



*Healing and
prevention:
The Abused v.s. abuser*

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The 5 w's

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Sexual Abuse

FOCUS:
WHY?

Sexual Harassment

THE 5 WS

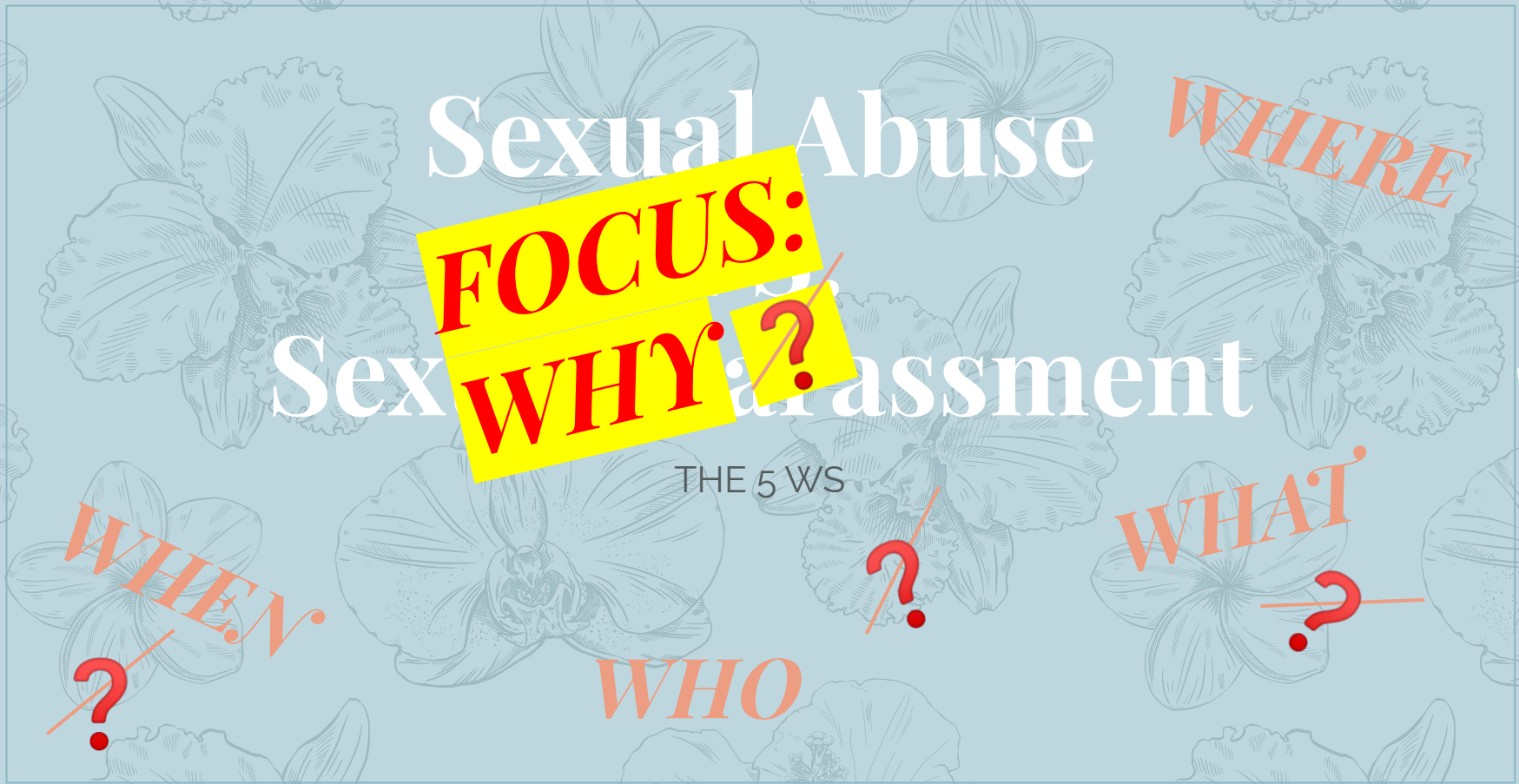
~~WHEN?~~
?

WHO

?

~~WHAT?~~
?

~~WHERE~~



The abuser

Sexual offenses result from a combination of:

- Lack of social skills/family relations
- Social isolation and antisocial.
- physical and sexual abuse history (a cycle)
- Physical abuse by father/mother
- lack of bonding to mother/father increase sexual aggression
- learning problems and disabilities.
- Exposure to pornography.
- Substance abuse
- feeling of inadequacy
- a form of revenge

WHY?

The victim

- Low self esteem
- Lacks a support system #1
- Socially distanced even from parents
- Victim of bullying, demeaning, or child neglect
- People pleaser-ENABLER
- Political correctness and trying to fit in



Healing for the abused

1. **Strong Support System:** an abuser has cut them off (slide 5)
2. **Elevating self image:** they feel weak and insignificant
3. **Helping with guilt:** clarify that they weren't responsible for what happened- انتي بريئة (slide 7)
4. **Learning to move on**
5. **Learning the art of creating healthy boundaries and healthy relationships**
6. **Step out of yourself**

#2,4,5,6 are all connected (slide 6)



#1: Strong Support System

Family/Friends

Understanding, loving unconditionally, non-judgemental, active listeners not speakers.

Faith

- **Father of confession** *يططب*: could be rechanneled- referral like a good doctor and loving father
- **Christian counseling centers and groups**: goal is to help others move from recovery to discovery (personal wholeness, interpersonal competence, mental stability, and spiritual maturity).

- **Church servants**: christ-like and knowledgeable: serving those in pain not for everyone

Rebuilding trust

Be very careful with this, it needs wisdom, knowledge, and strong prayers. Focus on God's love. Where was God? . Chanel them to God: *ربنا هيعرف يداوي*

What you don't
know
CAN hurt
me.

More than
70% of
child sex
abuse
cases
involve a
relative,
friend or
someone
else close
to the
child.
- NSPCC

Be sure,
BEFORE.

#2 *Moving on*

Abusers feed on enablers

Elevating self image

- positive reinforcement
- chances to excel
- need extra love and attention
- empowerment through positive psychology techniques
- entrusting responsibilities to them shows respect and trust in their capability

New Skills

- Developing healthy coping mechanisms: healthy distractions, self-soothing, emotional awareness, crisis plan
- Boundaries: ability to assert personal boundaries- taking responsibility of self and actions- learning when to let go- focus on self control rather than others control

Stepping out of yourself

- Trauma makes a person stuck on himself whether through anger, guilt, self hate, victimization, or even the complete opposite like aggressive defensive self care and overindulgence.
- Focus on others through service: helps relieve the negative emotions through building new relationships, seeing that there's good not just evil in the world, gives a new sense of purpose, seeing others in similar or even worse situation gives much needed sense of normalcy

#3 *Dangers of guilt Abuser and abused*

Regret- if regret is stuck at the guilt stage and doesn't lead to repentance, then it's very negative and dangerous. Regret that they brought up the topic, regret that their parents are fighting because of them, wishing they were never even born, Focus should be diverted on moving forward and not being stuck in the past or present issue. Challenge your sins with hope not despair

اما دانك احد ولا انا ايضا ادبيك لا تعود تخطئ ايضا.

Despair: with lots of disappointment, falling repeatedly, they give up on themselves. It's emotional and spiritual suicide. To treat that, we need to explain and help them have reasonable expectations of the process of repentance and that God does not expect nor ask for immediate and complete freedom and success over sin

Confusion: why am I even alive? The purpose of life. Suicidal thoughts. How can God exist and let evil thrive? Gender confusion: am I who they say I am

Healing for the abuser

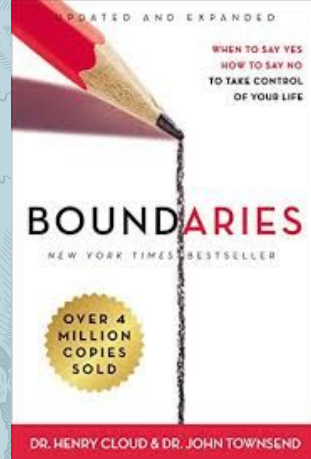
- **Building a strong faith base:** abuse and harassment are a combination of spiritual sins خطايا الجسد (stealing- lust- greed- a misconception of the body)
- **Building healthy coping mechanisms**
- Show him/her **acceptance**, hope, forgiveness
- **Appropriate perception** of the situation
- Take the time to discover **the source** of the issue: Healing starts with a decision to see behind the symptom, to treat the underlying disease that will manifest itself in different forms.

The goal:

to help the person in need accept and take responsibilities



Prevention: الوقاية خير من العلاج



- 1- Healthy and professional sex education at different levels as our kids grow. It starts early as children and provides appropriate levels at each stage
- 2- Creating balanced rules: not too strict- not permissive Permissive parenting: cool mom/dad, parents in denial, not in tune with the age Vs Overly strict or hover parents
- 3- Aware parents: aware of friends, activities, your child's behavior patterns, make time for open questioning
- 4- Teach balanced boundaries: understanding where my boundaries start and where they end, taking responsibility, building walls, avoiding toxic relations

Supportive

Unsupportive

Authoritative Parents



Authoritarian Parents

Demanding

Undemanding

Permissive Parents



Uninvolved Parents



THE EFFECTS OF PERMISSIVE PARENTING STYLE

- LACKS SELF-DISCIPLINE
- DEMANDING
- UNDERAGE DRINKING (THREE TIMES AS LIKELY)
- MAY LACK SOCIAL-SKILLS
- LESS MOTIVATED ACADEMICALLY
- HAS HARD TIME WITH SHARING



MOMS BE LIKE



Children raised by permissive parents may have a tough time setting boundaries and limits for themselves in adulthood



**ALERT:
DON'T
BRING UP
AN ABUSER**



The importance of sex education

1st: Fear- the unknown is scary, kids feel it's a taboo subject that must be kept secret. When there are no answers and understanding, especially in this physical issue, it causes great fear.

2nd: curiosity- they will search for answers themselves and the world is ready with answers!



3rd guilt- always linked to the education and perception received. If the input is holy, it becomes comforting. If the input is too strict and condescending, the person feels shame and refusal of their physical self and needs. Let's not scare our kids at home or church from this topic. .

- This guilt feeling could cause the person to fall into a cycle of this sin as they've lost hope خلاص مستهلش اعيش مع ناس كويسة و مليش مكان مع ربنا
- Refusing God and the whole world
- turning to addiction and other ways to express anger



Important parenting topics to ponder on:

- 1- how to present sexual education in a Christian atmosphere
- 2- understanding and creating boundaries
- 3- Balanced parenting

امثال 30

أُبْعِدْ عَنِّي الْبَاطِلَ وَالْكَذِبَ. لَا تُعْطِنِي فَقْرًا وَلَا غِنَى. أَطْعِمْنِي حُبْزَ فَرِيضَتِي 8
لَيْلًا أَشْبَعَ وَأَكْفُرَ وَأَقُولَ: «مَنْ هُوَ الرَّبُّ؟» أَوْ لَيْلًا أَفْتَقِرَ وَأَسْرِقَ وَأَتَّخِذَ اسْمَ إِلَهِي بَاطِلًا 9

النَّفْسُ الشَّبَعَانَةُ تَدُوسُ الْعَسَلَ، وَلِلنَّفْسِ الْجَائِعَةِ كُلُّ مَرٍّ حُلُوًّا

”أم 27: 7“



Thanks!

Any questions?