abuse. This is when the abuser has controlling power over their victim and their hold is very difficult to break. Whether the abuse is physical, sexual, emotional or mental the journey will virtually always follow this same sequence to create sustainable abuse.

Two sad huge scandals', one in the Catholic Church and the other at Pennsylvania State University, concerning sexual abuse by those in authority, has shown us vividly the tragic consequences of this process in operation and how important it is to be watchful over those that we love.

**That is why it is so essential for everyone, in any level of responsibility who cares, organises, or looks after others to fully understand this process. To be able to protect the innocent and uncover the abuser's activity before it tragically infiltrates an innocent life.**

## Stage 1: Ignorance

Ignorance can take place when those in a position of care and responsibility are not trained or aware of the five stages necessary for sustainable abuse.

In our society today, there remains terrible ignorance of those in positions of responsibility and so little is being done to educate them, to protect the innocent.

The German poet *Johann von Goethe* summed it up powerfully when he said.

***“There is nothing more frightening than ignorance in action.”***

The reasons for ignorance are complex, but here are some of the major ones.

When the pressures surrounding care givers are so intense they miss the warning signals given out by the abusers or the victim’s behavioural patterns.

When the innocent put themselves in an environment of danger that is created or manipulated by the abuser or their own ignorance.

When the parents or leaders of organisations with care giving responsibility, do not put the necessary protective procedures and accountability in place.

My mother's ignorance opened the door to my father's abuse.

King David ignorance of Amnon’s feelings for Tamar and Absaloms resentment opened the door to the death of two of his sons.

My ignorance led to multiple rapes of my sister.

My mother's ignorance of her boyfriend's intentions led to the abuse of two granddaughters.

The ignorance of the Catholic Church as I write these words is now going to cost them \$660 million and rising in compensation to victims of sexual abuse.

Ignorance of course can never be a defence but there are situations and times when ignorance is a conspiracy of circumstances that take the defences down of those in responsibility.

My mother's situation a classic example battling awful pressure on multiple fronts as she gallantly tried to raise a young family of four children, two with special needs.

There are procedures for organizations that should be put in place as standard by all who have responsibility for caring for the vulnerable in society from parents and family members to all establishments that are responsible for the care of vulnerable children, young people and adults.

To learn more about these procedures for organizations that have been taught internationally and applied to protect the vulnerable clients of those organizations please contact us at the e-mail below.

[help@abuseawarness.com](mailto:help@abuseawarness.com)

## **Stage 2: Vulnerability**

Once ignorance is in place the vulnerability of the innocent can be established. It is in this stage that the abusers and bullies of life swim around

like sharks looking for blood in the water. The vulnerable are in all four relational environments.

The potential for abuse becomes greatly heightened when men, women and children are in the midst of emotional trauma.

This is because someone in the spiral of emotional trauma (particularly children) is desperate for any form of comfort and attention to nullify the pain of their internal turmoil.

Once the ignorance of the parents, guardians or care giving systems are in place and it is mixed with the emotional turmoil of the children and their need for comfort the abusers task of grooming the victim becomes far easier.

My sister and I became vulnerable because we were children in emotional turmoil.

My mother became vulnerable because she was a child in emotional turmoil and in adult life made a series of poor decisions.

My brother and sister were vulnerable because they were special needs.

Tamar became vulnerable because of a series of poor decisions

Others are vulnerable because of physical handicaps or emotional immaturity.

All people in positions of responsibility need to be constantly monitoring those in their care for emotional traumas and poor life choices that create vulnerability, which leads to opportunity for the abuser. Abuse of course can

be an intruder at the most secure of relational environments even there is no evidence of emotional trauma or instability in the family environment at all.

The reality for all care givers is that they must take responsibility to always do due diligence to make it as difficult as possible for the door of opportunity to be opened to the abuser through ignorance or emotional turmoil.

### **Stage 3: Opportunity**

This stage is the most critical and the most important to understand because this is where the abuser transfers from the passive stage of **targeting** the vulnerable to the active stage of **grooming** their targets for abuse and take advantage of the opportunity to abuse their victim created by stage one and two being in place.

When a parent or guardian has understanding of the targeting and grooming process they can then educate their children and keep a constant lookout for the targeting and grooming process seeking to be activated around them.

### **Targeting**

Takes place in all four relational environments as the abuser targets the vulnerable once ignorance is in place. This principle is the same as warfare it is much easier to pick of the stragglers at the back of the unit than try to attack the main body of troops.

This is why it is so important that the relational environment is strong, with open channels of communication and accountability in place.

The targeting of children outside the home will often take place in play areas and isolated locations.

Targeting of women will often take place at late night entertainment venues and isolated locations in the workplace.

The computer and media explosion of our age has **increased the danger of targeting the innocent immensely** with Myspace, Facebook and hundreds of chat rooms and online meeting sites such as Mingleville. It is a faceless world with poor controls which the evil and perverted will prowl pretending to be young children and teenagers, wolves in sheep clothing, seeking to rob kill and destroy.

In our child protection seminars we cover what those in authority can do in great detail to protect those in their care from the cyber world of the internet and its dangers. For more info contact us at the e-mail below

[help@abuseawareness.info](mailto:help@abuseawareness.info)

## **Grooming**

Having targeted the area of vulnerability the next stage is to groom the target by drawing alongside in friendship or compassion and or false concern to lower the defences of the target.

**I cannot emphasise strongly enough how essential** for parents to take careful note of the times in their children's lives when, because of circumstances or pressure of events around them, they become emotionally vulnerable to abuse.

At this point in their children's, teenager's or young people's lives the parent must be on careful watch for a grooming process to seek to be established

around them. All relational associations in the four relational environments will need careful monitoring.

Behavioural patterns should also be watched carefully in the children and young people. Once abuse begins the abused will often give clear behavioural signals of distress in their lives.

### Mood swings

Introverted behaviour patterns become established, resulting in withdrawal from their normal emotional interaction in the family environment.

Social interaction outside the home begins to suffer. Excuses are made that will become more and more illogical as the parent or guardian seeks answers to the child's change in attitude.

Eating habits changed inexplicably.

Frustration with what were previously normal tasks becomes more and more challenging for them.

Anger, or irrational emotional explosions.

**It is extremely important to approach any individual for whom we have concern with great sensitivity and warmth and seek to give them opportunity to talk.** When handled with the right counselling skills this can often open up the individuals abusive situation and bring them the necessary help required

**N.B Once evidence of abuse is confirmed it is absolutely vital that professional assistance is immediately sought.**

The abuse I and my sister suffered in our childhood had a clear process of grooming that preceded it.

My uncle who seriously sexually abused me spent many hours playing board games and sports with me to lower my defences.

My father came back into our home pretending to be a loving father with his arms full of presents for my two younger sisters in preparation for multiple rapes.

Amnon pretended to be ill and asked his father the King to send his sister to him to tend his illness. Once in his home he asked everybody to leave and then convinced his sister to bring his food to the bedroom alone. Then despite her protests about his folly he raped her and threw her out of his home.

My mother's boyfriend took many trips out with her granddaughters with my mother in attendance before he began taking them out on his own and then letting them sleep over at his home, his foolishness having truly tragic consequences.

#### **Stage 4: Isolation**

Once active the abuser will seek to quickly isolate their victim and ensure their silence to prolong their activity. This is done through various means some in control of the abuser some in control of the victim.

**It is so important to emphasise here** that we must seek to spot any prospective abuse at the opportunity stage of targeting and grooming before abuse takes place. Although obviously a difficult and a possibly tense scenario to deal with. Dealing with the results of abuse later of course is far, far more difficult.

Uncovering the intention of abuse must always be our goal before the isolation and silence of the victim is established.

As my family situation and King David's have clearly shown once abuse is active the repercussions for all concerned in the home environment can be catastrophic.

### **Pick out seeds not the trees!**

A lesson from Mother Nature we all need to learn is that it is much easier to remove the seed from the ground than to wait for the tree to grow. Ignoring a point of necessary confrontation is only a recipe for later disaster.

Once abuse is active the abuser will position the victim for silence as quickly as possible. They know that speed is their ally. The quicker silence is in place the harder for the abused to break free.

**Over a period of time an emotional wall of fear, guilt and shame can become a mountain range of hopelessness if the silence is not broken.**

## **Stage 5: Sustainability**

### **Abuser Control Systems**

The abuser control systems fall into three basic categories. They are violence, manipulation and reward. Again as a parent or guardian it is **very important**

**not to be ignorant of them** because if you miss the targeting and grooming process you have another chance to uncover the abuse of your children because of the abuser control systems the abuser will seek to put in place around your children.

## **Physical Violence**

This happened with my father on numerous occasions threatening me with physical violence if I said anything to my mother.

The younger the child the more effective this control technique is over the victim. Also many, many women in our nation are trapped in abusive relationships because of the physical violence they suffer on a continual basis within it.

## **Emotional Manipulation**

The abuser will seek to manipulate the emotional consequences of the victim using their sense of shame, fear and guilt to entrap them further. This will often also include reference to the consequences of them breaking their silence within the family environment.

Where there is maturity and thinking processes clearly developed it is far more difficult to manipulate the victims emotions because they are able to understand the internal emotional and manipulative processes that are at work within them and choose to break out from the abusers emotional manipulation control. With young children and the emotionally immature it is **hugely difficult** for them to break out from their prison of fear, guilt, shame and mistrust that has enveloped them and break the stranglehold of isolation and silence.

**It is for this reason it is very important for parents to understand** the three keys of protection I am going to share. When the three keys of abuse protection are correctly instilled into our children's lives it is much harder for them to be manipulated.

## **Reward Systems**

My father used this system to get back in our home and groom my ten year old sister for multiple rapes, bringing an armful of presents for my brother and sisters every time he came to see my mother to groom them for future abuse. But the reward system is also very effective particularly with young children in creating an environment for sustainable abuse, in effect buying the victims silence so that sustainability of the abuse can be put in place.

The tragic experiences of my eldest sister's abuse and mine are two examples of sustainability created by silence. Could I have saved my sister if I'd spoken out when I was abused as child? I will never know and **it is not wisdom to beat myself up over the could' a, shoud' a, would' a of the past.**

But I do know unquestionably that I should have spoken to my mother and grandparents during my own abusive experiences and kept going until someone, somewhere listened to my cry from its darkness. What could have changed? I do not know? **But what is unquestionable is that my silence didn't give it a chance to change.**

Do I allow regret to fashion my existence. **No** regrets are all part of the classroom of life. You **learn** from them and leave them in the classroom as you get on with life, hoping and praying that you have been wise enough to truly learn the lesson. And are ready to apply it wherever necessary, whatever the cost.

**One of the important principles of positive momentum is that you never allow the past to condemn your present. Or rob you of your future. The would' a, could 'a, shoud'a, is a real bad seminar to attend so don't bother!**

**Remember to keep looking in your rear view mirror is the quickest way to end up in a wreck on the side of the road!**

# **Part Two**

## **Building the Walls of Protection and Awareness for the Safety of Your Children**

## Introduction

With an understanding of the profile of the abuser, the relational environments they operate in, the process they use to create sustainability and the consequences of abuse for the children in your care what methods you can use as a parent to protect those you love from its dangers?

**BY READING AND APPLYING** this powerful information you will build walls of protection and abuse awareness around your children's lives that is priceless, giving them every chance to evade the abusive clutches of the predators out there that prey upon the foolish and innocent.

To do this we need to implement **the parenting essential of good communication skill sets around our children.**

We need to **communicate**, throughout our children's journey from kindergarten to college. Throughout your children's three stages of life and development your relational depth with them will be determined by the communication channels you open and establish. Each stage has specific



The three elements of communicating with your children's body, mind and soul throughout their growing process from kindergarten to college and beyond give you as the parent, guardian or care giver the peace to know that you did **all in your power to build the walls of protection around them needed for your precious children to be as safe as possible in the dangerous world of abuse we live in today.**

As we share the practical help in each of the three elements for abuse protection you will be given age specific advice for each group in turn, as each age group has specific needs and strategies applicable to their age group alone.

**Even if you have not got children in the specific age group discussed I strongly recommend taking note of all the information given. You never know when it may become applicable and is great information to have and pass on to others.**

## Chapter 9

### Essential Communication Skills with Toddlers

It is not too strong to say that the first five years of your children's lives can **make or break** your communication channels with them for later years. As a parent it is important to look upon these early years as a journey of wonder and discovery together and not a chore that's been dumped in your lap that you just have to get on with while you put your life on hold.

**Parents who see parenting only as a chore** to get over with as quickly as possible have already put themselves in danger of abusing their children because of their attitude that treats children as an hindrance to life. Children and parents are designed to go together on a journey of discovery and wonder. Parents who have a resentful attitude towards their children that may open the door for the process of abuse shared earlier.

There are many ways to communicate with our children that are powerful and productive to give them the foundations for the skill sets of life they need and there are equally many ways not to do it. Let me give you an example of one

way *not* to do it. While on active service in N.Ireland I was sat with another soldier who gave me a graphic illustration of a personal experience at the hands of his father that is a classic example of **how *not* to teach your children** a skill set of life they need.

Brummy told me that his father sat him on a six foot high mantelpiece above a fire when he was four years old. He told him to stand up on the mantelpiece; his father then took a couple of paces backwards. Telling Brummy to jump into his open arms assuring him that it would not be a problem as he would catch him. In his innocence Brummy jumped towards the security of his father's waiting arms as he did so his father took another step backwards and let Brummy crash to the floor!

**As Brummy lay in a crumpled and crying heap on the floor his father stood over him and said. "Let that be a lesson to you son, never ever trust anyone again!!!"**

The following evening after this conversation with me Brummy stole a Land Rover from the barrack yard dressed in his fatigues and drove it to the coast attempting to get on board a civilian ferry back to England. His desperate, dangerous and illogical attempt to escape the torture of his mind while on active service in N.Ireland failed miserably. He was arrested at the docks and thrown into jail.

I have no doubt that the seeds for this disaster in his life were planted by a father trying to teach his four year old son an important life lesson.

The lesson was: Don't always expect everyone to follow through on what they promise you in this world.

Is it a lesson that parents need to teach their children? Absolutely, is it one that should be taught by asking your child to jump of a mantelpiece into your waiting arms and let them crash to the floor? **Absolutely not!** It is also a lesson that does not need to be understood so early in a child's life. This lesson should be taught in the teenage years of communication with the soul not in the formative years of innocence and wonder.

### Stage One: Communicating with the Physical (pre-school 0-5)

When talking about educating the body mind and soul of your child the parent has the wonderful privilege to unlock their children's respect and wonder of who they are and the unlimited potential of what they can become and achieve in the world.

To illustrate this let me share with you the goldfish bowl principle. It has been proven that a goldfish's size is a direct result of the size of the bowl that it lives in. This can be used as a powerful parallel to releasing our children's potential in the world.

**I firmly believe the bigger the bowl of life experience, communication, education and relational contact you create for your children the greater influence, balance and well being they will enjoy on their journey of life.**

We all owe it to those we love and are precious to us to create the biggest bowl of experience, grace and love possible for them to grow and learn and become all they are meant to be.

Putting open and transparent communication channels in place at the earliest of ages builds the foundations for all that will follow for the rest of your children's lives. It truly can be the difference between detection or deception when it comes to the potential abuse of your children.

**Spend quality time with your children every day.** Yes when a parent is juggling home work, rest and play it can seem impossible. But regardless of these pressures it **MUST** remain the **highest essential**. Sit them on your knee in the quiet of the evening and watch the glory of the setting sun together.

Play games with them often relevant to their age and development. For babies in the cradle it's peek -a - boo and funny faces. For the toddler in your arms it's tickle and giggle. When their walking and talking its hours of hide and seek around the house.

Sit them on your knee and read to them, constantly asking questions and getting interaction from them.

**At the earliest age explain the wonder of their body and how it is theirs to cherish and care for.**

Get a children's Bible and actively encourage spiritual awareness, at the end of the day read it with them and give thanks to God for your day. Teach them it is an **attitude of gratitude that determines our altitude in life.**

**Both parents must be actively involved.** Mum and dad need to be actively involved with all facets of the children's lives from the beginning. Yes dad that means **everything**, bathing the baby, changing the diapers and clearing up the vomit and all the other amazing liquids that can escape from babies and toddlers extremities!

Wendy and I had a wonderful system when our children were babies that I highly recommend. She put it in one end and I cleaned up the other!

Play games and have fun with them **together**, go out and enjoy the beauty of creation together as a family. Spend time in the local parks, attractions, stately homes, zoo's anywhere and everywhere around your local area that will build your children's appreciation of the beauty and the wonder of this beautiful place we call planet earth.

Watch videos about the animal kingdom and the wonders of the world with your children in the home also that will introduce your children to the appreciation of life and creation. The philosopher Plato summed up the importance of this well when he said:

***“Let parents bequeath not riches but the spirit of reverence.”***

**Ensure all discipline is defined and clearly understood.**

Define discipline by being in total agreement on its methods and delivery. Both parents must be actively involved in this process. The reason for discipline must be clearly explained to the children from the beginning with absolutely crystal clear boundaries of behaviour explained and the consequences for violating them.

I see around me in life these simple yet powerful principles totally lacking from parents communication with their children. Little Tommy is in the supermarket touching the chocolate bar yet again and again the mothers exasperated words will bark out.

“I won't warn you again stop touching the chocolate bar.” Finally she grabs him by the arm in anger and slaps the back of his leg. Now both of them are upset and angry and all respect of the mother for that moment in time is gone.

For more information on this very important subject see the parenting and discipline resources where we discuss effective disciplinary measures.

[www.leshatton.com](http://www.leshatton.com)

## Stage Two: Communicating with the Mind. (pre-school 0-5)

A statement that is extremely powerful, that we based our child rearing philosophy on is

***“We are called to unfold our children not mould them”***

So many parents in today’s world are completely ignorant of this powerful principle of parenting. Mother’s are dragging their children of to dance school before they can barely talk because of their agenda of fame and fortune. Father’s sticking a baseball in the kids hand when he can barely throw it because he is seeking his son to find the glory that he never found but so desperately wanted but will never admit it.

**We must not pre-determine our children’s gifts calling or character in the physical or emotional realms for them.**

It is no accident that every human being has a different D.N.A, finger print and heartbeat. We are all different. God has not only done this with humanity he has also done it with creation. You can look out for miles and miles across the arctic horizon, yet every snowflake is different. You can mine the diamonds from miles beneath the earth forever but you will never find two the same!

**Like the diamond beyond price, as a parent we are called to uncover a beauty of even greater price, the character, passions and desires of our children’s hearts set free into the world.**

The process will take you as a parent to the extremes of all patience and control but when the many sided beauty of all your children have become sparkles for the world to see. It is a pleasure that cannot be given price or value. It truly is a sense of pride in a job well done that fills all you are.

**Engage the minds of your children continually** at every opportunity you can. Ask them about all they are seeing, touching, hearing and feeling around them. Keep sending down the bucket of life experiences into the well of their minds to draw up the water of their thoughts.

**Be ready for the season of WHY** to begin. For some children it will seem they came out of the womb with the question on their lips for others it can happen much later.

When it begins it can seem that your child is doing nothing else but 'Why?' at every moment of the day. Remember **every child is unique** and we are called to unfold them not mould them.

**During this season of 'Why?' it is very important to get as much information into their hands as possible through all possible means,** hardcopy reading materials, the internet, DVD's and most important of all the well of your own mind. Please, please don't waste or minimise this amazing season in your children's lives. However crazy it may drive you. Make the time to answer all their questions as fully as possible. It is a great opportunity for you to increase their knowledge and if you don't know the answers to some of the questions 'Why is the sky blue?' etc., then say you don't know and that you will research the answer together with the child.

**Teach them to be objective in their reasoning skills.** As a parent whatever your personal political, religious, ideological or personal preferences they should not be presented to your children without **awareness of all sides of the argument, not just your own.** Everyone is entitled to an opinion and its expression regardless of race, colour or ideology. But also make your children aware **everything should be presented** to others in word, action and deed with grace and sensitivity never anger or bigotry. When young children are taught the principles of grace and sensitivity to others you are laying the foundations for powerful walls of protection around them in their later years by developing powerful cognitive skills to spot abusive behaviour around them before it begins.

### Communication with the Soul (Pre-school 0-5 years)

Of the three essentials of building communication with the body, mind and soul, communication with the soul is always the hardest to put into operation around your children's lives and particularly for the father because their skill set is primarily physical not emotional as we shared earlier.

It is also difficult because communication of the soul is primarily caught by the modelling of the parent's behaviour around them and not primarily mentored as the body and mind are.

Our own personal experiences in childhood with the modelling and mentoring of our own parents can create barriers to our healthy emotional communication with our own children.

Let me give you some examples that are very commonly said in the home environment all around the world that are extremely negative to developing a healthy emotional communication skill set in the home.

“Big boys don't cry”.

“Sticks and stones may break my bones but words will never hurt me.”

The reality is that big boys do cry and need to understand it and not bottle it up inside and create an emotional time bomb waiting to explode in the four relational environments of life. It is only in our day and age that the true power of our words is becoming known, a reality that the Bible made clear to us when it said in Proverbs “The power of **life and death** is in the tongue.” Words are extremely dangerous and can break the heart of a man far easier than sticks and stones.

My own childhood experiences tragically brought this home to me as I and my sisters and brother lay in our beds listening to my own mother and fathers war of words below us. Night after night lying in my bed listening to the soft weeping of my two sisters as they battled to understand the reason for the war zone below them.

Parents must create an atmosphere of open expression in the home that allows all the children **whatever their gender** free emotional expression. When this is not in place then the opportunity for abuse of your children to go undetected is always there.

I and Wendy have found over the years of our professional lives that the biggest barrier to this is not the children but the parents who are emotionally crippled by poor mentoring and modelling of their own parents in their own formative years and becoming entrapped in the big boys don't cry syndrome.

Too successfully mentor and model free emotional expression in our children we must deal with our own emotional expression by examining our own childhood and refusing to be controlled by it. Our own childhood may have

resulted in mentoring and modelling negative emotional expression to our children.

**When it comes to protecting our children from the possibility of abusive experiences, healthy emotional expression is huge in building the protective walls from abuse around our children's lives.**

To determine the level of emotional expression in the parent's lives in our parental programs we use the following questions.

To determine your own please answer the questions below.  
Write next to each answer a number from one to five.

5 Always      4 Often      3 Sometimes      2 Rarely      1 Never

For the most accurate results answer honestly and do not deliberate over your answer, I recommend using a separate piece of paper and write from one to twenty on the left hand side.

1. If you hurt yourself and you were in pain would your parents be at your side to comfort you?
2. When you came home from school upset would your parents want to know why?
3. Would your parents cry openly in front of you?
4. If something traumatic was happening on T.V (i.e. kids starving in Africa, Tsunami in Japan) would your parent's openly discuss it with you?
5. If there was a family problem would your parents discuss it with you openly?

6. Were you ever told you are only children and far too young to understand anyway?
7. Did your parents ever get weepy during an emotional moment in a film you were all watching?
8. If your parents got really bad service in a restaurant would they say anything?
9. Did your parents show favouritism to one child more than another?
10. Did they make derogatory remarks about other cultures or nationalities?
11. When driving in the car did they stay calm when others cut them up on the road?
12. Did they stay calm in the home if angered by other members of the family?
13. How often would they seek to talk things through rather than argue openly in front of you or others in the home?
14. When a teenager did they ever let you go out to social events with your friends?
15. Did they explain dating to you and how to be safe?
16. Did they give you a thorough sex education and talk about it with you?
17. Did they tolerate individuals with an alternative lifestyle.
18. If you had minor problems with your friends and peers did they try and sort it out for you.
19. When in high school and college did they encourage you to travel abroad and see the world.
20. Was life about discussing about what you wanted to do and achieve in the world.

Once you have answered each question with a number from one to five next to them add them up and that will be your total score.

Below is an explanation of what your score means concerning your personal level of freedom in emotional expression in your formative and teenage years modelled and mentored by your parents.

**100-80 points**

Excellent mentoring and modelling from your parents that has given you a marvellous foundation to now do exactly the same for your own children.

**80-60 points**

Excellent to good mentoring and modelling from your parents take note of all the emotional elements in the communication, educational and relational periods of your children's lives shared and you will create a powerful emotional skill set for them to build strong and high walls of abusive protection around them.

**60-40 points**

Good to poor mentoring and modelling from your parents take careful note of all elements of communication, educational and relational emotional expression of all that follows on the skills of mentoring and modelling this skill set for your children.

**40-20 points**

Poor to dismal mentoring from your parents. When your personal experience of mentoring and modelling from your parents is so low there really needs to be a thorough and honest assessment of all that you are currently mentoring and modelling around your children's lives.

If negative and disruptive emotional behaviour is your norm from the mentoring and modelling from your parent's then **NOW is the time to change it for the sake of the children and their emotional protection.** Please, please read the emotional elements of what we have taught and will teach over and over until you have a full understanding of all elements and how to put them into action.

For more specialist help on the secrets of emotional expression and well being do not hesitate to contact us at the link below.

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### **Communication of the Soul (Cont)**

The soul is the place of our feelings and emotions that can take us to the heights of indescribable joy or the depths of utter despair. Expression of our feelings and emotions to another can be a moment of great intimacy and trust, but also one of great vulnerability and danger. When our children are mentored and modelled with open and transparent emotional communication by the parent it gives them a tremendous sense of assurance of their place in the world and empathy to all others in it.

**Teach them to cry openly and without embarrassment** when the situation around them affects them emotionally. As parents we must understand that **what is not let out will only be driven within** to subconsciously build walls of introspection and insecurity where the opinion and thoughts of those

around your children will become far more important than their own. When they are young watch the Lassie films or other tear jerkers with them and cry along with them.

**Laugh with them often and long.** Children are born with laughter in their hearts; all we need to do is open the floodgates. Find out what makes your toddler laugh and giggle and then make sure you do it with them lots and lots. For all three of my children when they were toddlers one of their most favourite things was having me on one side and Wendy the other holding their arms and then on the count of three swinging them in the air. They would plead for more until we collapsed in exhaustion.

**Allow them to empathise with the pain of the world.** As parents we must never forget we are watching over a little person and not a little child. There is an adage that says; if they are old enough to ask they are young enough to know.

This is absolutely true **BUT** all information given **MUST** be tailored to the child's age and sensibilities. One child can be very different from another when it comes to their emotional curiosity and maturity to handle the information given.

**Let them develop a righteous anger but never a bitter heart.** If they feel things are unjust or unfair always let them give vent to their frustrations and listen to the whole story before making comment. Be careful not to take sides until all sides have had their say.

Teach your children that they are not called to be a doormat to be walked on but they are called to have wisdom and show grace to all until they prove otherwise.

**Teach them courage to stand for what's right and the integrity to pray for what's wrong,** to never to tolerate lies and deception in them or those around them. To be true to themselves and what they hold dear. The passion for justice and fairness is powerful in a young child and should never be underestimated by the parent. I have had some amazing moments with my children growing up where there clarity for seeing through the shams and deceptions of life from the earliest of ages was incredible.

Let their yes be yes and their no be no and never procrastinate in the middle, to live their lives with decisive intent not apathetic indifference. Life is always primarily about the green and red lights not the orange where the amber gamblers are playing Russian roulette with their lives. The process of decision should be taught to children at the earliest opportunity in the formative years.  
The skill set of assessment, strategy and action.

## Chapter 10

### Essential Communication Skills with Teenagers

After building powerful channels of communication with our children during their formative years to protect them from the danger of abuse we now move on to the teenage years. Where serious pressures can be brought to bear on the foundations we have established with our children during their formative years. This is because in their teenage cycle our children will stretch their wings and test the boundaries that have been set in place. For parents this is a season of wisdom to understand our teenagers and be constantly flexible with them as new experiences, challenges and relationships enter into their lives. Until our children start school parents have a god like status with them, after starting school they quickly discover we have feet of clay like everyone else!

**Always keep in mind when dealing with the teenage years that the flexible are never bent out of shape.**

## **Stage One: Communication with the Body**

**Discipline with wisdom is the great key** when dealing with teenage indiscretions. Disciplinary procedures must still be clearly defined and fully agreed upon by both parents but their application must always remain flexible.

**Constant dialogue with the teenagers on acceptable standards of behaviour, become even more important than before.** This is because in their new school environment they will begin to socialise with other children and learn of the disciplinary standards expected in their peer's homes that can be very different from their own. Know and agree where you draw the line on body tattoos, piercing, make up, dating, pink hair, loud music and language in the home to name a few.

The art of parental discipline is like the referee or umpire in a sports event essential to the process but the less we see of them during the game the better. So it should be with parenting we always have the whistle in our hand but the less we have to use it the more enjoyable the game is for everybody.

**Everyone on deck, no slackers** set daily chores for the kids that everyone is involved in according to their age. Boys and girls all need to learn how to use the washing machine, an iron and how to cook basic meals, take out the trash and paint the house. Homework is done when they first get in from school not after they go gallivanting off into the sunset with their friends. Teach the teenagers to work hard and play often.

**Explain to the teenagers that everything they own and do is a privilege and not a right, everything is allowed by you so that they may enjoy life and get the best out of it.**

Once they understand this important principle and respect you for it the disciplining of teenager's is much simpler. When they step out of line denial of

their passions and pursuits becomes a powerful tool in the parents hands to discipline their teenagers effectively when needed. This particularly **applies to all their media and electronic gadgetry**. For our children growing up we never allowed them a T.V set, play stations or computers in their bedroom. Everything was accessible but only in the family room.

For my son video games were censored and his time playing them was strictly limited to less than 90 minutes a day. For my girls video games were also censored but their interest in them was minimal in comparison. But acceptable clothing and make up in their teenage years led to some interesting discussions.

**Monitor friends and activities for their safety** this is an extremely delicate area with teenagers who can look upon all forms of monitoring as intrusive and unnecessary. The key to success in monitoring activity is to **make enquiry without intrusion**. To do this explain to them the events of Penn State University and the Catholic Church both institutions of high integrity and profile to the world but within hid the abuser and their wicked desires waiting their opportunity.

Explain how sexual predators and abusers use the internet to surf for victims to target and groom. Whatever age you introduce them to the computer ensure you can gain access to everything that they do. Always upload parental guard systems that will block any unsuitable material being accessed knowingly or ignorantly.

The parent should escort them too, and pick them up from, all activities outside the home. Any other arrangement for rides to and from the event or activity needs careful oversight and monitoring as a car is a captive environment for the targeting and grooming of victims. Also never allow your

child to be transported alone with another driver; always make sure the vehicle will have multiple occupants. Always have the names, addresses, cell numbers of everyone they ride with, adult or teen, also the destination time and location.

This age range is also the time to introduce personal defence training and materials such as pepper spray and alarms to protect them from unwanted attention or attack.

For more info on protective training and equipment for self defence go to the link below.

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

**Support their activities and events** this is **mega huge** in your children's lives and ideally should be a non negotiable for the parents from the beginning. The physical presence of a parent at the children's events and activities is a powerful communication statement to them. **It simply says the parent really cares.** When there is a no show at the activity it will build resentment that can undo all the good work in the parents other areas of their communication skill set rapidly.

**Please, please remember** not to make the mistake of saying their only kids and they will get over it.

All our children have grown and are now young adults making their successful way in the world and were very, very rarely let down in their childhood. But on the very few occasions it happened all three of them have crystal clear memories of the incident.

### **Nurture the drive and passions of your children and support them**

The drive and passion of your children should be discovered in the cycle of their formative years (0-5) the teenage cycle of development is the time to nurture their drives and passions and pursuits with your full support and encouragement. **But remember it's their drives and passions you support not your own.**

Releasing your teenagers into their healthy drives and passions and pursuits will channel them away from the negativity of drugs, alcohol and cheap thrills that their peer's around them at some point will seek to introduce to them. Drugs, alcohol, illegal substances and the adrenalin rush of cheap thrills are all activities that crawl with abusive danger.

The saying "The devil makes work for idle hands" is an important principle to understand in order to keep your children protected from abuse. **The principle is leaving your children without the parental discovery, nurture and support process in their teenage years will leave them seeking the support of other's.** This will normally be their peer's which means a game of Russian roulette will begin in their lives that is extremely dangerous for them. It is only a question of time before the bullet comes round; all they have to do for disaster to strike is to keep pursuing the interests of their friends instead of their own.

When support and encouragement for your children's drive, passion and pursuits is done right a tremendous love, respect and gratitude for you as parents is put in place that builds a legacy that you will enjoy for the rest of your lives. To show you the reality of this let me share with you a post on face book from my 25 year old son who is on a twelve month mission's trip of 11 countries in 11 months that I received this week.

**“Thank you for being a great role model, father, and friend to me dad. I miss you and one of the big reasons I am here today writing this from Honduras. Is because of who you are and what you sowed into me. Miss you and LOVE YOU”**

## **Stage Two: Communication with the Mind**

In the film the Big Fat Greek Wedding the daughter is utterly exasperated with her father’s attitude concerning her desire to go to night school and take a computer course. In floods of tears the daughter is comforted by her mother who says something very profound to her. **“Don’t worry your father may be the head of this house but I am the neck and I can turn him wherever I want him to go!”**

This is how we communicate with the mind of our children we use our (hopefully) superior wisdom and world experience to dialogue with them in a way that their decisions are turned away from **abusive danger and towards safety instead**, we are their neck while they keep their head.

**Open up the world as horizons for adventure not fear.** These are the years to make the family holiday an adventure to distant horizons. If you can’t afford to travel then hire an R.V and go as far as you can into the wonders of creation close by. Here in America we are blessed with the Grand Canyon, Yellow Stone Park, Niagara Falls, Disney and Las Vegas, Everglades, coastal areas, mountains and great plains to name a few.

Take a family holiday on a plane as soon as you can to see different cultures and their attitudes to life and the universe. Doing this will breed a self assurance and confidence in your children when faced with new circumstances and challenges in life that others will fold up under. If finances are a restraint then go **as a family** as far as you can and as often as you can

that finances allow. Harness the power of video and the computer to do the rest.

**By allowing your teenager's to experience the wonder and cultures of the world you are building into your teenager's personality a powerful protective mechanism for protection from abuse.**

**Explain the abusers profile and process of abuse.** This is the age to pass on the information you have learnt in this book about the above, particularly paying attention to the grooming and targeting of the victims section. Answer all questions they may have thoroughly but without sensationalism.

### **Stage Three: Communication with the Soul**

Communication with the soul of the teenager can be exasperating for a parent because much of what your teenager's will go through emotionally is just a road map of exactly where we were once as a teenager also. The frustration for the parent is that the teenager will consider your experiences and learning curve through the same things as at worst totally irrelevant to them or at best of only mild and passing interest!

This is where you will need bucket loads of patience and wisdom to seek ways to present the same advice in a thousand different ways until finally the penny drops.

One day down the road of life they will suddenly realise and thank you for all the sign posts you stuck up on their journey that has kept them safe.

**Teach them to wait for and how to find Mr or Mrs Right** teenagers need to come to an understanding of the three levels of love. The first is the love of the body, the second is the love of the mind and the third is the love of the

soul. True love is a combination of the body, mind and soul of a person united to another.

**Many abusive situations are created by the folly of teenagers entering into a relational environment with the opposite sex way before it's time.**

Teenagers can enter a relationship on the physical or even mental level but are not equipped for the emotional level until later life. To emotionally protect your teenagers from the emotional fall out of broken relationships and **possible abuse in them** it is crucial the three levels of attraction are explained clearly to them.

For more info check our link below and find out about our book The Language of Sex.

[www.thelanguageofsex.com](http://www.thelanguageofsex.com)

### **Attraction of the Body (physical)**

Hollywood, the music and the film industry have done a great con job on humanity, convincing the majority of us that the body beautiful is what love is all about, with the tragic result that when our teenagers don't measure up they are left to feel second class in comparison. This has two negatives that open the doors for abuse to enter and become a danger for them.

**1. They chase the body beautiful** and what they see up on the stage and the silver screen regardless of the cost and as a consequence run the danger of entering into destructive and obsessive behaviour patterns.

**2. Respect of themselves and their body diminishes considerably.**

This then becomes a terrible struggle for them to love who they are in their physical appearance. Their self respect and confidence deteriorates once

again making them **vulnerable to abuse** as they desperately seek approval from those around them in the four relational environments.

### **Attraction of the Mind (mental)**

A brilliant intellect can create a charisma around an individual that is very attractive to the opposite sex, whatever the situation they will always come up with an answer that seems to flow like honey from the lips. They have a quick wit that is always ready with a quip that has everybody gasping in admiration. At every party they are the centre of attention and loved by all. It is important to teach our teenagers that intellect is a gift. Yes it can be trained and acquired over time but the true gift of intellect is part of an individual's D.N.A and for them it's as natural as breathing air. Like the physical attraction of the body the mental attraction of the mind has negatives that can open the door for abuse to enter into your teenager's life.

1. Trying to keep pace with or mimic the individual's persona and delivery they idolise in the mistaken believe that it will make them more attractive and popular with the opposite sex. **Submerging their own personality to take on another is always going to end in some form of disaster.**
1. Once again self-respect of who they are and what they can achieve is eroded by their focus their idol's mental capacity to entertain and be the perfect personality they want to become or are attracted to. Convinced that they are in love the negativity of infatuation with the witty and handsome hulk on the screen or the high school quarterback once again is the doorway to possible abuse in their lives.

## Attraction of the Soul (emotional)

Emotional attachments are made when someone is sensitive, caring and shares empathy with their feelings about the world around them or their personal circumstances. For example when they both see a starving baby in Africa on the T.V screen they both want to drop everything and take the first plane to Africa, when they go to see a love story at the cinema and both cry when the lifelong partner dies from cancer in the film. When someone is hurting in the family they both want to get round there and give them a hug. They don't have to say a word and the other person knows they are not themselves and will quietly slip their arm around them and ask how things are going?

When it comes to the three levels of love this is normally the hardest for your teenager's to get their heads around its dangers to them because the emotional level has much more complexity than the physical or mental levels of love. When a connection is made on the emotional level your teenagers need to understand that the motivation for an emotional connection made with them will probably not have a pure and selfless motivation behind it.

These are the questions a parent and the teenager's need to ask themselves:

Is this just about mine or their body and getting it into bed?

Is this just about my connections that they need to make contact with?

Am I emotionally vulnerable at the moment?

How active have they been with others in my social circle?

What would happen if I say I'm not interested in a casual relationship?

What happens when I disagree with them, do they sulk or manipulate?

**If a teenager is not taught the three elements of attraction** then they are wide open to begin relationships on completely the wrong footing and become

deeply hurt emotionally as they struggle with all the emotional hang ups of dealing with relational break ups and the fall out from it.

1. They feel like a failure for not making it work
2. If they are the ones dumped they have to overcome destructive feelings of rejection.
3. They are in danger of rebounding to another relationship still carrying emotional scars from the first.
4. The gossip wagon will start in their social circle and some may take sides.
5. Victimisation and bullying can take place as a consequence.
6. The hurt party in the break up can use the social media to spread malicious rumours and cause more emotional heartache for the other party in the relationship.
7. One of the parties involved could become suicidal and highly emotionally unstable.

As you can see from the consequences listed above of a relational break up it gives a wide open door for mental, emotional and physical abuse to become activated in your teenager's life.

The other abusive dangers during the relationship are sexual molestation, physical violence and unwanted pregnancy. There can also be the emotional fall out between the two families particularly when the two families moved in the same social circles prior to the relationship developing.

It is for all of the above that I believe encouraging dating in the teen years is extremely unwise of any parent. It is the season for finding out who they are and exploring the horizons of their potential laid out before them. **Not to**

**become entrapped in a relationship that they were never ready for in the first place.**

**Make your home a haven of friendship not a den of woe** this is the age when they are making friends and begin to spread their social wings. As parents we need to make our home is a place where our children feel comfortable bringing their friends. If we do not then they will seek alternative venues to socialise in that are far more dangerous than our own.

Make sure you do not judge their social circle, do not criticise their friends openly in company, do not go over the top in introducing yourself or hang around there time together, always be upbeat and accommodating, If you have implemented the communication skill set of the formative years correctly your teenagers should be very comfortable bringing their friends to the family home.

**Let them know that friends and the world can let them down but you will always be there**, this is another difficult lesson for teenager's to learn and will probably only be truly learnt in the SHK (school of hard knocks). For parents it is difficult to get the timing right to explain it, I personally recommend the beginning of elementary school when they are first out of the home environment for an extended period of time.

They will come home devastated because their best friend doesn't want to play or sit with them anymore. As parents it is important to listen to the tale of woe in it's entirety with sensitivity and compassion. At the end give them lots of hugs and remind them that no matter what they are special and you are always there. Patience and tolerance are the watch words however petty it may seem, because to your pre-teens and teenager's it really can seem like the end of their world. Patiently explain to them the principles of reaping what

you sow and they must stay calm in the situation **keeping a better attitude not a bitter one towards the other person.**

**Introduce an entrepreneur to the world not another robot.** From the earliest of ages get their minds thinking from an entrepreneurial perspective. What can they do and how can they do it to start some cash flow in their lives. Open up the horizon's for them of starting their own business. If they get a plan or an idea then help them set it in motion. Work out a basic business plan and profit and loss projections with them.

**My youngest daughter Grace was a best selling author at seventeen is studying a double major in Fine Art and Creative Writing and is running her own business, a publishing company producing on line teenage magazine for girls. All this is a direct result of the entrepreneurial atmosphere she grew up in.**

To find out more about our training materials for teenagers and young people check out the link below.

[www.leshatton.com](http://www.leshatton.com)

## **Chapter 11**

### **Essential Communication Skills for College**

Parenting is like the weather it goes through distinct seasons of activity as your children grow and move through the four stages of development. Spring is the baby years, everything is fresh and new and bursting into life around them, summer the toddler years where the sunshine of wonder and discovery fills their days. Autumn the teenager years where the chills of emotional development are first felt, winter the college years where the leaves fall of the trees and the landscape fills with snow in preparation for new life.

The college years are a strange animal for parents because it is an emotional roller coaster. On one hand is the excitement of seeing your children take their first steps of independence into a new world, on the other is the emptiness of losing them from the home environment. A home once filled with the endless hub ubb of teenager's loud music, excitable chatter and a disaster to solve around every corner is suddenly strangely quiet them.

This is where the parent's own relationship is put to the test? Have they protected their love and intimacy while raising their kids or with all the endless pressures of parenting as it been quietly eroded away behind their backs.

**It is extremely important for parents to always remember they married their partner for them and not the kids. During the whole process of parenting they must set aside their own time and intimacy with each other.**

With the kids off to college now is the time for the relationship to build **deeper connectivity and intimacy, not less.**

To deal with it effectively it is also important to remember the difference in the male and female make up that we talked about earlier. **Men are primarily positional and women are relational.**

This will generally mean that women can easily take a negative attitude towards the children going to college seeing it as a break up of the home environment not a strengthening. Men because they are generally positional in their attitude will see it just as another unavoidable step in the development of their children.

Husbands need to be aware of this different mindset so that they can be patient and sensitive to their partner during this time. Let the wife talk it through even though it may seem you have had the same conversation a hundred times already. Make sure your children are aware of their mother's emotions and are sensitive to them giving her constant assurance that nothing will change for them in their love and respect of her.

## **Stage One: Communication with the Body (Physical)**

**The whole process of choice needs to be a family affair.** Although parents need to give their teenagers a very strong input into the right college for them the final decision is in their court because they are paying for it. **Forcing a child to choose a college just because mum or dad went there is not the right road to go down.**

Make the process fun and exciting with multiple options then narrow it down to three. That three will then become a road trip for the whole family to go on and check out the options. Taking careful note that the curriculum available fits your child's educational needs, that the faculty fit their moral needs and the character of the school and it's extra curricular activities fits their personality needs. When all three are in place you have a match.

**Move them in at college don't leave it to someone else.** This will give the parents an excellent opportunity to meet the other students and get a feel of the company she will be keeping for the next four years.

Insist on regular contact with home via landline or cell phone at least once a week. Multiple contacts via social networks Face book, MySpace etc. If you are not on their social networks get on them.

This will prove invaluable for information about what's going on in their lives if their contact with the parent becomes patchy. It also will give you better access to them than the phones because they are more likely to respond via the internet than the telephone. The other really big plus is that you can take a step back and really think about what you are saying to them, making sure it is constructive and helpful to their situation.

**Remember give them space to settle in and don't badger them to respond to you. If the parent does this the young adult in college will become embarrassed and probably become more difficult to reach and not easier!**

**Send food parcel's or care packages every couple of weeks to remind them of home.** Be creative fill the parcel with pictures of what's been going on with the rest of the family, letters from the brother's and sister's still at home, programs from the game of the local football team.

**Start a scrap book of the college years and then surprise them with it at graduation.** This is a great way to still feel connected to the kids and involved with their college life. Ask them to send you photo's and also search the social network for the other student's sites to garner more photo's and information.

## **Stage Two: Communication with the Mind (Mental)**

Your child is now a young person in a place where mental agility and excellence is all around them. But as we see proven again and again in this world mental gifting or brilliance has absolutely no bearing on an individual's sensitivity or wisdom. As I shared earlier these are two attributes that are far more caught than taught and are primarily caught in the home by parental modelling and mentoring. **Wherever possible be involved with their study,** take an active interest in their paper's, essays and projects give constructive critique and lots and lots and lots of encouragement. My home is filled with all manner of projects my children have been involved with over the years.

**Discuss curriculum and the planned academic route for the major** with them. It is very common for the first course of action to change and need readjusting during the first college year for a host of different reasons, parent's need to be aware of this to help with the redirection if necessary. Even if the

student is staying in the same major mitigating circumstances can necessitate changes needing to be made.

**Ensure they stay aware of being careful in their new social circle** not only reminding them of lessons already learnt in their pre-teens and teenage years already discussed, never be out late alone, go with strangers alone in a car, let somebody get you a drink and bring it back to you, accept an invite to anywhere they are not at ease and comfortable. Now there are new abusive dangers that need to be handled, dorm rooms that can be easily secured to stop exit, invites to parties that can contain the most weird and wonderful substances a strange new city with dangerous areas that you should never go alone.

Check with them that they are carrying pepper spray at all times or other defensive products. Ensure that they have checked out the city and know where not to go and what not to do.

### **Stage Three: Communication with the Soul (Emotions)**

If the formative, pre-teen and teenage years have had the skill set of communication with the body, mind and soul of your children established correctly then you have put your new college student in an excellent position to deal with the specific and large emotional challenges of their new environment away from home.

**Be there at exam time for them** know exactly when and where they are taking their exams and tell them that you will be praying for them and cheering from afar. Remind them of how brilliant and precious they are. Share with their triumphs and disasters the same. Never chew them out for failure that is only guaranteed to produce more.

If the parent has trained them and released them in their childhood years to follow the passions of their hearts and pursue their dreams to wherever it may take them. Failure will normally have hidden roots in emotional trauma in their new environment or the family home and will need careful uncovering and dealing with to get them back into emotional balance.

**Stay aware of their developing and established friendships** you can do this in your telephone conversations but be careful to keep it low key and informal. The social media is excellent to enable parents to find out what their friends are up to, likes, dislikes, opinions, lifestyle and most important of all their interaction with your own child. **But always remember they are big boys and girls and can take great exception to what they see as over the top parental interference in their lives.**

**Encourage them to build a support structure.** Throughout their school years they should have already established past times and hobbies that can be continued in college to give them an immediate social circle of new friends. But also encourage launching out into new activities that are available on campus for them to try. They can also get involved in activities in the city itself separate from the campus.

Hopefully because of what has already taken place in your child's life up until this time they will immerse themselves in their new college adventure without reserve. But there are occasions when the whole college adventure can become a nightmare for them because they desperately miss home and their circle of old friends. **This is why a healthy attitude of immersion into all that college life offers is so important for parent's to encourage from the get go.**

**Know the difference between danger and tantrums.** This is hard but very important for a parent of college students to understand. There are times because of the emotional pressures of studying and exams that build up over a period of time that a tantrum will be thrown to let off steam. Parents can over react to this and go rushing up to the college to save their baby from the big bad world. **BIG, BIG mistake!**

**This encourages emotional dependency in their lives that is extremely negative for them and their emotional development. Instead of helping them the reality is that it hinders them and the environment they are in.**

If the emotional collapse has been going on for some time and they are not settling in their new environment then things have become emotionally dangerous for them then their needs to be addressed with an alternative to the present circumstances. A dialogue with the college is very important before any final decisions are made.

Although the college years may seem like the winter season of emptiness and barren landscapes, remember that the season of spring will always come around again. The children will finish their roller coaster ride of their college years one day. They may come back home with their degree, they may not, but one day they will probably get married and eventually the pitter patter of little feet will fill your home again and spring has sprung. Now you have a whole new generation to train how to be safe from abuse.

All the materials contained in Part Two of this book have been taken from our parenting web page for more info click the link below.

[www.LesHatton.com](http://www.LesHatton.com)

## Conclusion

You have in your hands awesome information on how to keep your children safe in the dangerous world we live in today. You now understand the myths of abuse, profile of an abuser, the emotional battleground, the process of abuse and the three essentials of communicating, educating and relating to your children through their formative, teenage and college years. Much of it you may have already applied.

It is possible to keep your children safe. To keep them from coming into contact with dangerous people and situations, it is also possible for you to spot any potential abuser and it is possible for you to stop any abusive situation developing.

The strategies and techniques discussed will help keep your children safe, but hearing without application is like playing basketball with the hoops missing. You may manage to make it fun but you are never going to get a measurable result!

So please, please don't be hearers only put into action the advice contained in this book. **YOU** and **YOUR** children and those in your care deserve it.

Please check out our other extensive materials at the rear of this book on parenting, marriage and relationships.

God bless, guide and keep you.

Dr Les & Wendy

## Other Books and Resources from Pastor Les and Dr Wendy.

### Relationships That Last

#### Relationships That Last

How to Make Them and Keep Them



Dr. Les Hatton  
www.leshatton.com

Discover body language essentials. How to overcome conflict and disagreement.

Learn the secrets of dating without a disaster.

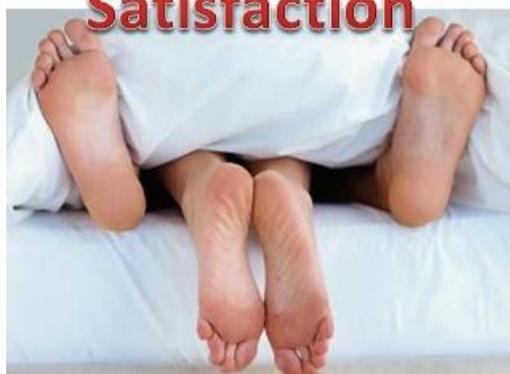
Surviving the online jungle.

Building a relationship that will last, not just a one night stand.

### The Art of Sexual Satisfaction for Committed Partners ONLY.

#### The Art of

#### SEXual Satisfaction



The Ultimate Guide to Giving and Receiving Pleasure

Dr. Les Hatton

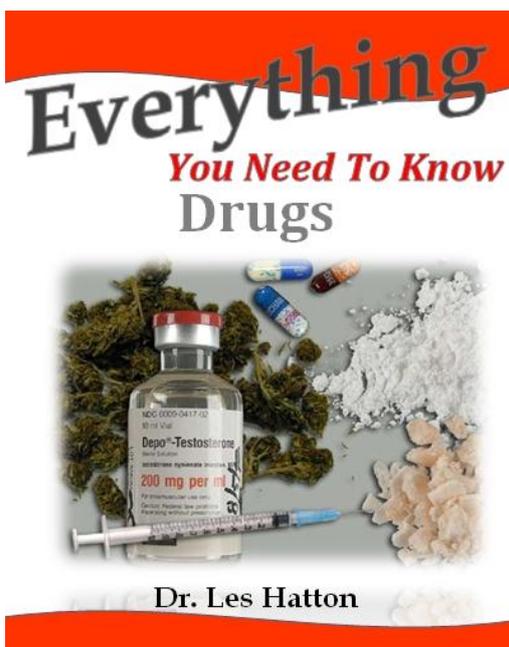
This book shows how a committed couple can find full sexual satisfaction by activating the important emotional and spiritual elements of the sexual experience to enhance the physical. Practical advice and access to a password protected specialist articles

## Everything You Need to Know About Online Dating



This book is a must for anyone starting or new to online dating. Step by step guide and how to stay safe in the process. Great practical info on how to spot the snakes and fakes and so you find the perfect mate

## Everything You Need to Know About Drugs.



This great book covers all areas of possible drug addiction. Explaining the process of addiction and giving superb practical advice on how to overcome their effects.

## Seminars

We hold our seminars in Florida in beautiful historic meeting rooms next to Lake Lucerne in Downtown Orlando or similar venue.



We do one, two or three day seminars at this venue on a number of topics that bring practical insight and inspiration to all who attend.

- Abuse Awareness and Protection
- Addiction Awareness and Protection
- Parenting Skill Set for Success
- Marriage Made In Heaven

For information on our seminars please contact us at the email below.

[info@leshatton.com](mailto:info@leshatton.com)