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American families in crisis

Julie Cammeron

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Dear Students:

Every day we are bombarded with stories in the news media about immense social problems confronting our society today. We have heard about many of these problems: abuse and neglect of defenseless children; widespread use of alcohol and illegal drugs; rising levels of violent and senseless crimes; divorce and the breakdown of family values. It is clear that something is seriously wrong with our society.

The strength of individual families determines the strength of our community and nation at large. When trying to determine the health of our nation, we must look at how Americans educate, guide, and train the youngest members of our society. The family is the backbone of society; responsible for the care, nurture, protection and love of the young. Parents who meet this responsibility serve not only their children but society as a whole. Likewise, parents who fail in this responsibility, fail their children and their country.

This book was written for a number of important reasons. First, I believe that the root of many of the problems facing our society can be traced to problems existing within individual families. Second, I believe that knowledge and understanding of these problems is necessary for their prevention and solution. Third, I believe that each person has a responsibility to make our society a better place. As an educator, I have the responsibility to help equip students with the knowledge necessary to make positive change possible. Last but not least, I believe that learning about the problems facing families in our society is an important part of finding possible solutions, from which all of us will benefit.

The first section of this book focuses on problems affecting the lives of children in many dysfunctional families; namely, physical, emotional and sexual abuse as well as physical and emotional neglect. The second section covers adolescent problems; in particular, teenage alcohol and substance abuse, unwanted pregnancy, and sexually transmitted diseases. We trace the history of the breakdown of family values and the rise of sexual permissiveness, resulting in the current unprecedented levels of unwanted teenage pregnancies and sexually transmitted diseases. In the third and final section, we focus on the issue of divorce, looking at an adult problem and studying its impact on younger and older children.

This book is dedicated to you, and to other young people like you. The future of our country depends on your willingness to face these problems and come up with solutions. The welfare of the country depends on your collective willingness to take on the burden of making a difference by bringing about positive change. It is my hope that this course will give you the knowledge and ability to improve your own life and that of your own children. By doing so, you will make the world a better and safer place for all of us.

Julie Cammeron

Acknowledgments

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In writing this book, I also benefited greatly from the creativity and artistic talents of Lynn Campbell, who skillfully translated written information into wonderful sketches that stimulate and maintain student interest. During pilot testing of this material, students agreed that Lynn's efforts made the text easier to understand and more enjoyable to read.

Many thanks to Carol Petote and Kathleen Smith, who spent considerable time reviewing these materials. Their many suggestions have enhanced the readability of the text.

I wish also to recognize the contributions of Patricia Mothersell, Judith Ferrari, Jennifer Gravitz, and Rita Zwiefler, who at various stages of the project gave of their time, content expertise, and experience. They were generous with advice, and I thank them all.

I am grateful for the support and encouragement of Drs. Gerald Argetsinger and Jim Cox throughout this entire project.

Finally, I want to thank my own family, who taught me early the importance of knowledge in giving one the strength and ability to improve one's own life. I am most indebted to my daughter, Brenna, who has enriched my life beyond measure, helping me realize more fully the value of love and family.

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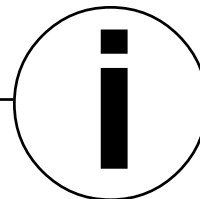
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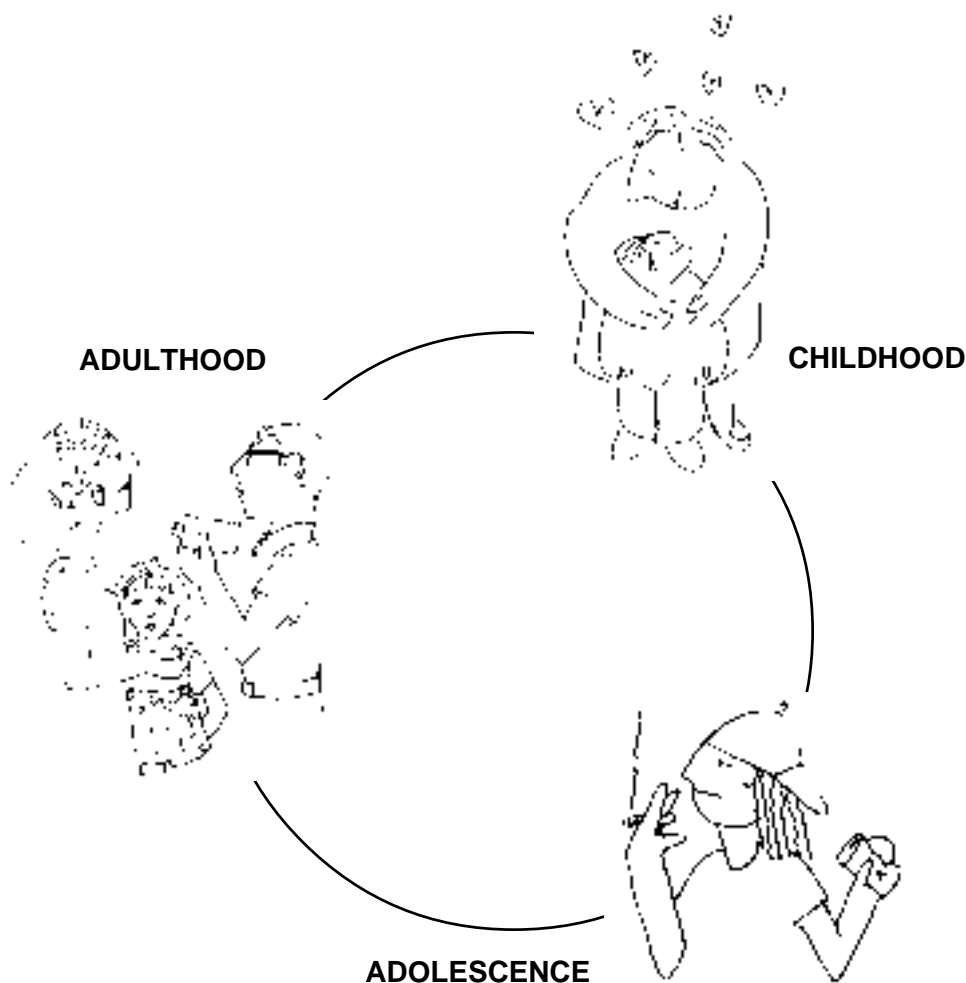
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American Families in Crisis



Course Introduction

Course Description	1
Course Goal	1
Content	1
Learning Strategies	8
Class/Credit Hours	8
Attendance	9
Homework	9
Tests	10
Communication Policy	10
Tutoring.....	10
Calculating Your Grade	10
Recommended Videotapes.....	11
Required Reading	11
Required Supplies.....	11



Course Description

In this course, *American Families in Crisis*, you will study how an individual is influenced by his family and society, and how, in return, an individual influences his family and society. The purpose of the course is to help you understand the complex network of human interactions and relationships. We hope that, as a result, you will become better prepared for whatever life offers.

Course Goal

The goal of this course is to help you:

1. Learn factual information about some serious social problems confronting us as members of society.
2. Understand how families contribute to those social problems.
3. Understand the consequences of those social problems on individuals, their families, and society.
4. Explore possible solutions to those problems based on successful prevention and treatment.
5. Become more socially aware and more knowledgeable about your community, and, as a result, become better citizens.

Content

In this course we will study some contemporary social problems that influence the individual and his family at different stages in the human life cycle. The course begins with the topic of child abuse and child neglect. It then moves to the study of problems often encountered by teens in their search for identity. The final portion of the course deals with the topic of divorce and its implications for adults and children. The content areas are as follows:

INTRODUCTION

Course Goals, Content, and Guidelines for Academic Expectations,
Standards and Behavior

PART I: CHILDHOOD

Child Abuse/Child Neglect

Chapter 1: All Types of Child Abuse

- What is Child Abuse ?
- Different Types of Child Abuse
- National Statistics on Child Abuse
- Child Abuse: A Historical Perspective
- Factors Contributing to Child Abuse

Chapter 2: Physical Abuse

- What is Physical Abuse ?
- Physical Abuse and the Continuum Model
- How to Recognize Physical Abuse
- Statistics on Physical Abuse
- Characteristics of Parents Who Abuse Their Children
- How Physical Abuse Affects a Child's Life
- Helping Abused Children
- Preventing Physical Abuse

Chapter 3: Physical and Emotional Neglect

- What is Child Neglect ?
- Physical Neglect and the Continuum Model
- How to Recognize Physical Neglect
- Emotional Neglect and the Continuum Model
- How to Recognize Emotional Neglect
- How Neglected Children Feel
- Treatment for Parents Who Neglect Their Children

Chapter 4: Emotional Abuse

- What is Emotional Abuse?
- Emotional Abuse and the Continuum Model
- Statistics on Emotional Abuse
- How to Recognize Emotional Abuse
- Five Types of Emotional Abuse
- Things We Can Do to Prevent Emotional Abuse
- How Parents Can Guard Against Emotionally Abusing Their Child
- Things a Child Can Do To Prevent Emotional Abuse

Chapter 5: Sexual Abuse

- What is Sexual Abuse?
- Sexual Abuse and the Continuum Model
- How to Recognize Sexual Abuse
- Different Types of Sexual Abuse
- Statistics on Sexual Abuse
- People Who Commit Sexual Abuse
- Factors Contributing to Sexual Abuse
- How Does a Child Cope with Sexual Abuse?
- Effects of Sexual Abuse on a Child
- How Parents Can Protect Their Child against Sexual Abuse
- Teaching Children to Protect Themselves against Sexual Abuse

Recommended Video: "Terrible Things My Mother Told Me"
(45 minutes)

Exam (Chapters 1 to 5)

PART II: ADOLESCENCE

Teen Problems

Chapter 6: Drug or Substance Abuse

- What Are Drugs?
- Categories of Drugs
- Use of Drugs: Beneficial and Harmful
- Drug or Substance Abuse
- Alcohol as a Drug
- Economic and Human Costs of Alcohol

Chapter 7: Teenage Alcohol Abuse

- Alcohol Abuse: National Statistics
- Alcohol Abuse among College Students
- Alcohol Abuse among Teenagers
- Stages of Alcohol Addiction (ERHAA)
- Why Do Teenagers Drink ?
- What Parents Can Do about Teen Alcoholism

Chapter 8: Alcohol and Driving /Treating Alcoholics

- Effects of Alcohol Abuse on Society
- Alcohol and Driving
- Blood Alcohol Content (BAC)
- Reducing Alcohol-Related Driving Accidents
- Treatment for Alcoholics
- Places Helping Alcoholics Nationwide

Recommended Video: "America Hurts: The Drug Epidemic"

(34 minutes)

Chapter 9: Values and Teenage Sexual Behavior

- Sex and Values
- Judeo-Christian Beliefs and Sexual Morality
- The Sixties: Social Upheavals and Changing Values
- The Nineties: Newfound Sexual Morality
- Sex and Teenagers
- Sexual Freedom Versus Sexual Promiscuity
- Teenage Sexual Behavior
- Statistics on Teenage Sexual Behavior
- Why Do Teenagers Have Sex ?

Chapter 10: Teenage Pregnancy

- Why Teenage Pregnancy Occurs
- Statistics on Teenage Pregnancy
- How Will Becoming a Teenage Mother Affect the Girl ?
- How Will Becoming a Teenage Father Affect the Boy ?
- Options Available to Pregnant Teens
- Life Prospects of Babies Born to Teenage Parents
- How Teenage Pregnancy Affects Society

Chapter 11: Birth Control Methods

- Preventing Unwanted Pregnancy
- Abstinence
- Male Condom
- Female Condom
- Birth Control Pill
- Norplant
- Depo-Provera
- Spermicidal Jellies or Creams
- Spermicidal Foam
- Contraceptive Sponge
- Diaphragm
- Rhythm Method
- Withdrawal

Chapter 12: Sexually Transmitted Diseases (STDs)

- What Are STDs ?
- Common Symptoms of STDs
- How STDs Are Spread
- Teenagers Have a Higher Risk of STDs
- Prevention of STDs
- What To Do If You Have an STD
- Some Common STDs
 - Syphilis
 - Gonorrhea
 - Genital Herpes
 - Chlamydia
 - Genital Warts
 - AIDS (Acquired Immune Deficiency Syndrome)

Exam (Chapters 6 to 12)

PART III: ADULTHOOD

Divorce—"Moving on to a New Life"

Chapter 13: Marriage: Rights and Responsibilities

- Marriage Requirements
- Legal Marriage
- Annulment of a Marriage
- Traditional View of Marriage
- Modern View of Marriage
- Comparing Traditional and Modern Marriages
- Rights and Responsibilities of Married People
- Common-law Marriage
- Unmarried Couples Living Together Need Legal Protection

Chapter 14: Reasons for Divorce

- Divorce: Definition and Statistics
- Social Changes That Contribute to Higher Divorce
- Reasons Couples Give for Divorcing
- Stages in a Marriage: Expectations and Risks of Divorce
- Marriage Counseling

Chapter 15: Stages and Consequences of Divorce

- Stages of Divorce
- The Divorce Process
- Divorce Mediation
- Problems Faced by Both Divorced Men and Women
- Problems Faced by Divorced Women
- Problems Faced by Divorced Men

Chapter 16: Children and Divorce

- Divorce and Children: Statistics
- Effects of Divorce
- How Divorce Affects Young Children
- How Divorce Affects Older Children (Teenagers)
- How Long Does It Take Children to Adjust ?
- Parents Who Use Their Child Against Each Other
- Helping the Child Adjust to Divorce

Recommended Video: "Say Goodbye Again: Children of Divorce"
(31minutes)

Chapter 17: Legal Aspects of Divorce

- Fault and No-Fault Divorce
- Equitable Distribution Laws
- Community Property Laws
- Comparing Equitable Distribution and Community Property Laws
- Divorce and Women
- How to Avoid a Difficult and Expensive Divorce

Chapter 18: Child Custody, Child Support, and Alimony

- Child Custody
- Different Types of Child Custody
- The Child's Bill of Rights
- Child Support
- Consequences of Not Paying Child Support
- Help in Collecting Child Support
- Alimony or Maintenance

Recommended Video: "Divorce Is Changing America"

(50 minutes)

Exam (Chapters 13 to 18)

Learning Strategies

In this course, you will learn through lectures, class discussions, textbooks, supplemental readings, videotapes, individual tutoring, and discussions with the instructor.

Class/Credit Hours



You will receive four credit hours for attending class three times per week. Each class will last about one hour. You are expected to spend two hours of studying outside class for each hour in class. You should expect to read and study six hours a week outside the classroom.

Attendance

You are expected to attend each class. If you miss a class, you should ask friends in the class to explain what was covered the day you were absent. If you miss a class, you lose the right to receive notes from your teacher for that class. If you want the notes, borrow them from your friends and make a copy on a paid copying machine on campus. No make-up quizzes or tests will be given unless previously arranged with your teacher.

Homework



All homework assignments must be given to your teacher on the assigned due date. Your teacher will not accept any late papers, regardless of your excuse. This policy should encourage you to do your homework before the due date. If you are sick, have a friend hand in your paper when it is due. Papers received after 4 p.m. on the due date will receive an automatic F.

All papers should include:

- Your complete name
- Due date
- Question asked by teacher
- Your response based on facts found in your textbooks and class materials. You need to state your opinion, when asked.
- Number of points possible for each question.

Expectations for your papers:

- Papers must be neat.
- Staple your papers if you use more than one sheet of paper.
- Use a dictionary when writing your paper.
- Spell words correctly.
- Erase any mistakes that you make.
- All typed papers must be double-spaced.

Tests

You are expected to follow the exam schedule established by your teacher. There will be three exams for this course. An exam will be given at the completion of the materials on Child Abuse and Child Neglect, Teen Problems, and Divorce.

Exams will not be given early or late unless you have made arrangements with your teacher well in advance.

Communication Policy

You are encouraged to communicate for yourself. You have a responsibility to communicate clearly with others. Please let others know if you cannot understand what they are saying. If you wish to speak, please raise your hand and wait to be called on. Pay attention at all times.

Tutoring

You may see your teacher to make an appointment if you would like to receive tutoring. Please ask for help as soon as you feel that you are having problems understanding the content.

Calculating Your Grade

You will receive homework assignments and three tests. The number of possible points will be indicated on the top of each assignment or test. You can calculate your grade for an assignment or test by dividing the number of possible points into the number of points received. For example:

Homework Assignment No. 1

Possible Points = 25
 You Received = 18
 18 divided by 25 = 72 (Grade C)

A = 90 – 100%
B = 80 – 89%
C = 70 – 79%
D = 60 – 69%
F = 59 or less

Recommended Videotapes

- "Terrible Things My Mother Told Me" (45 minutes)
- "America Hurts: The Drug Epidemic" (34 minutes)
- "Saying Goodbye: Children of Divorce" (31 minutes)
- "Divorce Is Changing America" (50 minutes)

Required Reading



D'Ambrosio, Richard.
No Language But a Cry,
2nd ed. Dell Publishers,
1981.

Price = \$4.99.

Required Supplies

- Paper
- Pencils/pens
- Three-ring notebook
- Stapler
- Paper punch

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American Families in Crisis

1

All Types of Child Abuse

What is Child Abuse ?	3
Different Types of Child Abuse	4
National Statistics on Child Abuse	5
Child Abuse: A Historical Perspective	6
Factors Contributing to Child Abuse	7



"To realize their potential, children need love."

The Death of Lisa Steinberg

Many people remember November 1, 1987. It is the day that Lisa Steinberg was killed, a victim of child abuse. She was killed by Joel Steinberg, a disbarred lawyer and cocaine addict. Joel had adopted Lisa illegally when she was born. On that November day in 1987, he had battered her and left her unconscious on the bathroom floor to die in her own vomit. A doctor could have saved Lisa, but her adoptive mother and Joel's live-in lover, Hedda Nussbaum, did not try to get medical help.

Hedda testified against Joel at his trial. Her testimony showed that she and Joel were unfit parents. Both were addicted to crack cocaine. The addiction led to many incidents in which Joel also battered Hedda. Hedda said that Joel began to beat her two years after they started living together. As a result, she suffered many serious injuries.

Hedda told the court that on November 1, 1987, Joel had slept until early afternoon. Lisa and Mitchell, another child also adopted illegally by the couple, complained that they were hungry. Hedda cooked some vegetables for them. After lunch, Joel asked whether Hedda and Lisa had "drunk enough water that day." They had not drunk any water, so Joel forced them to eat hot peppers as punishment for forgetting to drink water.

Later that evening, Joel got dressed to go to a restaurant for dinner. It was his habit to leave Hedda at home because her face was badly disfigured from the many beatings he gave her, and he felt uncomfortable with others seeing her in public. Lisa asked Hedda if she could go to dinner with her daddy. Hedda told Lisa to go and ask Joel herself.

Lisa went to the bathroom to talk to Joel. A few minutes later, he came out of the bathroom with Lisa unconscious in his arms. Hedda asked, "What happened?" He replied, "What is the difference what happened? This is your child. Hasn't this gone far enough?" He told Hedda he became angry because Lisa had been staring at him. "This staring business had gotten to be too much," he told Hedda. He then went out to dinner, leaving Lisa on the bathroom floor. He told Hedda to stay with Lisa and let her 'sleep'. He promised to take care of Lisa when he returned home.

For three hours, Lisa lay on the bathroom floor with her adoptive mother sitting next to her. Hedda did not try to get medical help for Lisa. When Joel came home three hours later, he and Hedda free-based cocaine. Only after that did he call for an ambulance to take Lisa to the hospital. It was too late; Lisa died three days later.

Many questions were asked since Lisa's death. How could Joel and Hedda adopt Lisa and her stepbrother Mitchell without using a proper adoption agency? Why had teachers not reported Lisa's bruises and unkempt appearance to child protective workers? And why did Lisa's adoptive mother not get medical help for Lisa as she lay unconscious on the bathroom floor?

Overview and Objectives

Every year, more than a million children in the United States are seriously abused by their parents or their guardians (people who are responsible for their care). Tragically, more than 2,500 of these children die each year from abuse.

Every child born in this country deserves a safe and secure life free from abuse. Children have the basic right to be loved and cherished by their parents. Children deserve the best protection that we can give them. Thus, we must all do more to prevent child abuse and child neglect.

We need to learn about the subject of child abuse and to understand what a tremendous problem it is. Only with knowledge and understanding can we help to prevent the problem.

After studying Chapter 1, you will be able to:

- Explain the meaning of “child abuse” and list the five types of child abuse.
- Provide statistics showing child abuse is a serious problem in this country.
- Discuss child abuse from a historical perspective.
- Identify and discuss the factors (family, economic, alcohol/drugs, and social) that cause child abuse.

What is Child Abuse ?

Definition of Child Abuse

The National Center on Child Abuse and Child Neglect defines child abuse as:

"the physical or mental injury, sexual abuse, negligent treatment or maltreatment of a child under the age of 18 by a person who is responsible for the child's welfare which indicate that the child's health or welfare is harmed or threatened thereby."

—Public Law 93-237

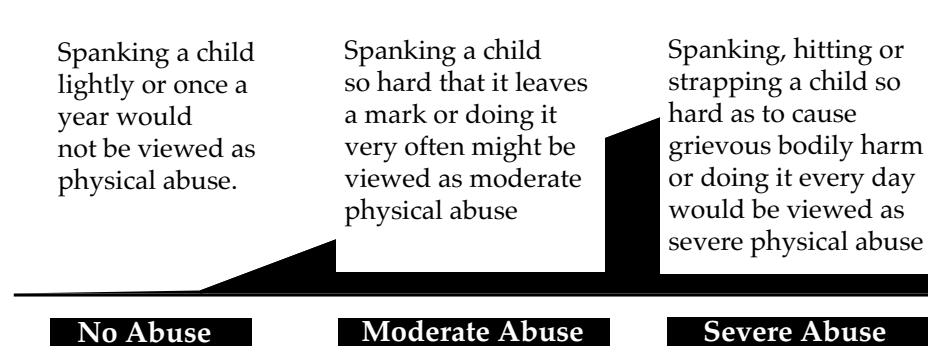
Five Types of Child Abuse

Child abuse can be classified into five categories:

- 1) Physical abuse
- 2) Sexual abuse
- 3) Emotional abuse
- 4) Physical neglect
- 5) Emotional neglect

Continuum of Abuse

Child abuse can be better understood if we use a continuum model to describe it. Depending on the seriousness of a situation, we can classify a case as no abuse, moderate abuse, or serious abuse. For example:



Child Neglect

Child neglect is a form of child abuse, too. Child neglect can be physical neglect, which means failure to provide for the physical needs of a child; such as adequate clothing, housing, food, or medical care. Child neglect can also be emotional neglect, meaning failure to pay attention to the emotional needs of a child or to involve him in the parents' lives. Emotional neglect can harm the child psychologically.

Different Types of Child Abuse

*What is
Physical
Abuse ?*

Physical abuse is bodily injury to a child that is not the result of an accident, or the threat of such injury. Physical injury to the child can happen in many ways.

“Children have been whipped, beaten, starved, drowned, smashed against walls and floors, held in ice water baths, exposed to extremes of outdoor temperatures, burned with hot irons and steam pipes. Children have been tied up and kept in upright positions for long periods. They have been systematically exposed to electric shock, forced to swallow pepper, soil, feces, urine, vinegar, alcohol, and other odious materials; have been buried alive; have had scalding water poured over their genitals, had their limbs held in an open fire; have been placed in roadways where automobiles would run over them; have been placed on roofs and fire escapes in such a manner as to fall off; have been bitten, knifed and shot; have had their eyes gouged out.”

—Bakan (1971), p.4

*What is Sexual
Abuse ?*

Sexual abuse occurs when sexual actions take place between an adult and a child. Such actions can include touching, molesting, fondling, caressing, masturbating, and sexual intercourse (including oral, anal, and vaginal sex). The sexually abused child is a victim who pays an enormous price because of the abuser’s abnormal or deviant behavior.

Sometimes an adult uses pornographic movies or magazines to sexually stimulate or excite both the adult and the child. Speaking to a child in a sexually suggestive way is also a form of sexual abuse.

*What is
Emotional
Abuse ?*

Emotional abuse takes place when an adult hurts a child’s self-esteem by saying mean or hurtful things to make the child feel bad or negative about himself.

Ignoring, criticizing, and humiliating a child are different ways of emotionally abusing the child. A child can also suffer emotional pain or hurt from cruel acts, such as when a parent destroys a favorite toy or a loved pet. These attacks can have a lasting effect on the child’s self-esteem, causing psychological damage.

Verbal abuse almost always occurs together with physical abuse. Thus, there are at least as many victims of emotional abuse as there are victims of physical abuse.

What is Physical Neglect?

Physical neglect is failure to provide a child with the basic needs of life such as food, housing, medical or dental care, and appropriate clothing.

What is Emotional Neglect?

Emotional neglect means failure to provide for the basic emotional needs of a child. The parents ignore the child, acting as if the child does not exist or is not part of the family. Emotional neglect also occurs when parents reverse roles with their child, expecting the child to take care of them instead of the other way around.

National Statistics on Child Abuse

Reported Cases of Child Abuse in the U.S.(1990)

1. In 1990, there were 2.5 million reported cases of child abuse and child neglect in the United States.
2. More than 40 percent of all reported child abuse cases were proven to be true. We say those cases were substantiated.
3. Approximately 2,500 children die each year from physical abuse in this country.
4. In 1990, there were 677,000 reported cases of physical abuse of children.
5. In 1990, there were 376,000 reported cases of sexual abuse.

Source: D. Besharov, Recognizing Child Abuse - A Guide for the Concerned. New York: Free Press, 1990, p.2.

Child Abuse: A Historical Perspective

*Two
 Conflicting
 Beliefs about
 Children*

Cultures throughout history have held two conflicting beliefs about children. One belief is that children are the responsibility of their parents and that parents have a duty to love and care for their children. The other belief is that children are the property of their parents, therefore giving them the right to do what they like with their children. How children are treated in a society or culture is determined by whether the society or culture stresses the importance of the first or second belief.

*Killing of
 Infants in
 Ancient
 Civilizations*

Ancient civilizations practiced child abuse. For example, infanticide or killing of infants was practiced in ancient China and Greece. We also know from the stories of Isaac and Moses in the Bible that the killing of infants was also a part of ancient Hebrew social customs.

*Early Roman
 Law*

Early Roman law gave fathers complete control over the life and death of their offspring. It was only under the influence of the Roman Catholic church that infanticide became a crime in the Roman Empire in the 4th century (300-399 AD). This marked the first time in written history that a state or government passed a law to protect children from being killed by their parents.

*Changing
 Attitudes*

Attitudes toward children began to change in the 18th century, when people began to think of children as innocent and noble. Great philosophers of the time, such as Jean Jacques Rousseau, believed that harsh physical punishment caused children to become aggressive and violent.

*Child Abuse
 and
 Exploitation
 in the
 Industrial
 Revolution*

Child abuse was widespread in England and America during the Industrial Revolution (1750–1850). Children were used as cheap labor, forced by parents and employers to work under inhumane conditions in sweatshops and factories. Children as young as 5 or 6 years of age were forced to work 13 to 16 hours a day. Legislation to improve the working conditions of children was not passed until 1875.

*Child
 Protection
 and Related
 Developments
 in America*

The following are some highlights or important events in the history of child protection in America.

1. In 1866, The American Society for the Prevention of Cruelty to Animals (ASPCA) was established in the United States.

2. Nine years later, in 1875, the American Society for the Prevention of Cruelty to Children was established.
3. In 1912, the U.S. Government formed the Children's Bureau as a Federal agency to protect the health and welfare of children.
4. In 1961–62, Dr. C. Henry Kempe, a pediatrician at the University of Colorado Medical Center, became the first person to study and report the problem of child abuse in the US.
5. Between 1965 and 1970, all 50 states of the United States enacted laws mandating (requiring) the reporting of all suspected cases of child abuse and neglect.
6. In 1972, the C. Henry Kempe National Center for the Prevention and Treatment of Child Abuse and Neglect was founded as part of the University of Colorado Medical Center in Denver.
7. In 1974, Congress passed the Federal Child Abuse Prevention and Treatment Act.

Factors Contributing to Child Abuse

Family Factors

*Parents who
Can't Handle
Conflict Well*

Family members spend a great deal of time together. When people live close together as a group, conflict will often arise due to the problems, frustrations, and stresses of living together. Not all parents know how to handle conflict well. Parents who do not know how to handle conflict in a positive way may strike out at their children and abuse them.



*Parents with
Unrealistic
Expectations
of Their
Children*

Some parents expect too much of their children. When a child does not behave as expected, those parents sometimes lose control of themselves and abuse the child. Children are not "small adults." They often do things that irritate or bother their parents. They may jump on furniture, forget to pick up their toys, play with their food at meal time, or "talk back" to their parents. Parents who expect their children to behave well all the time have unrealistic expectations. Such parents often become angry when their children behave childishly.

*Single Parent
Families*

Some abused children come from single-parent homes. This means only one parent, usually the mother, is raising the children. Single parents are more likely to abuse their children, especially if they do not have a good support system of friends or family members who are willing to help them. Adults need to be able to talk to other adults when they have problems.

*Families with
Step-Parents*

Child abuse happens more often in step-families than in biological families. Step-families are formed when one parent marries again after the divorce or death of a spouse. Stepparents who do not love their “new” children may be unable to handle the stress of being a parent to children who are not their own. Research shows that stepdaughters are five times more likely to be sexually abused by men outside their family. They are more likely to be sexually abused by friends of their stepfather than by the stepfather himself.

Child abuse is more likely if the parents are young and uneducated, with little training in how to take care of children. Teenage parents, especially, often lack the knowledge and maturity necessary to raise children. Parenting is probably the most difficult job a person can have in life. Teenage parents usually are not prepared for the immense responsibilities of the job. In addition, teenage parents suffer more often from financial problems. All these things make child abuse by teenage parents more likely.

*Families with
Many Children*

Child neglect is more common in large families where children often do not get the attention they need. Parents with many children experience more frustrations, pressures, and problems. They are tired more often. Large families make it difficult for parents to give children the attention and love they so richly deserve.

*Families with
Children
Spaced Closely in
Age*

Children who are born close together in a family also may not get the proper attention they need. Child neglect is more common in families where the children are spaced close together in age. For example, it is difficult to take good care of three children when they are 2, 3, and 4 years of age respectively.

Economic Factors



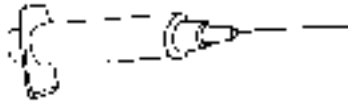
Child abuse is more common among poor people. Parents from low-income families face more financial problems. The families often live in a housing project or ghetto, where housing conditions are poor and crowded. It is stressful living under such conditions, often causing parents to abuse their children.

*Stresses Due to
Loss of
Employment*

There is more unemployment among poor people. When people are unemployed for a long time and have little income, they often become bitter and lose any hope that "tomorrow will be better." Sometimes life becomes so stressful that parents take it out on their children.



Alcohol/Drugs



Addiction to alcohol and drugs can also cause child abuse. Child abuse is more common in families where one or both parents are addicted to alcohol or drugs. People under the influence of drugs often lose their self-control. When they are high on drugs, parents may do harmful things to their children that they normally would not do.

*Legal Problems
due to
Drug Arrest*

Sometimes adults who use alcohol or drugs are arrested for breaking the law. When this happens, they have to deal with their legal problems. This creates stress and often results in the adults taking out their frustration on their children.

*Alcohol and
Family
Violence*

The use of alcohol often leads to family violence. Studies show that alcohol is often involved in family violence or conflicts. It is estimated that up to 80 percent of all cases of family violence (including child abuse) involve a parent drinking before, during, or after the violence occurs.

*Alcoholic
Parents
and Child Neglect*

Parents who are alcoholics often neglect their children both physically and emotionally. These parents are so "in love with alcohol" that they fail to give adequate attention and love to their children.

Social Factors



*Families
that are
Socially
Isolated*

Child abuse is more common in families that receive little or no support from friends or relatives.

Parents who are over stressed, overworked, or often tired are more likely to mistreat their children. This is even more likely to happen if the parents have no friends, neighbors, or family to offer them support and help. Adults need support from other adults during stressful times. Without such support, they sometimes lose control of themselves and abuse their defenseless children.

*Lack of
Parenting
Education
in School*

Child abuse is more likely to happen in families where parents were never taught how to be good parents. These people lack good parenting skills. Most people can become better parents if they take a parenting course or have other parents to serve as role models. Inexperienced parents can often benefit from talking to other parents who have greater experience. Feedback from others is very important.

*Handicapped
and Sick
Infants*

Child abuse is more common among children who are considered difficult or different from other children. Infants who are hard to love or take care of are more at risk. Handicapped babies, sick babies, and babies who cry and demand attention all the time are more likely to be abused by their parents.

Important Terms

- Child Abuse :** Child abuse occurs in many forms, including physical, sexual and emotional abuse, and physical and emotional neglect.
- Child Neglect :** Failure to take adequate care of a child. The child can be neglected physically or emotionally.
- Emotional Abuse :** Situation where a parent deliberately hurts a child's feelings by words or actions.
- Emotional Neglect :** Failure to pay attention to the child; failure to involve him in the parents' lives.
- Physical Abuse :** Injuries or patterns of injuries that do not happen as the result of an accident. Physical injury to a child.
- Physical Neglect :** Failure to provide the child with adequate food, clothing, shelter, education, medical care, dental care, health care, protection, or supervision.
- Sexual Abuse :** Sexual actions between an adult and a child.

Chapter 1 Work Sheet:

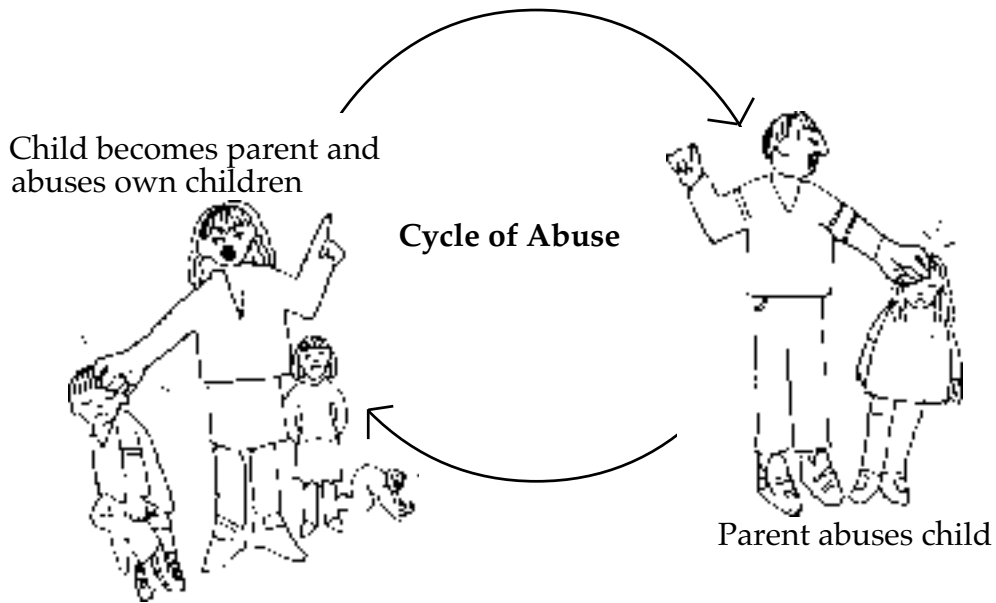
Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Explain the difference between child abuse and child neglect, and list the five types of child abuse.
2. What two conflicting beliefs have influenced the way children were treated in human society or culture throughout history?
3. Explain how the environment of the family (number of children, economic problems, etc.) contribute to child abuse.

Notes

Physical Abuse

What is Physical Abuse ? 3
Physical Abuse and the Continuum Model 3
How to Recognize Physical Abuse 4
Statistics on Physical Abuse 5
Characteristics of Parents Who Abuse Their Children 5
How Physical Abuse Affects a Child’s Life 6
Helping Abused Children 7
Preventing Physical Abuse 7



Kathy

Kathy Smith has known physical abuse all her life. Her father is an unemployed sheet metal worker with a drinking problem. When he is angry with Kathy, he throws chairs, dishes, or furniture at her. Sometimes he gets really drunk and out of control. Then he would push Kathy against the wall and punch her in the stomach. He would even hit Kathy's head with his fists or whack her body with a belt.

At 15, Kathy ran away from home, choosing to live on the street with other kids her age. She says, "It is better to be homeless than to live in hell at home." Kathy's father has also battered her mother, but her parents are still married.

Bob

Physical abuse for Bob Nelson began when he was 5 years old. As a child, Bob was afraid of the dark. He asked his father if he could sleep with the light on in his bedroom. His father called him a sissy and told him, "I'll give you something to really be afraid of." Bob's father then handcuffed him to his bed, shut off all the lights in the room and closed the door, saying: "I'm going out drinking. You'll stay in this house alone tonight and learn not to be afraid of the dark." Bob spent the next eight hours alone in the house, terrified and handcuffed to his bed.

As Bob became older, his father treated him even more brutally. Guns became a part of the scare tactics his father used. If Bob forgot to clean his room or take out the garbage, his father would put a gun to his head and threaten to "blow out his brains."

Bob now fears and hates his father. He plans to move out of his father's house next year when he graduates from high school.

Chuck

Everyone in his family is afraid of Chuck Deming. He regularly beat his wife with belts and boards. When she finally left him, he started to abuse his children. If they looked at him the wrong way or talked back to him, he would beat them with a belt. He would hit them so badly that they were unable to sit down for a week. As he beat them, he would continually yell, "You made me do this. This is all your fault."

When Chuck Deming loses control totally, he takes his pistol from his gun cabinet and threatens to kill the children one at a time. He sometimes forces them to point his gun at each other.

Overview and Objectives

All children need discipline. The purpose of discipline is to teach children to behave in an acceptable manner, to think of others, to be responsible for their own actions, and to express their thoughts and feelings in an acceptable manner.

Unfortunately, not all parents use good judgment when they discipline their children. Fatigue and stress often cause parents to behave in ways that may harm their children. Many parents use physical discipline (slapping, spanking, whipping) because that was how their own parents disciplined them. They think, "If this punishment was good enough for me, then it must be good enough for my own children."

The problem is that parents most often punish their children when they are angry and frustrated. When strong emotions are present, parents can easily lose control of themselves and hurt their children in the process.

In this unit, you will learn about the problem of physical abuse. It is difficult to estimate the frequency of physical abuse because much of it occurs in the privacy of the home.

After studying Chapter 2, you will be able to:

- Explain the meaning of physical abuse.
- Describe five ways of recognizing physical abuse.
- Provide general statistics showing that physical abuse of children is a widespread problem.
- List five common characteristics of parents who physically abuse their children.
- Describe how abused children can best be helped.
- Discuss possible ways to prevent physical abuse.

What Is Physical Abuse?



Physical abuse is what happens when a child suffers a serious injury that is not the result of an accident. An abused child may show a pattern of such injuries. Threatening a child with physical harm is also abusive. Physical abuse includes severe beatings, burning with cigarettes or hot stoves, scalding with hot water, biting, and strangulation (choking). Physical abuse also includes sexual offenses.

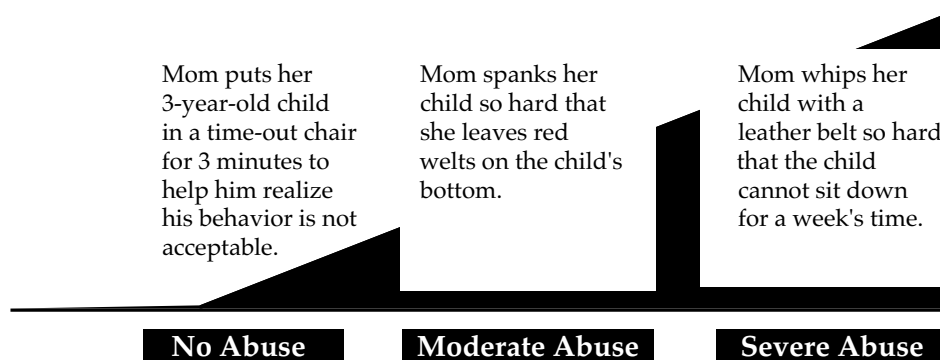
Most injuries from physical abuse are head injuries caused by striking (hitting). This is because a child's head is at the hand level of an adult, making it an easy target for the adult to strike.

Physical Abuse and the Continuum Model

Continuum Model of Physical Abuse

Physical abuse can be studied on a continuum (range). Moderate physical abuse occurs when an adult slaps or spanks a child so hard that a mark is left on the child's skin. Severe physical abuse includes such horrible acts as severe burns, beatings, and shaking a child so hard that serious brain injury occurs.

Physical treatment of children ranges from no abuse to moderate abuse to severe abuse. This is the continuum model of physical abuse. The examples below illustrate the continuum model of physical abuse.



How to Recognize Physical Abuse

*Symptoms of
Physical Abuse*

Physical abuse is easier to recognize than sexual or emotional abuse. The symptoms of physical abuse include bruises, broken bones, lacerations (tears in the skin), puncture marks (holes made with a sharp instrument), swollen areas on the child's body, hair pulled out of the child's head, and marks that may have been made by tooth bites or cigarette burns.

*Medical Neglect
of Injuries*

Abusive parents often do not get medical help for their child as soon as an injury takes place. Instead, they often delay getting help until it is too late.

*Patterns of
Physical Injuries*

An abused child usually suffers both major and minor injuries at the same time. Some of the older injuries may have almost healed, while newer injuries may be just beginning to heal. The child or his parent usually has a difficult time explaining how the injury happened. Very often the story the parent or child offers does not sound true.

*Frequent
Absence from
School*

The child may also be absent from school very often or come to school late. That is because parents often keep the abused child away from school until his or her injuries heal. When the child does come to school, he or she may wear long-sleeved clothing even during hot weather in an effort to cover up the signs of abuse.

*Profiles of
Physical Abuse
Victims*

Victims of child abuse do not all behave in the same way. Certain signs, however, should warn us that a child may be living in an abusive home. Some behavior patterns common among child abuse victims are described below:

*Timid and
Fearful Children*

Some abused children appear fearful or timid in front of their parents and other people. They are withdrawn and communicate poorly with people. They often look nervous or upset, especially when they hear other children crying.

*Angry, Aggressive,
or Destructive
Children*

Some abused children become angry and aggressive, behaving in destructive ways toward other people. They may run away from home frequently because they are afraid of abusive parents.

*Children Who
Have Low Self-
Esteem*

Some abuse victims suffer from low self-esteem, often behaving as if they don't like themselves. A child may tell people, "My parents punish me because I am bad." Victims may also try to hurt themselves on purpose. In the worst cases, abused children may try to kill themselves.

Statistics on Physical Abuse

Number of Reported Cases According to statistics compiled by the Child Help Center, in the United States in 1990, there were 677,000 reported cases of children being physically abused.

Greater Risk for Younger Children Younger children face greater risk of physical abuse because they cannot defend themselves against adults. Small children are unable to take care of themselves. Instead, they must depend on parents to take care of their physical, mental, and emotional needs. Small children are also nonverbal, which means they are unable to express in words what they think and feel.

Typical Age of Physical Abuse Victims According to the California Commission on Crime Control and Violence Prevention (1981), the leading cause of death among children under the age of 3 was parental violence.

- Forty percent (40%) of physically abused children were aged 5 or younger.
- Seventy-five percent (75%) of children who died from physical abuse were under 3 years of age.

Characteristics of Parents Who Abuse Their Children

Parents Who Were Victims of Abuse: Cycle of Abuse Parents who abuse their children often were abused by their own parents while they were growing up. They did not learn good parenting skills from their own parents. Therefore, when they have their own children, they do not know how to be good parents. This process of passing abusive behavior from one generation to another is called the **cycle of abuse**.



Abusive parents often have unrealistic expectations of their children. Some of those parents expect their children to be toilet-trained at an early age. Others think their children should behave like grown-ups; stay neat and clean, always obey the parents, and keep their own rooms neat at all times.

Many abusive parents suffer from low self-esteem. They are often lonely and unhappy or angry with life. Parents who do not like themselves often take out their own bad feelings about themselves on their children.

Some parents cannot understand the world from their children's perspective or point of view. They are unable to relate to their children's experiences. Young, immature, or self-centered parents,

Parents Who Cannot Understand The Viewpoint of a Child

especially, may see a child's constant crying as bad behavior rather than a need for attention and care. They think the child should know how to control his or her behavior and refrain from crying.

Parents Who Are Socially Isolated

Abusive parents are often socially isolated. They feel unaccepted by others and do not know how to reach out for advice and support in times of stress. Instead, they take out their frustrations on their children.

Parents With Marital Problems

Abusive parents are more likely to have marital problems and fight physically with each other than other couples. They tend to have more children, often close together in age, so that many children demand attention at the same time. The result is more stress for the parents.

How Physical Abuse Affects a Child's Life

Different Children React Differently to the Same Type of Abuse

It is important to understand that one child may react in a way totally different than another child suffering the same kind of abuse. One child may grow up thinking he or she is bad and so deserves the punishment, therefore becoming shy, passive, and withdrawn. Another child may become aggressive, hostile and violent, taking out his anger on other people by hurting them.

Physical, Emotional, and Mental Scars

Abused children will probably grow up with physical, mental, and emotional scars. Physical scars are usually visible. Emotional and mental scars cannot be seen, but they can be just as harmful. Much of the damage from physical abuse is related to the emotional abuse that occurs at the same time.

Breaking the Cycle of Abuse

Victims of child abuse are likely to grow up to be abusive parents, having learned abusive patterns of behavior from their parents. It is important, however, to remember that most abused children can and do break the cycle of abuse if they receive proper support, training, education, and counseling.



Helping Abused Children

*Acting Against
Abusive Parents*

The best ways to help abused children is to arrest parents who commit violence against their children. Parents who have been arrested for violent behavior against their children are less likely to continue the abuse. The court system must be tough with child abusers. We must show abusers that their behavior is not acceptable to the community.

*Placing Abused
Children in
Foster Care*

Sometimes a judge may order physically abused children to be taken from their home. These children may be placed in a temporary shelter where they can live in safety and be protected from their parents. Later, the courts may place the children in foster homes.

*"Parents
Anonymous"
Groups*

Some communities have established "Parents Anonymous" groups, where parents can learn how to control their behavior. They can also learn parenting skills in such groups to help them understand how to raise their children effectively. Those skills, if taught to abused children, can help break the cycle of abuse.

Preventing Physical Abuse

*Better Parenting
Education*

We must do more to educate parents about the right way to raise their children. Parents need to realize that physical punishment (spanking, strapping, and whipping) is not an effective way to discipline children. A good way to learn parenting skills is by attending parenting classes, reading books on child-rearing, or talking to other parents about effective ways to deal with children.

*Improving the
Economic Status
of Poor People*

We know that physical abuse is found more often in poor families. Therefore, society must do more to educate and train people so they can work and be productive members of society. We must promote equal educational and employment opportunities for men and women. We must provide adequate day care, even for mothers who do not work outside the home so that they may have time away from the stress of parenting. We must promote family planning so that adults have only the number of children they can support and care for.

*Enforcing Child
Abuse Laws
Strictly*

All members of society need to be actively concerned about the lives of children in our community. We must support the idea that children are worthy of time, attention, and money. We must support and enforce laws that make child abuse illegal.

*Reporting
Suspected Child
Abuse Cases*

Laws in many states require that adults report any cases of child abuse that they may witness. A person can do this anonymously (without giving his or her name) by calling the local police department or a social

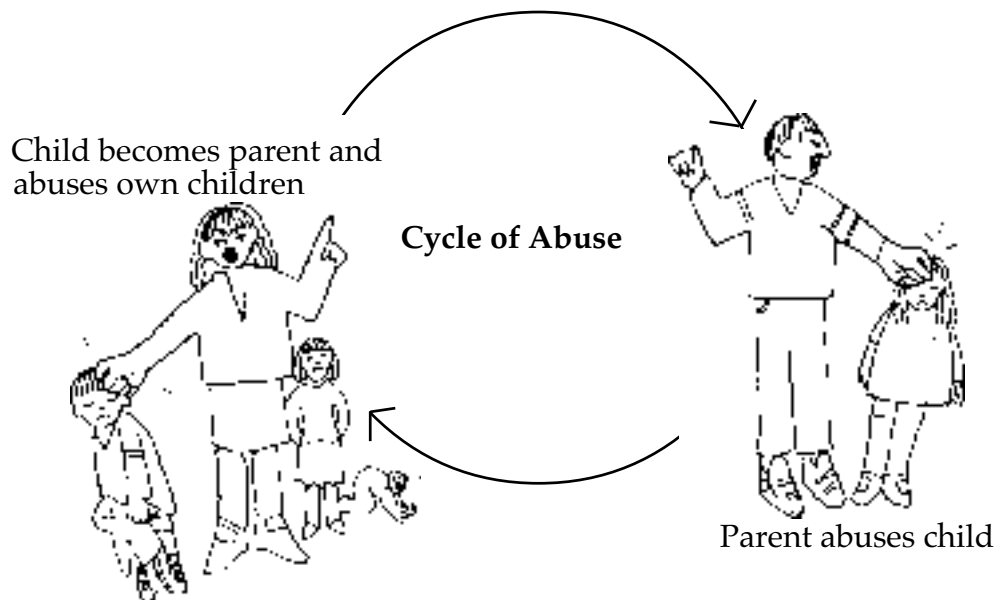
services agency. We should report all suspected cases of child abuse **even when we are not fully sure that abuse has taken place**. The purpose of making reports is to insure that a full investigation will be conducted.

*The Media's
Role in
Glorifying
Violence in
Society*

There is too much violence in the media. We need to reduce the glorification of violence in our lives. We must teach people that violence is not the right way to deal with problems. People must understand that seeing so much violence on television does not make it socially acceptable. The mass media must play a more active role in reducing the levels of violence in our society. They can help to educate people against violent behavior.

Important Terms

- Cycle of Abuse :** Process by which abusive behavior is passed on from one generation to another.
- Low self-esteem :** Not valuing oneself; not feeling loved and worthwhile. Individuals who have low self-esteem often feel they do not belong to any group.
- Physical Abuse :** Physical injury to a child that is not the result of an accident. Physical abuse can also include physical threats and sexual offenses.
- Unrealistic Expectations :** Parents who know little about normal child development often have unrealistic expectations. They expect their child to act more like an adult than a child.



Physical and Emotional Neglect

What is Child Neglect ?.....4
Physical Neglect and the Continuum Model.....5
How to Recognize Physical Neglect.....5
Emotional Neglect and the Continuum Model.....7
How to Recognize Emotional Neglect.....8
How Neglected Children Feel.....9
Treatment for Parents Who Neglect Their Children.....10



"Love starts when another person's needs become more important than our own ."

Bobby

When Bobby Schuller was 7 years old, his mother packed a suitcase for him and took him on a long ride from home. Bobby did not understand what was happening. He did not realize it but his mother had decided to put him in a residential school for the deaf. He was leaving home.

At first, Bobby was fascinated by what he saw because everything was a new experience for him. He saw a big building. There was a playground with trees. There was a huge room with small beds lined up in a row. Bobby's mother talked for a while with some adults. Then she hugged Bobby and walked out of the door. She did not tell Bobby where she was going. Bobby waited for hours for his mother to return. When she did not come back, he became angry, then sad and confused. He walked around for hours, feeling frightened and crying for his mother.

As time passed, Bobby began to understand that this was his new home. The adults who took care of Bobby were kind and tried to communicate with him by moving their fingers and hands when they talked. They were using sign language, but Bobby understood nothing at first.

Teachers at Bobby's school were shocked at his inability to communicate even basic words. He did not know the names of colors and could not count with numbers. He did not even know his mother's name. It was clear to the teachers that Bobby had grown up in a home without any meaningful communication. Bobby's mother, Adele, has many problems of her own and spent very little time working with and teaching her son. When she left Bobby at the residential school for the deaf, she told school officials, "Bobby is really a problem child. I hope you will be able to teach him. I can't do anything with him."

Even after he grew up, Bobby could never forgive his mother for deserting him without explanation. He felt his mother had never loved him.

Terra

Terra Smith is the hearing daughter of deaf parents. Some people feel sorry for Terra because her parents have never really accepted her. Before Terra was born, her parents told friends that they hoped they would have a deaf child. They said, "We want our child to belong in our Deaf culture. Besides, how could we communicate with a hearing child?"

When Terra's parents found out their newborn could hear, they were very disappointed. They were embarrassed when other people asked them if their child was deaf or hearing. Worst of all, Terra's parents never quite bonded with her because she was not the child they wanted.

Terra's parents communicate with her by using American Sign Language (ASL). They insist that she watch television with the sound off so that she will understand their Deaf culture. Terra is unable to speak clearly and therefore is not ready to enter school. School officials and social service workers believe that Terra is the product of a neglectful home.

Terra's parents believe they have a right to raise Terra as a member of the Deaf culture. They do not think that there is anything wrong with the way they have raised Terra.

Jerrienne

Life has never been the same for Jerrienne Miller since her mother died. Her father, who has since remarried, works two jobs and is seldom home. Jerrienne's stepmother, Penny, does not accept or like Jerrienne. She ignores Jerrienne all the time. When Jerrienne walks into the room, her stepmother walks out. When Jerrienne asks a question, her stepbrother remains silent.

No matter what Jerrienne does, she is not able to make her stepmother love her. Jerrienne, who is now 10, is a lonely and lost child. She wonders silently if anyone will ever really love her.

Dorice

Dorice Jones is deaf and is a college-age student. She is also a single mother with an 8-month-old baby. Dorice doesn't like the responsibilities of being a parent. She misses the freedom she used to enjoy before her baby was born. She sees her baby as an inconvenience and a bother. She resents the work and the constant attention the baby needs.

Dorice tells herself that she deserves fun and pleasure out of life. She often leaves her baby alone in her apartment at night while she goes out drinking and dancing with her friends. She tells herself that the baby will be fine as long as he remains in his crib.

News Story

On February 2, 1994, police in Chicago made a sickening discovery. They went into an apartment looking for illegal drugs but found 19 children (ranging in age from 14 to less than one year old) living in conditions that were shocking. The children were sleeping on the floor on mattresses soaked in urine and feces. There were cockroaches crawling all over the place. The only food in the apartment was rotten and the children were eating scraps of food left for the dogs. The windows were broken, and the stove was not working.

It took social workers two hours to find enough clothing to take the children away to foster homes. One child, who was disabled, had cuts, bruises and cigarette burns all over his body. A baby girl later tested positive for cocaine. According to welfare workers, the parents of the children were receiving more than \$4,000 a month in food stamps and government aid. They are being investigated to find out if they were spending welfare money meant for the children to buy drugs for themselves.

In spite of the grim conditions they were found living in, some of the children may be returned to their parents. Authorities say it is not a felony or serious crime to raise children in filthy conditions. Rotten food, broken windows, cockroaches crawling everywhere, eating dog scraps for food—these truly awful conditions do not permit authorities in Chicago to take the children from their parents.

Overview and Objectives

Children come into the world with physical and emotional needs. Their physical needs are for food, drink, shelter, and adequate clothing. They need protection from disease, and medical attention when they are sick. Children also have emotional needs, such as the need for love, care, guidance and protection.

Unfortunately, some parents are unwilling or unable to provide for the physical and emotional needs of their children. They are so focused on their own needs that they ignore their children's needs. Other parents (who may be mentally ill or retarded) do not know or realize what their children need.

When children do **not** receive adequate physical or emotional care, they are being neglected. Physical neglect is easier to prove than emotional neglect. Children can tell you if they are hungry. It is easy to see if a child is improperly dressed. It is also easy to notice if children are left without adult supervision for long periods of time, or if they are not given proper medical care when sick. Emotional neglect, on the other hand, is very difficult to prove. This is because it is difficult to know what children are feeling or experiencing.

After studying Chapter 3, you will be able to:

- Explain the meaning of physical neglect and emotional neglect.
- Give an example of each level of physical and emotional neglect using the continuum model.
- List at least three characteristics of physical neglect.
- List at least three characteristics of emotional neglect.
- Discuss how physical neglect and emotional neglect affect children.
- Describe some approaches used to treat adults who neglect their children.

What is Child Neglect



There are two types of child neglect: physical and emotional neglect. Children have physical and emotional needs that must be satisfied so that they can grow up to be happy and healthy individuals. Children's physical needs are for food, drink, shelter, adequate clothing, and medical attention when sickness occurs. Their emotional needs are for love, care, guidance, and protection.

Child neglect happens when parents fail to look after the physical and emotional needs of their children. Unlike children who are physically, emotionally, or sexually abused, neglected children are victims of what their parents **do not do**. Some parents may not love their children enough to give them the love and care they deserve. Other parents may lack the mental ability or emotional maturity to be good parents.

Physical Neglect and the Continuum Model

Using the Continuum Model to Describe Physical Neglect

Physical neglect, like physical abuse, tends to occur with varying degrees of seriousness. We can use the continuum model to describe the neglect as moderate or severe. Severe physical neglect includes leaving young children alone for days without supervision. During that period, they may not receive any food or changes of clothing. Moderate physical neglect might involve leaving children alone for a few hours without adult supervision.

On the following page are more examples of physical neglect arranged according to whether there is no neglect, moderate neglect, or severe physical neglect.

Examples of Physical Neglect and the Continuum Model

The children are given nutritious food.	Some meals are cooked. An effort is made to feed the family.	Meals are rarely provided. The children live on soda pop, candy, or other junk food.
The parents never leave the children alone with no adult supervision	The parents leave the children unsupervised for hours at a time.	The parents leave the children unsupervised for days at a time.
The home is clean, neat, and comfortable.	The home is messy and dirty, but not totally disorganized.	The home is filthy. Human or animal feces (poop) may be present in the house.
The children receive proper medical care when they are sick; they have been given all their immunizations or shots.	The parents may not get medical help if the children have a cold, fever, or earache.	The parents refuse to get medical help even when the children have a high fever, bad cut, or broken bone.
No Abuse	Moderate Abuse	Severe Abuse

How to Recognize Physical Neglect

Physical Appearance of the Child

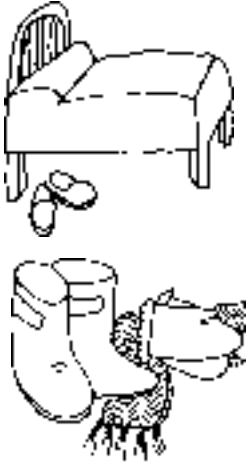


The appearance of some children may indicate physical neglect. They might look undernourished or physically underdeveloped compared to other children of the same age. They might appear small, thin, and unkempt (messy) most of the time. This may be a sign that those children are not getting proper care at home. Another sign of neglect is if the children are wearing clothes not appropriate or suitable for the season. For example, they might not be wearing hats or boots in winter.

Children who are being physically neglected are often hungry. They do not get enough food or the proper kind of food to help them grow strong and healthy. Some parents do not feed their children regularly. Others do not bother to prepare proper and nutritious meals, giving their children junk food instead, such as candy, potato chips, soda pop, etc.

Left Alone Without Adult Supervision

Children who are left alone for hours or days at a time to take care of themselves are also victims of physical neglect. Young children should not be left alone without adult supervision since they are unable to deal with physically dangerous situations (such as a fire).



Children who live in physically unsatisfactory homes are also victims of physical neglect. For example, some children may live in dirty apartments that their parents make no attempt to clean up. Other children are forced to sleep on the floor without mattresses, pillows or blankets.

Sometimes we know there is physical neglect because the children are not dressed properly. Their clothes are dirty, or do not fit. Some clothes may be inappropriate for the season. For example, the fabric might be too thin in winter or it might be too thick for the stifling heat of summer.

Neglected children may also look tired or sleepy in class. They are often unable to pay proper attention because of being tired or hungry. They tend to miss a lot of school or come to school late frequently because there is no one at home helping them to get ready for school.

*Anti-social
Behavior in
Children*

Some physically neglected children have poor social skills. They do not get along well with other children, often behaving badly, such as hitting other children or destroying their toys.

*Begging or
Stealing*

Older children suffering from physical neglect may turn to begging for food when feeling hungry. Stealing food or money, and even selling drugs for profit to take care of themselves is possible, too.

Medical Neglect

Parents who do not try to see that their children get proper medical care are guilty of neglecting their children's physical well-being. Medical neglect occurs when parents fail to take a child who is sick or hurt to a doctor. Some parents also neglect to take their children to a doctor for immunizations (shots to protect children from disease).

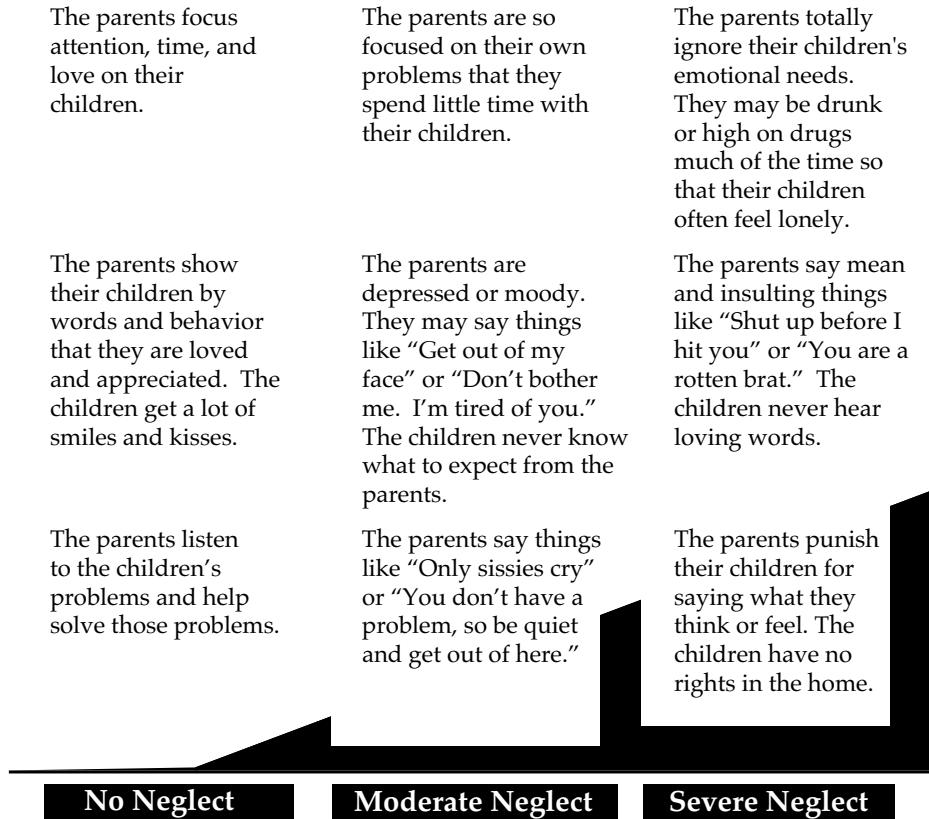
Emotional Neglect and the Continuum Model

Continuum Model to Describe Severity of Emotional Neglect

We can understand emotional neglect better by means of the continuum model. Moderate emotional neglect may occur when parents ignore their children because they are temporarily focused on their own problems (e.g., during a divorce). Severe emotional neglect may occur when parents become so deeply involved in their problems (e.g., alcohol or drug addiction) that they expect their children to take care of them instead of the other way round.

The figure below lists some examples of emotional neglect using the continuum model to describe the severity of emotional neglect in each case:

Examples of Emotional Neglect and the Continuum Model





How to Recognize Emotional Neglect

Children who are emotionally neglected often show signs of being emotionally immature. They do not have the same emotional development as other children of the same age. They may be emotionally disturbed, often crying or doing things like bothering other children to get attention from other people.

Some emotionally neglected children are quiet, reserved, or withdrawn in behavior. They do not socialize well, preferring to be alone instead of playing with other children.

Many emotionally neglected children show little curiosity about people and things. They are withdrawn and have little enthusiasm for learning or doing new things.

Other signs of emotional neglect are undesirable habits in children, such as thumb sucking, biting other children, or constant body rocking. These children may also have trouble going to sleep at night, or have a problem with wetting the bed.

Children who are emotionally neglected are usually ignored by their parents at home and will seldom share in their parents' lives. These children exist in an environment where the focus is almost never on the children. Their parents are usually too involved with their own needs or problems to pay any attention to the children. For example, they may be addicted to alcohol or drugs and so are unable to look after their children's emotional needs.

Parents who neglect their children emotionally do not offer praise or recognition for their children's accomplishments. They almost never say, "You look nice today," "What a good job you did," or "I'm proud of you." Without such words of praise, children do not feel loved, valued, and cherished.

Emotionally neglected children seldom tell other people about their feelings. By ignoring their children at home, parents discourage them from expressing their real feelings easily. Their children will often pretend to be all right even when feeling hurt, angry, or sad.

Emotionally neglected child generally get little help or support from their parents to deal with problems. When the children tell their parents about any problems, they either pay no attention, or offer no help and encouragement. The children themselves must cope with the problems, or else

*Little Curiosity
for Learning*

*Undesirable
Behavior Traits*

*Parents Ignore
the Child at
Home*

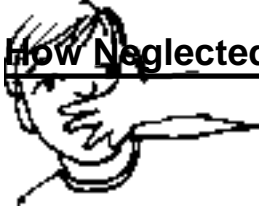
*Parents Seldom
Praise the Child*

*Child Does Not
Reveal Feelings
Easily*

*Parents Do Not
Provide Help
or Support*

find help from friends or adults outside the home.

How Neglected Children Feel



*Children Do Not
Trust People
Easily*

Children suffering from emotional neglect will not feel safe or secure. Children need to know that their parents truly love them and will always be there for them in times of need. Emotionally neglected children lack this sense of security because they do not feel they can depend on their parents for protection and security.

*Child Knows
Parents Will
Break Promises*

Emotionally neglected children often distrust their parents and other people. These feelings of distrust can be due to many reasons. Maybe their parents are abusers of alcohol or drugs, and their behavior is unpredictable when they are under the influence of alcohol or drugs. Children living under these unstable circumstances will probably not develop a trusting relationship with their parents.

*Children Feel
Emotional
Hurt and Pain*

Negligent parents are often careless about keeping promises they make to their children. They often break promises to their children without explanation because they care little for their children's feelings. When that happens repeatedly, the children learn never to believe in their parents.

*Children Do
Not Know
What To
Expect*

Emotionally neglected children often feel hurt and suffer emotional pain in their relationships with their parents. Some negligent parents do not take the problems of their children seriously. When their children come to them with a problem, they often ignore, laugh at, or make fun of the children. This causes children to feel that nobody in the world truly cares about them.

*Children Do
Not Feel
Valued or
Respected*

Some negligent parents are changeable and moody. They do not love their children enough to control their own behavior in the presence of the children. The children never know what kind of mood their parents may be in. When the children want to talk to their parents, they think such thoughts as "Will I be insulted or embarrassed?", "Will I be called names?", "Will I be ignored and shut out?", or "What will happen today—how will I be treated?" This kind of uncertainty does not help children to develop self-confidence.

*Children Are
Socially
Awkward*

Neglected children do not feel valued or respected. Children have a need for respect and appreciation. They want their parents to listen to their thoughts and feelings. They want to be given the freedom to make some of their own decisions. When they make mistakes, they want to know their parents will be reasonable instead of yelling or name-calling. Children who do not receive this kind of emotional support from their parents feel unimportant as individuals.

Emotionally neglected children tend to be socially awkward among people. Their parents do not teach them how to make friends, communicate with others, obey rules, and solve problems. The ability to get along with people is first learned in the home. Children who are repeatedly ignored and receive little emotional support at home will have little experience in learning how to develop and maintain good relationships. As a result, they often do not develop the skills to relate well with other people.

Many Parents Do Not Receive
Treatment for Parents Who Neglect Their Children

Help

Many parents who neglect their children do not receive help or treatment because no one knows about the problem. Often, physical neglect is not noticed or reported by other adults in the community. Public child welfare departments cannot help children if their neglect is not reported.

Not All Parents Can or Want to be Helped

Even when public welfare departments try to intervene, they may not be able to help. Some parents refuse to be helped. They may be unwilling to change, or they may think there is nothing wrong with the way they are raising their children. Some parents do not trust welfare workers and reject their advice on how to raise or take care of children. Some parents have limited mental abilities because of mental retardation, mental illness, or problems such as drug abuse or alcoholism. These parents have limited ability to learn how to take care of their children.

Parents Who Severely Neglect Their Children Are Hard To Help

Many professional social workers think it is very difficult to help hardcore negligent parents. These parents severely neglect their children. If a social worker believes they cannot learn to be good parents, their children may be sent to foster homes. If the social worker is hopeful that the parents can learn to take better care of their children, the children may still be sent to foster homes temporarily. They will be returned to their parents after the parents show that they have learned the skills needed to be good parents. Unfortunately, some reformed parents start to neglect their children again when social workers are no longer involved in their lives.

Parents Who Neglect Their Child Moderately Can Usually Be Helped

Parents who only moderately neglect their children can usually be helped. Those parents are often willing to change their ways and are capable of learning to take better care of their children after enrolling in parenting classes. Another way to help those parents is to form parents' groups where people can meet to discuss the problems of raising children. Family members and friends can also offer advice on the proper way to raise children.

Some Communities Focus on the Neglected Child

Some communities offer special programs that focus on the needs of

neglected children. Early educational programs, such as preschool and special tutoring programs, can often help these children to catch up with other children in their age group. Some communities team up neglected children with caring adults. Children visit or spend time with a caring and responsible adult from their community. It is hoped that these experiences will enrich the children's lives and give them hope that a better life is possible.

Source: The Identification and Reporting of Child Abuse and Maltreatment, New York State Syllabus, The University of the State of New York, The State Education Department.

Important Terms

- Child Neglect :** Failure by parents to care for or to give proper attention to their children. Neglect occurs when parents give their children only minimum physical and emotional care.
- Emotional Needs :** Need for love, acceptance, recognition, and approval. Children get a sense of their own value from how their parents hold them, talk to them, or relate to them. Children need to know that they have special talents and abilities that make them unique and special.
- Emotional Neglect :** Failure by parents to provide for the emotional needs of their children. The parents ignore the children, or behave as if they do not exist. The children do not share in their parents' lives.. The parents may not really be mean. They just do not show enough love and consideration for their child.
- Physical Needs :** Needs for food, drink, shelter, and adequate clothing.

Physical Neglect : Failure by parents to provide for the physical needs of their children. The parents do not provide healthy nutritious food, a comfortable place to live in, or proper clothing.

Chapter 3 Work Sheet:

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Explain the meaning of physical and emotional neglect.

2. There are different levels of neglect: no neglect, moderate neglect, and severe neglect. Give an example each of physical and emotional neglect at each of those levels.

3. Describe three signs of physical neglect, and three signs of emotional neglect.

4. Describe how physical and emotional neglect can affect children.

5. Discuss some approaches that can be used to change the behavior of adults who neglect their children.

American Families in Crisis

Emotional Abuse



What is Emotional Abuse ?.....	4
Emotional Abuse and the Continuum Model	4
Statistics on Emotional Abuse	5
How to Recognize Emotional Abuse	5
Five Types of Emotional Abuse	6
Things We Can Do to Prevent Emotional Abuse	7
How Parents Can Guard Against Emotionally Abusing Their Child	8
Things a Child Can Do to Prevent Emotional Abuse	9



Annie

Annie Jennings is a pretty 14-year-old girl who doesn't believe in herself or her abilities. She gets by in school by cheating—she looks at other students' papers and copies what they have written. Annie never answers questions in class; she is afraid that she would give the wrong answer and everyone would make fun of her. Annie thinks she is dumb and ugly. She is desperate for friends but doesn't have any.

Annie's parents never show much interest in her. They make her feel worthless and unimportant all the time with comments such as "Let me do it for you, I know you can't do it yourself" or "Why are you such an idiot? Can't you think before you make a fool of yourself."

Those comments hurt Annie's self-esteem. They make her believe that she will never grow up to be anyone special. Annie often wonders why she was born.

Michelle

Michelle Miller gave birth to a pair of twins when she was seventeen years old. When her parents found out she was pregnant, they were upset and kicked her out of their house. They told Michelle, "You are no longer our daughter. Don't ever come home again." Michelle's boyfriend also abandoned her. She was left alone and had to depend on welfare for financial assistance.

Michelle never really bonded with her babies after they were born. When they cried, she often shut their bedroom door and turned on her stereo to block out the sound of their cries. She seldom held or played with her babies, leaving them untended in their cribs for hours at a time.

Michelle blamed the twins for making her life a mess. She hated the fact that she lost her boyfriend and her friends, and she resented the amount of time and attention the twins demanded.

As the twins grew older, Michelle criticized almost everything they did, screaming and swearing at them. Insults and cruel words became a part of the twins' everyday life.

The twins are now in school. One boy, Jim, is a terrible troublemaker. He fights and argues with every kid that comes close to him. Whenever he feels like it, he hauls off and hits other kids. He is known as the class bully. Everyone, including his teacher, is afraid of him.

The other twin, Roger, is shy and quiet. Roger feels as if no one understands or loves him. He has no friends and feels lonely most of the time. He thinks other kids do not want to be friends with him because there is something wrong with him.

Edward

Emotional abuse has always been part of Edward Jenkin's life. At home, his nickname was Dummy. Edward cannot remember a time when his family members called him by his real name. When Edward forgot to take out the garbage, his mother would insult him and call him a lazy, dumb brat. His father often called to him as a "dumb piece of shit."

Now aged 15, Edward says what hurts him most is his mother or father yelling at him, "I wish you had never been born." Edward dropped out of high-school last year. He now works at McDonald's and dreams of the day when he can support himself and move out of his parents' house.

Overview and Objectives

In Chapter 3, you learned about the problems of physical and emotional neglect. You learned how some parents are unable to meet the physical needs of their children—for nutritious foods, adequate clothing, shelter, medical care, and protection from danger and harm.

You also learned that children’s emotional needs are just as important as their physical needs. Children come into this world with a need for love and acceptance. They need to feel that they belong to their family. They need caring adults who will listen to them, let them make some decisions on their own, and give them guidance and assistance as they move through life.

Now, in Chapter 4, you will study the problem of emotional abuse. Emotional abuse occurs when parents deliberately hurt their children's feelings by their words or behavior.

After studying Chapter 4, you will be able to:

- Explain the meaning of emotional abuse.
- Provide statistics to show that emotional abuse is a widespread problem.
- Identify two ways to recognize emotional abuse.
- List and describe five types of emotional abuse, giving an example of each.
- Discuss what parents can do to guard against abusing their children emotionally.
- Explain what children can do to protect themselves from emotional abuse at home.

What is Emotional Abuse ?

Definition of Emotional Abuse

Emotional abuse is difficult to define as it can take many forms. In general, however, we can describe emotional abuse as any action that hurts children's feelings of self-esteem or self-worth. Emotional abuse occurs whenever parents attack their children with words that destroy their self-respect. Examples include: unreasonably criticizing, insulting, and verbally rejecting the children.

Emotional and Physical Abuse

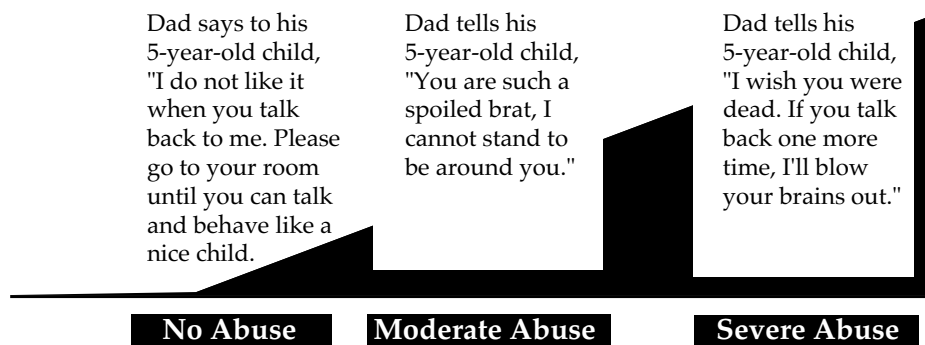
Emotional abuse can occur with or without physical abuse. Physical abuse usually leaves visible scars. Emotional abuse leaves psychological scars. Psychological scars, unlike physical scars, are not visible; we cannot see them but they can be just as damaging.

Emotional Abuse and the Continuum Model

Continuum or Range of Emotional Abuse

Emotional abuse can also be studied using the continuum model. Moderate emotional abuse occurs when parents yell at their children, saying things such as, "Shut up, you little brat." Severe emotional abuse involves terrorizing behavior, such as, "If you say one more thing, I'm going to blow your brains out."

Below is an example of emotional abuse looked at in terms of the continuum model of abuse.



Statistics on Emotional Abuse

*Comparison
With Statistics
on Physical
Abuse*

How often does emotional abuse occur? There are no reliable figures to answer this question, but research shows that when parents abuse their children physically, they usually also abuse them emotionally. We know that in 1990 alone, there were 677,000 reported cases of physical abuse in the United States. This shows that emotional abuse is widespread.

*Emotional
Abuse is More
Common Than
Physical Abuse*

Some parents abuse their children emotionally but not physically. We have no way of knowing how many children who are emotionally abused belong to this category. We can guess, however, that the number of emotionally abused children is probably greater than the number of physically abused children.

How to Recognize Emotional Abuse

*Two Ways to
Recognize
Emotional
Abuse*

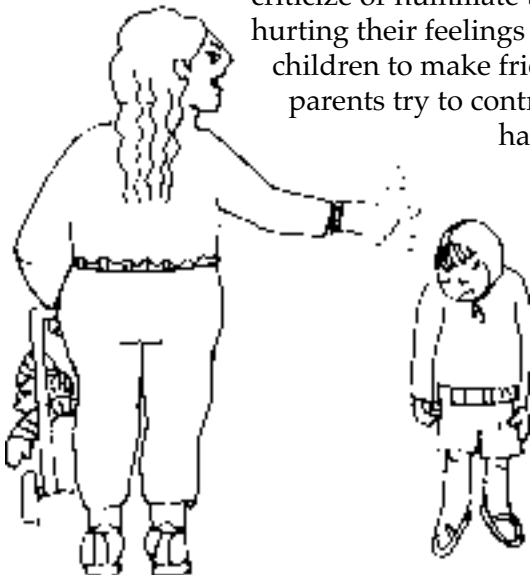
There are two ways by which we can recognize emotional abuse. We can do so either by observing the behavior of children or by observing the behavior of their parents.

*By Observing
the Behavior
of the Child*

Children who suffer from emotional abuse while growing up usually have very low self-esteem. They do not like or respect themselves. They are usually shy, quiet, timid, afraid, or sad. They tend to say negative things about themselves, such as "I'm a bad boy." They usually feel uncomfortable with adults because they do not trust the grown-ups.

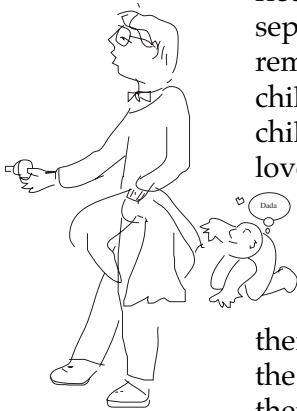
*By Observing the
Behavior of
Parents*

We can also tell whether parents are emotionally abusing their children from their behavior with the children. Emotionally abusive parents criticize or humiliate their children frequently, embarrassing them or hurting their feelings in front of other people. Some parents forbid their children to make friends with other children. In the worst cases, some parents try to control every movement of their children, who may even have to ask for permission to talk, smile, or sit down.



Five Types of Emotional Abuse

*Rejecting or
Not Accepting
a Child*



Rejecting. This happens when parents refuse to accept their children, or to love them fully for any reason. Maybe the child was the result of a rape or an accidental pregnancy. It may even be because the parents are not married. Sometimes children are rejected by one parent because the parents are separated, divorced or not getting along with each other, and the children remind one parent of the other in looks and behavior. Handicapped or sick children may also be rejected by their parents. Rejection is devastating to children because it is difficult to be part of a family and yet never be truly loved or accepted.

Ignoring. Some children are ignored by their parents, especially if their parents are so immature and insecure that they focus all their time and energy on their own needs. These parents do not understand that it is their responsibility to spend time with their children, to give their children the love and attention that they need. Parents should never behave as if their children do not exist.

*Terrorizing a
Child By Words
Or Action*

Terrorizing. Some parents make their children fearful, anxious, or terrified through their words or actions. They say things such as 'if you are not careful, I will beat the hell out of you.' When their children do something wrong, they destroy their toys or threaten to kill their pets. These children live in fear all the time, never knowing when their parents might blow up and do something horrible to them.



*Isolating a Child
Socially*

Isolating. Some parents prevent their children from having a normal social life. The children cannot invite friends to their home and they are not allowed to visit their friends. They are punished if they try to make friends with other children. The parents teach their children that they should not trust anyone; these children grow up feeling lonely, frightened, and afraid of people.



Corrupting. This describes parents who teach their children to do immoral, bad, or illegal things. They may teach their children to sell or use drugs, to engage in prostitution, or to become a member of a gang at a young age. The parents themselves may also be involved in these activities. The children grow up in an unhealthy and illegal environment. They learn all the wrong lessons from their parents.

Things We Can Do to Prevent Emotional Abuse

*Encourage Only
Mature Adults to
Have Children*

We can encourage people not to have children until they are emotionally, mentally, and financially ready. Parents are more likely to abuse their children emotionally if they had not planned for children or if they had not wanted children in the first place. Parents need to be mature before they have children. Immature teenagers or adults should not be having children.

*Provide
Parenting
Education in
School*

We must provide parenting education in high school. Students should learn about the immense responsibilities of raising children. Parenting is one of the most important jobs a person can have in his or her lifetime. The skills needed to do the job well should be taught in school.

*Provide
Parenting
Support through
Self-Help
Groups*

For people who did not learn about parenting in school, there are self-help groups they can join that will help them to acquire the necessary skills. Examples of self-help groups include:

- a. Parents Anonymous
- b. EPIC (Effective Parenting Information for Children): An organization that focuses its energies on the prevention of child abuse.
- c. Other groups, such as Dreikurs Family Association, which offer excellent programs on parenting and early childhood development.
- d. Social services agencies that work to establish parenting programs in churches, neighborhoods, and at work places.

*Placing More
Value on
Children in
Society*

As often as possible, all members of society show by words and behavior their belief in the "value of children." Children should not be viewed as possessions (something we own). They should be considered our country's richest resource. We can show how much we value children by establishing more day-care centers, improving the early education of children and giving priority to their health and happiness.

*Role of Mass
Media*

Television and print media can also do their part to emphasize the importance of children in the life of our country. They should do more to educate people about the needs of children. Society as a whole will benefit if there are more television and radio programs teaching people how to be good parents.

How Parents Can Guard Against Emotionally Abusing Their Child

*Talk Reasonably
With the Child*

Parents should think about what they want to say to their children when they misbehave. They should not yell, shout, swear, or call their children names. Instead, they should talk to the children calmly and tell them exactly what they do not like about their children's behavior. They should ask their children to think about their behavior and talk to them about how to change their wrong behavior.

*Don't Humiliate
the Child
Publicly*

Parents should not humiliate or embarrass their children in front of other people. They should talk to their children in private. Children have a right to privacy and to be treated with respect and dignity.

*Be Realistic or
Understanding
about Young
Children's
Behavior*

Parents should have realistic expectations of their children. They should understand what it is like to be a child. Parents should not get upset over simple things, such as their children spilling a glass of milk, jumping on the bed, or forgetting to put away their toys. Those problems can be handled by asking or reminding the children to clean up if they make a mess.

*Communicate
With the Child
Using "I"
Messages*

Parents should learn to express what they do not like about their children's behavior by using "I" messages. For example: "I do not like it when you do not pick up your toys" or "I get very angry if you do not come when I call." Parents should sit down together with their children to figure out a solution whenever they behave badly.

*Focus Only on
Important Issues
of Behavior*

Parents should decide what is important to them and work with their children on those issues. It is not worth fighting a battle over every little issue. In general, parents cannot force children to eat, sleep, or go to the bathroom. Such behavior can only be encouraged. If children are not tired or hungry, or do not want to go to the bathroom, it is not a good idea to force them. Being patient with young children is very important.

*Understand
Why a Young
Child Does
Not Always
Behave Well*

Parents should remember that it takes years and years to teach children to be responsible for their behavior, to be kind and considerate to others, to have proper manners, and to take care of their belongings. Children cannot learn all these things at once. Teach responsibility by working at it a little at a time.

*Seek Advice from
Other Parents
and Responsible
Adults*

Parents can benefit from talking to other parents about situations involving their children. Children of other parents also go through the same stages as your child and it is helpful to know how other parents deal with similar situations. Talking to teachers, ministers, pediatricians, and relatives can also be helpful.

*Establish Good
 Everyday
 Relationship
 With the Child*

Parents need to understand that, more than anything else, their children want their love and approval. Parents who have a good everyday relationship with their children will find it easier to modify or change their behavior; the children will not want to disappoint their parents. It takes time, love, and attention to build a good relationship with children. Parents who build a good relationship with their child will have an easier time resolving problems with them later.

*Treat the Child
 with Respect*

Parents should remember the golden rule: treat their child the way they themselves would like to be treated. Respect for the child can be shown by saying, "Please," "Thank you," and "Excuse me." If and when parents make a mistake with their child, it is important to admit it and tell the child, "I am sorry, please forgive me."

Things a Child Can Do to Prevent Emotional Abuse

*Remember that
 Parents Are Not
 Perfect*

Children need to remember that their parents are not perfect. All parents make mistakes from time to time. When parents are tired, under stress, or sick, they may say things they don't really mean.

*Choose
 Appropriate
 Times to Talk to
 Parents*

Children must learn to choose the right time to talk to their parents about how they feel when their parents say mean and hurtful things. They should not talk to their parents when they are busy doing a million other things. If the parents are busy all the time, they should ask for a specific time to talk. If this doesn't work, they could try writing a note or letter to the parents.

*Communicate
 With Parents
 Using "I"
 Messages*

When children do talk to their parents about a problem, it is important for them to express their thoughts and feelings using "I" messages. For example: "I feel very sad when you call me names."

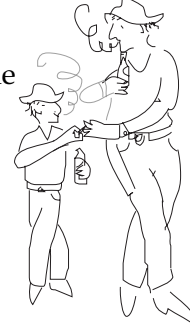
*Talk to Other
 Adults About
 Problems*

Children need to understand that they can also talk to other adults about problems at home. Relatives, teachers, counselors, ministers, pediatricians, or other adults often can offer children good advice on how to solve problems at home.

Important Terms

Emotional Abuse : Emotional abuse occurs when parents criticize children unreasonably and excessively, and when they insult, reject, or attack children with words.

Corrupting : A type of emotional abuse that involves the parents teaching children to lead an immoral life by selling or using drugs, to become involved in prostitution, or to join a gang.



Ignoring : A type of emotional abuse that involves the parents acting as if their children do not exist.

Isolating : A type of emotional abuse that involves the parents preventing their children from having a normal social life.

Rejecting : A type of emotional abuse that involves the parents never fully accepting their children.

Terrorizing : A type of emotional abuse that involves the parents making their children afraid, nervous, and terrified.



5. Describe what children can do to protect themselves against emotional abuse at home.

Sexual Abuse

What is Sexual Abuse ?.....3
Sexual Abuse and the Continuum Model.....3
How to Recognize Sexual Abuse4
Different Types of Sexual Abuse4
Statistics on Sexual Abuse6
People Who Commit Sexual Abuse6
Factors Contributing to Sexual Abuse7
How Does a Child Cope with Sexual Abuse8
Effects of Sexual Abuse on a Child8
How Parents Can Protect Their Child against Sexual Abuse9
Teaching Children to Protect Themselves against Sexual Abuse9

This is my body !



Overview and Objectives

It is impossible to know how many children are victims of sexual abuse. Child protective workers have not developed an accurate system for gathering statistics related to sexual abuse. Even if there were an accurate system for gathering such data, we still would not have an accurate count because many victims keep sexual abuse a secret and do not tell others of abuse until long after it has happened.

There are many different ways that a child can be sexually abused. Masturbation, intercourse, fondling, rape, incest, voyeurism, exhibitionism, and pornography are common types of abuse.

Incest is the worst type of sexual abuse. It involves abuse of a child by a relative who is in a position of trust and authority over the child. Incest is more destructive than any other type of child abuse because it happens at the hands of an adult who is supposed to protect the child; it happens at the hands of an adult whom the child loves and trusts.

After studying Chapter 5, you will be able to:

- Explain the meaning of sexual abuse.
- List and describe five types of sexual abuse.
- Explain the meaning of incest.
- Explain why there are no accurate statistics on the number of children who have been sexually abused.
- Describe the common characteristics of people who commit sexual abuse.
- Discuss the factors that can lead to sexual abuse.
- Describe four ways in which a child may try to cope with or respond to sexual abuse.
- Describe some common effects of sexual abuse on a child.
- List some common warning signs of sexual abuse.
- List and describe various things parents can do to protect their child from becoming victims of sexual abuse.
- List and describe various things a child needs to know to avoid becoming victims of sexual abuse.

What is Sexual Abuse

*The Adult Is
Guilty, Not
the Child*

Child sexual abuse refers to any sexual action that takes place between an adult and children. Sexual talk between an adult and children is also a form of sexual abuse. The most important thing to remember about sexual abuse is that the children are used for the sexual gratification (pleasure) of the adult. In most states, children are defined as anyone who is under eighteen years of age.



Sexual abuse almost always involves the abuse of power and authority. The abuser is usually in a position of authority over the children. Therefore, the abuser is always guilty; the blame is always on the adult. Abused children are powerless to go against the adult. They are innocent victims; they should never be blamed if they are sexually abused.

Sexual Abuse and the Continuum Model

*Sexual Abuse
and the
Continuum
Model*

Like other types of child abuse and child neglect, sexual abuse can be studied on a continuum. Moderate sexual abuse occurs if parents involve their children in exhibitionism or voyeurism. Severe sexual abuse occurs when one parent has sexual intercourse with their children. Sexual intercourse between a parent and child is called incest. Incest is the most serious type of sexual abuse because the adult destroys the child's trust and love by using the child for his or her own pleasure.

The following examples are listed according to their levels of severity in the continuum model of sexual abuse:

*Examples of
Sexual Abuse
and the
Continuum
Model*

Mom sits in the bathroom and visits her child as she takes a bath or goes to the bathroom.

Dad leaves dirty magazines around where his child can easily see them.

Dad tells daughter it is his job to teach her about sex but she must keep the things they do together a secret from Mom.

No Abuse

Moderate Abuse

Severe Abuse

How to Recognize Sexual Abuse

<i>Physical Signs</i>	Recent victims of sexual abuse may show signs of having difficulty in walking or sitting. If their underpants are torn, stained or bloody, or if their vaginas are bruised or bleeding, then the adults responsible for the children should investigate carefully.
<i>Medical Signs</i>	Long-term victims may complain about itching or pain in their genital areas. They may complain of a burning sensation when they try to pee. This can be a symptom of sexually transmitted diseases. If the girls are very young and not sexually active, then the only way they could have been infected is because they were sexually abused. Pregnancy in young teens may also be the result of sexual abuse.
<i>Psychological Signs</i>	Certain behavior patterns should alert or warn us. Sometimes child victims shows signs of being ashamed of their bodies. They may be embarrassed and refuse to change clothes for gym class. They may also look depressed, or behave in a quiet, sad, or withdrawn manner.
<i>Behavioral Signs</i>	Some sexually abused girls react differently. They dress and behave in a sexually provocative way, trying to show through words and behavior that they know more about sex than other girls of their age.

Different Types of Sexual Abuse

<i>Exhibitionism: Exposing Oneself</i>	Exhibitionism. This occurs when an adult shows his or her genitals (sexual organs) to children. If the adult and children are not related to each other, then this behavior is usually considered sexual abuse. The situation is less clear-cut if the adult and children are closely related. If a relative shows children his or her sexual organs with the intention of "turning on" or sexually stimulating the adult or the children, then the action should be regarded as sexual abuse. If the relative exposes himself or herself in normal daily activities, such as getting dressed in the morning, then it probably is not sexual abuse.
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Examples of exhibitionism:

<i>Examples of Exhibitionism</i>	<ul style="list-style-type: none"> • A male adult opens his pants and shows his genitals (sexual organs) to children he sees in the park. • Adults who "show-off" their genitals to children while bathing or dressing may also be guilty of exhibitionism if the purpose of this behavior is to turn on (excite) the adult or the children.
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*Voyeurism:
Looking at a
Child's Exposed
Body*

Voyeurism. A voyeur is an adult who watches children undress, bathe, or go to the bathroom as a way of becoming sexually aroused (excited). It is sometimes appropriate for an adult to observe children doing these things; parents and day-care workers often need to supervise children in these activities. Voyeurism occurs when the adult becomes sexually excited as a result of watching these activities.

*Kissing: Long,
Intimate Kisses*

Kissing. Not all kissing between children and an adult is considered sexual abuse, but someone who gives children long, intimate kisses on the mouth, such as a “french-kiss,” can be considered guilty. How long the kiss lasts and how children feel about the kiss are things to consider when trying to determine whether sexual abuse has taken place.

*Fondling:
Improper
Touching of
Body*

Fondling. Fondling actions become sexual abuse when an adult touches, caresses, or rubs the genitals or breasts of children, or when the adult encourages them to do the same to him or her. That kind of behavior often leads to other sexual activities. Back-rubbing or head-rubbing are also considered sexual abuse if the purpose is to somehow lead children to engage in sexual behavior.

*Fellatio or
Cunnilingus:
Oral Sex*

Fellatio or cunnilingus. This refers to the act of oral sex between two persons. Any adult who asks children to perform oral sex on him or her is guilty of sexual abuse. Any adult who performs oral sex on children is also guilty of sexual abuse.

*Vaginal or Anal
Sex*

Vaginal or anal intercourse An adult who has vaginal or anal intercourse with children is committing sexual abuse. Intercourse may occur by using a finger, penis, or foreign object, such as a bottle.

*Pornography:
Dirty Videos,
Books, pictures,
or Films*

Pornography. An adult commits sexual abuse if he or she shows children dirty videos, books, pictures, or films showing sexual acts between adults, between adults and children, or between children. An adult may do this with the idea of leading the children to sexual behavior. An adult may also take and sell pornographic pictures of children for profit. This is called sexual exploitation.

Statistics on Sexual Abuse

*Exact Statistics
Are Not
Available*

Exact statistics on child sexual abuse are unknown because sexual abuse often goes unreported. Many children keep abuse a secret and tell no one about it until they are much older. Child protective workers only keep statistics on sexual abuse cases that involve a parent or a day-care worker.

*Trends Show an
Alarming
Increase*

Reports that we do have show an alarming increase in the rate of sexual abuse in this country. Sadly, these figures only represent reported cases. The actual number of children who are victims of sexual abuse is probably far higher than people realize or want to believe.

Below are some statistics to illustrate the scope of the problem:

*Some Available
Figures*

- In 1984, there were 100,000 reported cases of sexual abuse.
- By 1992, the number of cases reported had increased to 401,500 for the whole of that year.

People Who Commit Sexual Abuse

*Abusers Are
Often Family
Members or
People the Child
Knows*

Children are most often sexually abused by people they know, including close family members, friends of the family, neighbors, and acquaintances. Sadly, sexual abuse of children by family members is very common. Sexual relations between family members is called incest. Incest is devastating to children because they are abused by the very people they depend on for love and protection. If close family members cannot be trusted, then who else can be trusted?

*Increase in
Sexual Abuse by
Teenagers*

Recent studies show that sexual abuse of young children by older children (adolescents or teenager) is increasing. It is more common for an older brother to sexually abuse a younger sister.

*Most Sexual
Abusers Are
Males*

Males are more often guilty of sexual abuse than females. Studies show that 75 percent of all reported cases of sexual abuse are committed by male adults against young females. In the other 25 percent, the abuse is committed by either a male or female adult against young males.

Factors Contributing to Sexual Abuse

*People Who
Were Abused
As Children*

Many sexual abusers were themselves sexually abused when they were children. One study estimated that 70 percent of men found guilty of sexual crimes against children were victims of sexual abuse as children.

*Dysfunctional
Families*

Incest or sexual abuse by a close family member happens most often in families that are dysfunctional (not working properly). One study reported that 66% of incest takes place in families with severe marital (marriage) problems; 25% in families with spousal abuse; 30% involves alcoholism; 30% of the offenders had mental health problems; 20% had some type of criminal record.

*Wife Leaves
Husband and
Children at
Home Alone*

Incest sometimes happens in a family because the wife often leaves her husband alone with their children, especially daughters. The situation may come about because the woman must work in the evenings or because she is chronically sick and has to be hospitalized for long periods of time.

*Sexual
Incompatibility
Between
Parents*

Incest is more common in families where the parents do not have a healthy sexual relationship. The wife may have refused to have sex with her husband for a long time, or she might be emotionally cold and indifferent to her husband. In some cases, a woman may suspect that her husband is sexually abusing their children but chooses to turn a blind eye and allow the abuse to continue.

*Father
Suffering
from Stress*

Incest may result if a family is going through a period of trouble, for example, when the father loses his job or fails to win a promotion at work. Some men in those situations experience doubt about themselves and may turn to their children (usually daughters) for sex as a way of feeling good about themselves. Alcohol and drugs are also popular ways of relieving stress. Studies have shown that incest is more common in families where the father drinks or abuses drugs.

*Families
Isolated from
Communities*

The risk of incest is greater in families that are socially isolated. A family is socially isolated if its members have few relatives or friends to whom they can turn for help and advice in time of trouble. Sometimes this happens because they are afraid of trusting outsiders and prefer to keep to themselves. In other cases, families are shunned because the parents exhibit such weird behavior that other people in the community stay away from them.

*Broken
Families*

Incest is more common in broken families, especially in cases where the parents are separated or divorced, and a boyfriend or stepfather moves in with the mother.

*Mentally
Retarded Parents*

Incest is also more common in families headed by parents who are mentally slow or retarded. These parents may not be able to tell right from wrong, and often do not know much about normal physical and social development of children.

How Does a Child Cope With Sexual Abuse

Denying the Seriousness of the Act of Sexual Abuse

Children who are victims of sexual abuse may survive by trying to make little of the problem (pretending that what happened wasn't that bad). They tell themselves, "So what if Dad had sex with me—I didn't die, so it isn't such a big deal."

Making Excuses for the Abusing Parent

Some children deal with sexual abuse by making excuses for the parent: "He was so drunk he didn't know what he was doing", or "He had a difficult life. That's why he acts this way."

Denying That Abuse Ever Happened

Some victims may simply deny that the abuse ever happened, deluding or fooling herself into believing that what happened was part of a bad dream. Some victims completely forget about their bad experience, blanking it out of their memory. They may remember nothing about the experience until much later in life, or may even never recall the experience again.

Effects of Sexual Abuse on A Child

Victims May Become Overachievers or Underachievers as Adults

The effects of sexual abuse on a child fall on a continuum. Each victim reacts differently. One victim may grow up to become an overachiever, getting superior grades in school, being a "perfectionist," and striving (working hard) to do well in everything. Another victim may grow into an underachiever, exhibiting self-destructive behavior, like alcohol abuse, drug addiction, compulsive overeating, bulimia, gambling, or stealing. In all these instances, the victim is trying to cover up her bad experiences with self-destructive behavior.

Unable to Develop a Trusting Relationship with Other People

Children who have been sexually abused by a parent will find it difficult to trust another person when they grow up. Children should be able to trust their parents more than anyone else. Once this trust and belief is destroyed, children are left with the feeling that no one in the world can be trusted.

Need for Excessive Control

Some victims of sexual abuse develop a need for excessive control as adults because of a lack of control over their own lives while growing up. They may grow up to become super-organized and clean, being obsessed with having everything in its proper place because they need to control their environment. Sometimes children grow up to be too controlling—they must always have their own way; they are stubborn, inflexible, and unwilling to compromise with others.

How Parents Can Protect Their Child against Sexual Abuse

Never Completely Trust Child to Other People

Parents should never completely trust another person with their children. They should always be vigilant (be concerned and pay attention) as to where their children are, who is with their children, and how their children respond to places and people with whom they come into contact.

When Hiring Childcare, Check References Carefully

Parents must be careful when selecting child-care workers for their children. Ask the child-care worker for references (people willing to share their opinions about the character and abilities of that child-care worker). Parents should check those references by calling the people and asking what they really think of the child-care worker or the child-care center. Sometimes it is a good idea for parents to ask neighbors or friends to recommend a child-care person who is trustworthy.

Keep Checking Even After Hiring

After the child-care worker is selected, parents should go to the child-care center at unexpected times to check what is going on. It is probably wise to do this even if the parents know the person quite well.

Build Special Bond or Close Relationship with Child

Parents should take responsibility for their children's life. They should not turn over the responsibility of raising their children to someone else. Parents should try to spend more time with their children in order to establish a special bond or close relationship with them. In that way, children will feel that they can tell their parents anything. Being able to communicate freely is important.

Teaching Children to Protect Themselves against Sexual Abuse

Teaching Children about Rules Against Sexual Abuse

Teaching children about sexual abuse is as important as teaching them about fire or car safety rules. Parents must remember that the risk of sexual abuse happening to their children is very real. Therefore, every parent has the responsibility to learn about sexual abuse and to pass on this knowledge to their children.

Children Are in Charge of Their Bodies

Tell the children that they are in charge of their own bodies, and that no one has the right to touch them without their permission. They have the right to say **NO** to any touch that makes them feel uncomfortable. Children understand the difference between a good touch (such as a hug) and a bad touch (such as a slap). They also need to learn about uncomfortable touches, such as when an adult touches a child's private parts. Uncomfortable touches make children feel scared, nervous, or upset. Children should not be encouraged to kiss other people on the lips.

*Communication:
Use Proper
Words to
Describe Body
Parts*

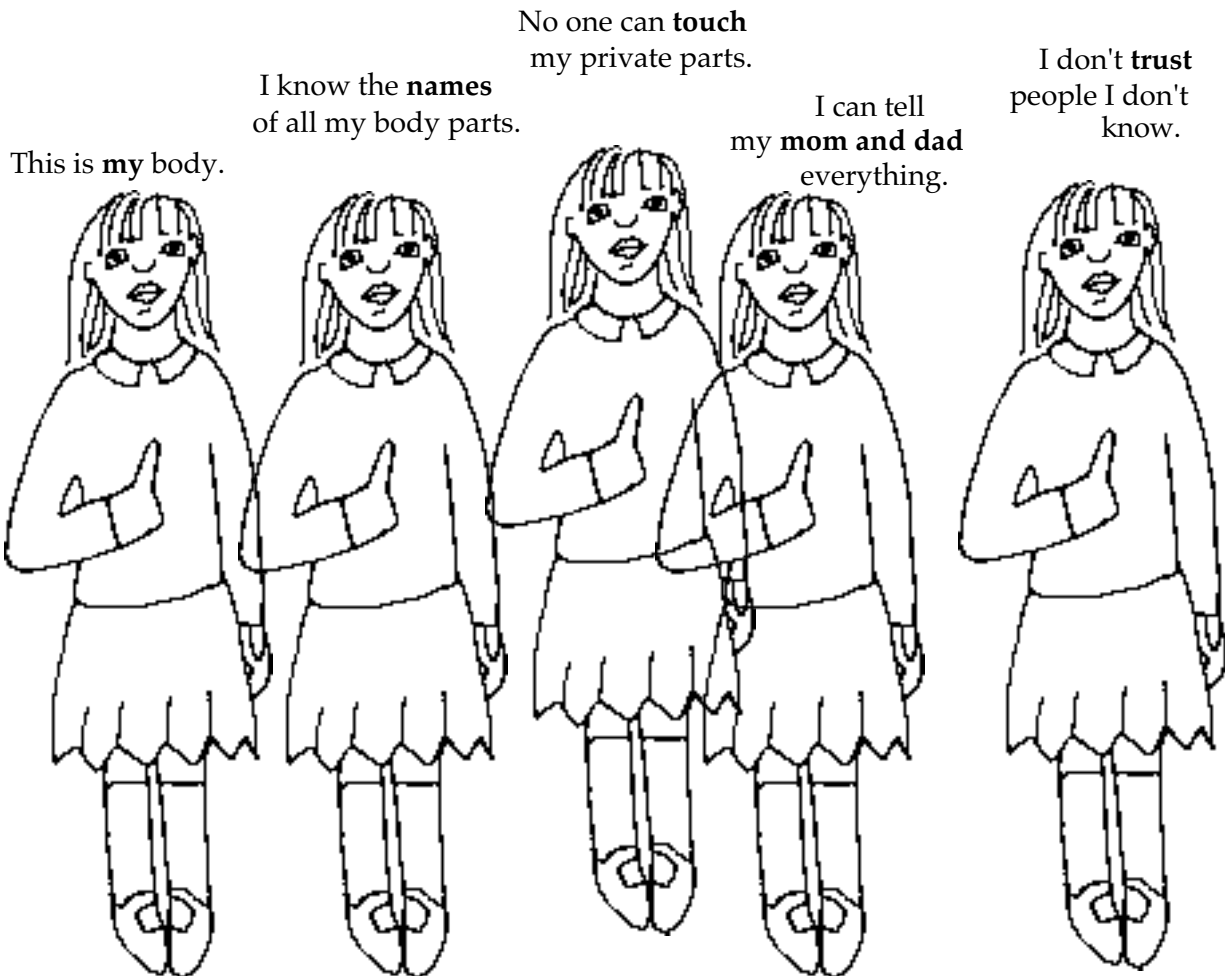
Children need to learn at an early age the proper names for their private parts. Some parents explain private parts as those parts of the body that are normally covered by a bathing suit. Words like penis, breasts, and vagina should be taught so that children can communicate exactly what happened if they were molested.

*Never Trust
People Based
on Appearance*

Parents should warn their children that they can never tell if people are good or bad just by looking at them. Some people who look good are bad and some people who look bad are good.

*No One Can
Touch Their
Private Parts*

Children should be taught that no one has the right to touch their private parts. Sometimes when children are sick, their parents may have to touch their private parts, but children should understand that **not even parents have the right to make their children feel uncomfortable**. Children must be taught to react against situations that might develop into incest.



*There's No
Secrets Which
Can't Be Shared
with Parents*

Children should be encouraged to talk to their parents about everything and anything. They should know that there are no secrets that need to be hidden from their parents. If someone asks them to keep something secret from their parents, then they should realize that person is probably planning to do something wrong. Parents can also teach their children that there is a difference between a surprise and a secret. Sometimes we might want to surprise Dad with a surprise birthday party, so we keep this surprise to ourselves. A surprise is something that is fun and exciting; it makes everyone feel good. Secrets are different from surprises. Secrets make children feel uncomfortable and bad. There should be no secrets from Mom and Dad.

*Never Trust a
Stranger*

It is important to tell children again and again that they must never talk to a stranger. They must never accept candy, stickers, or toys from someone they don't know. They must not go anywhere with another adult without their parents' permission. Some children have been abducted or kidnaped by child molesters after agreeing to help their abductors look for missing dogs, kittens, etc. Children should be taught to scream and run away when anyone asks them to do something like that.

*How to Behave
in Potentially
Dangerous
Situations*

Parents can teach their children various ways to handle potentially dangerous situations. Children should know they must never answer questions from people over the phone, or open the door to a stranger. They should always run away if someone tries to attack them. They can also be taught that it is all right to lie in order to protect themselves. For example, if someone calls and Mom and Dad aren't home, they can say, "My parents cannot come to the phone right now; they are busy."

Important Terms

- Anal Intercourse :** Insertion of a man's penis or other foreign object in the rectum (anus) of either a male or female.
- Cunnilingus :** Oral sex involving mouth contact on a female's vulva (clitoris or vaginal lips).
- Exhibitionism :** Showing one's private parts (breasts, penis, or vagina) to another person in order to excite the person sexually.
- Fellatio :** Oral sex involving mouth contact on a male's penis or scrotum.
- Fondling :** Touching or massaging the private parts of a male or female.
- Genitals :** Sexual organs of a male or female.
- Incest :** Sexual abuse of a child by a relative or any person who is in a position of trust and authority over children.
- Masturbation :** Manual stimulation (by the use of hands) of the penis or vagina.
- Pornography :** Sexually explicit magazines, pictures, videos, or movies that excite a person sexually.
- Vaginal Intercourse :** Insertion of a penis into a woman's vagina.
- Voyeurism :** Receiving sexual satisfaction from seeing sexual organs or from watching people involved in sexual acts.

4. Describe five things parents can do to protect their children from sexual abuse.

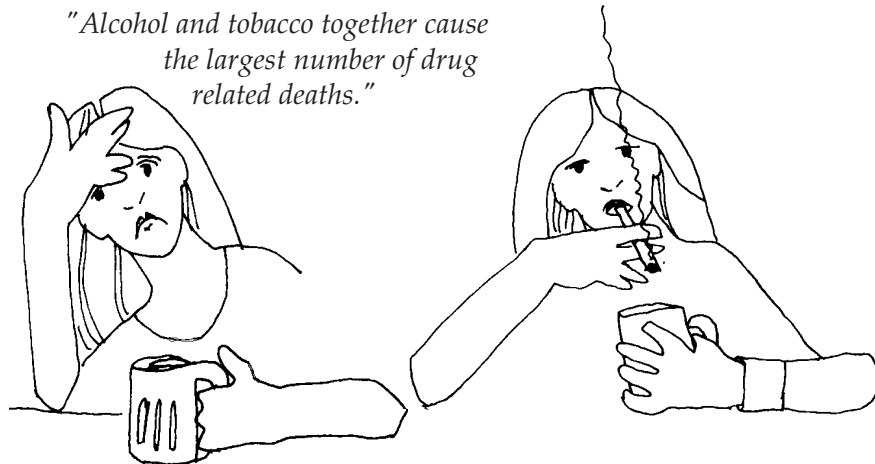
5. Describe five things children need to know to avoid sexual abuse.

American Families in Crisis

Drug or Substance Abuse

What Are Drugs ?.....3
Categories of Drugs3
Uses of Drugs: Beneficial and Harmful4
Drug or Substance Abuse5
Alcohol as a Drug5
Economic and Human Costs of Alcohol8

"Alcohol and tobacco together cause the largest number of drug related deaths."



Joy

Joy Kennedy had her first drink when she was nine years old. She was baby-sitting for a neighbor who gave her some "sweet stuff" to drink instead of baby-sitting money. By the time she returned home, she felt warm and happy. Her mother asked her how much she earned for baby-sitting. Joy said that their neighbors "didn't have the correct change to pay her but they promised to give her the money later."

When Joy was sixteen years old, she saw a wine bottle sitting next to the sink. She sneaked a drink when her parents weren't watching her. Again, she liked the feeling that the alcohol gave her. As time passed, Joy would sneak a drink every time her parents were gone from the house. Joy says, "No one ever noticed that I was drinking. I would drink as much as I could handle and then I would pass out and sleep all afternoon. I tried to tell myself to stop but found I always returned to alcohol."

One time Joy's parents had a party. The next morning Joy and her sister were given the job of cleaning up the house. As Joy collected the cups from the living room, she noticed that there was alcoholic drinks in some of the cups. "I gulped them down," says Joy. "I enjoyed getting high."

Because Joy looked older than most kids her age, she was able to buy alcohol when she was a junior and senior in high school. Before she bought alcohol for herself, she would ask her friends to buy alcohol for her. She says that she never really had any problem in getting alcohol.

Joy never did well in school—she often cut classes and failed many subjects. "I remember I would sign in at my homeroom and make some feeble excuse about going to the bathroom and I would just walk off campus and go drinking. I had a friend who was this amazingly good actress. I would convince her to see a counselor. She would cry and blab about some problems she was having and demand to see me. The counselor called for me and then I would say something about taking my friend home. When we were excused from campus, of course, both of us would go drinking."

When Joy was twenty-one, a friend called Alcoholics Anonymous for her. "Two people came to visit me. They took one look at me and knew I desperately needed help or else I was going to die. They set up this doctor's appointment for me. I drove my car to buy some alcohol before visiting the doctor. Sure, I was pretty drunk when I saw the doctor. After I left the doctor, I nearly had a car accident. That kinda helped me realize I needed help."

For the past two years, Joy has been attending AA meetings. "At first I thought AA meetings were a waste of time. I didn't think anyone cared if I lived or died. I almost had no hope for myself.

Attending AA meeting has made a big difference in Joy's life. She is now closer to her family and has more friends than ever before. She has gone back and earned her high-school diploma and is now attending community college for a degree in Human Services. Joy is also writing a book now about her experiences as an alcoholic.

Joy feels lucky to be alive. Recovery has been a slow and painful process that has required a lot of effort. Joy never wants to drink again.

Overview and Objectives

American culture is one that uses and abuses drugs. In Chapter 6, we will learn about drugs and how they are classified. We will discuss various categories of drugs, the difference between drugs that are beneficial to us and those that are harmful, and the effects of harmful drugs on people who abuse them.

In particular, we will focus on one drug—alcohol. We will study how alcohol affects a person physically, emotionally, mentally, and behaviorally. We will find out the truth behind many of the myths or beliefs that people wrongly hold about the use and abuse of alcohol. We will also look at some important facts relating to the economic and human costs of alcohol abuse.

Lastly, students will evaluate their own drinking pattern by filling out a questionnaire about their use of alcohol.

After studying Chapter 6, you will be able to:

- Define what is a drug and list the four characteristics of all drugs.
- Identify the four major categories of drugs, describe how drugs in each of these categories affect individuals, and give two examples of drugs from each category.
- Explain the difference between beneficial drugs and harmful drugs.
- Describe how alcohol affects a person physically, emotionally, mentally, and behaviorally.
- Identify five common myths or wrong beliefs many people have about alcohol, and explain the fact behind each of them.
- Examine your own use or abuse of alcohol with the help of the alcohol questionnaire.

What Are Drugs ?



Drugs are Substances that Affect Humans in Four Ways: Physically, Mentally, Emotionally, Behaviorally

A drug is a chemical substance that, when taken or injected, can affect a person in four ways:

- a. **Physically.** A drug can affect our coordination, cause vision difficulties, and produce observable symptoms such as sweating, dilation of pupils, etc.
- b. **Mentally.** A drug can change the way the brain works, causing us to feel drowsy or to stay wide awake. Other mental changes are loss of consciousness, memory blackouts, irritability, and so on.
- c. **Emotionally.** Some drugs affect our moods, causing feelings of happiness, sadness, guilt, anxiety, depression, etc.



- d. **Behaviorally.** Some drugs change the way a person behaves, causing him to act more recklessly than he would when he is not under the influence of the drugs.

Categories of Drugs

Different drugs have different effects on the people who use or abuse them. Doctors and medical researchers who study the effects of drugs on humans have divided drugs into categories or groups based on their observed or clinical effects on people. The most common categories are depressants, stimulants, hallucinogens, and narcotics.



Depressants are drugs that slow down the central nervous system, so that the user feels relaxed, less nervous, and more passive. Alcohol, tranquilizers, and barbiturates are all depressants.

Stimulants are substances that stimulate or excite the central nervous system, making the user feel more alert or awake. In large doses, they cause nervousness, irritability, or unstable moods. Cocaine, amphetamines (speed), caffeine, and nicotine (found in cigarettes) are stimulants.

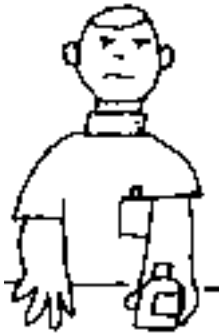




Hallucinogens are drugs that alter the senses (especially vision and hearing), causing people to hallucinate or see and hear things that do not exist. Examples of hallucinogens are: LSD (acid), PCP (phencyclidine), and mescaline.

Narcotics are substances that relieve pain. They slow down the senses, making us less aware of pain. Heroin, morphine, opium, and methadone are common narcotics. They have medical uses but are often abused by drug users.

Beneficial and Harmful Uses of Drugs



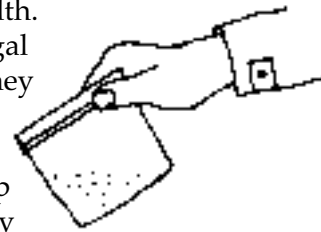
Beneficial Drugs

Many drugs have medical uses. They are legal substances which cure diseases. Aspirin and penicillin are two examples of medical drugs. Some medical substances known as over-the-counter medicine can be bought freely at a drugstore. Prescription drugs are medicine that can only be purchased if you have a doctor's prescription.

Medical substances are **beneficial drugs**. They are usually helpful if they are properly used. They must be taken in the right amounts and at the proper times. Medical drugs can be dangerous if used improperly; for example, if too large a dose is taken or if the medicine is taken too frequently.

Narcotics are Harmful Drugs

Some drugs are **illicit drugs**. They are bought illegally off the street and are usually harmful to a person's health. Marijuana and cocaine are two examples of illegal drugs. Most illegal drugs are **harmful drugs**. They are often addictive. People who use them almost always become addicted or dependent on the drug of their choice. Their bodies develop a need for the drug and if they stop using it, they suffer from withdrawal symptoms.



Alcohol and cigarettes are **recreational drugs**. Although they are sold legally and are accepted by society, alcohol and cigarettes are really harmful drugs. Like narcotics and other illegal drugs, they are addictive substances; heavy drinkers and smokers find it hard to kick their habit. Also, alcohol and cigarettes are harmful to our health if we use them regularly over a period of time.

Drug or Substance Abuse

What is Drug Abuse? Drug abuse occurs when drugs are used in irresponsible, dangerous, uncontrolled, or socially unacceptable ways. Alcoholics who cannot stop their drinking are addicted to alcohol; they are also abusing it. People who drive while they are drunk are also abusing alcohol even though they may not be addicted to it. Another example: people who use an illegal substance, such as cocaine, are drug abusers.

Drug Abuse Causes Harm Drug abuse occurs when a drug is taken too often or in large quantities. We say a person is abusing a drug whenever he or she uses it in a way that hurts the person physically, emotionally, mentally, or behaviorally.

Addiction: Psychological and Physical Drug abusers often become addicted to the substance being abused. They develop an uncontrollable need for the substance. This need can be psychological or physical. People with a psychological need for a drug believe that they cannot function without the drug even though they suffer no physical distress if they stop using it. On the other hand, people who are physically addicted to a drug always develop withdrawal symptoms (signs of physical distress) when they stop using the drug.

Helping the Abuser If we want to help someone who is addicted to a harmful drug, we must learn why that person is using the drug, how often he uses it, and whether he is using it together with some other drug or medicine. Some people have become dependent or addicted to a drug that they were using to relieve pain, to cure insomnia (sleeplessness), or to overcome feelings of depression. These people may be able to switch to a different drug with less harmful effects. Others who use hard drugs may need professional counseling and other help before they can quit successfully.

Alcohol as a Drug

Alcohol Is a Depressant Alcohol belongs to a group of drugs known as central nervous system (CNS) depressants. They depress or lower the activities of the brain, slowing down reflexes of the body.

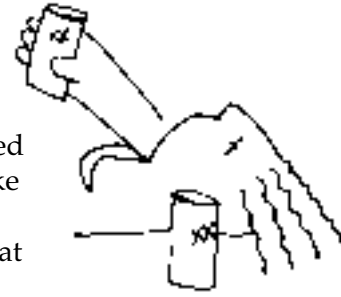
How Alcohol Enters Our Body Systems Alcohol enters the bloodstream through our digestive tract (stomach and intestines), traveling to all parts of the body within a few minutes. The faster a person drinks, the quicker he or she loses physical and mental control. The alcohol will be absorbed more slowly, however, if the person has recently eaten.

Four Effects of Alcohol Like all drugs, alcohol can affect us physically, mentally, emotionally, and behaviorally. Let us take a look at the changes that alcohol can cause in our bodies.

Physical changes

*Slurred Speech,
 Slower Reflexes,
 etc.*

These are changes that other people can observe or see. In small amounts, alcohol produces slurred speech. It slows down our reflexes so that we take more time to react to events around us. Alcohol also reduces our ability to see clearly, especially at night.



*Staggering,
 Nausea, Vision
 Problems, etc.*

Larger amounts of alcohol cause more visible changes, including loss of coordination, staggering, double vision, nausea, and vomiting. An affected person may even be unable to stand or walk.

*Long-Term
 Medical
 Problems*

Many medical problems are the result of long-term use of alcohol. One example is the disease called cirrhosis, in which the liver becomes inflamed and swollen as a result of prolonged alcohol abuse. Cirrhosis is a life-threatening condition. Alcohol also causes damage to nerve tissues and brain cells. Some doctors believe that alcohol may also cause ulcers of the stomach and intestines.

*Alcohol Can Be
 Fatal*

Alcohol can be fatal; drinking too much of it can result in loss of consciousness, coma, inability to breathe, and finally, death.

Emotional changes

*Feeling Happy,
 Sociable,
 Friendly*

The effect of alcohol after the first few drinks is usually pleasant. People become relaxed and happy. They lose their inhibitions or feelings of



shyness, and become more talkative, sociable, and friendly. Alcohol boosts the confidence of some people, helping them to forget their worries.

*Feeling Sad,
 Depressed,
 Irritable,
 Quarrelsome*

As more alcohol is consumed, however, people's moods change. Some feel sad and depressed; others become irritable and quarrelsome, picking fights with strangers or people they know. Alcohol's effects on people's emotions are often undesirable and hard to predict.

*Long-Term
 Emotional
 Problems*

The long-term emotional effects of alcohol are mostly harmful. Some people become psychologically dependent. They think about alcohol all the time and cannot do any work if they don't take a drink. This dependence often produces feelings of guilt, anxiety, and depression as a

person realizes he or she has a drinking problem. Some alcohol abusers refuse to admit that they have a drinking problem. These people are being dishonest with themselves and with people who know and love them.

Mental changes

Alcohol confuses the mind, and impairs judgment or the ability to make clear decisions. For example, alcohol lessens alertness when driving, affecting judgment of speed and distance. It reduces the mental skills and decision-making abilities needed to drive safely.



Impaired Judgment and Reckless Behavior

Alcohol also changes the way our brain works. It causes insomnia (sleeplessness) in some people. In other people, it changes their sleeping patterns, causing these people to wake up frequently at night so that they are tired instead of feeling fresh in the morning. Heavy drinking can also cause amnesia (memory lapses or blackouts). This happens when someone who has been drinking heavily cannot remember what he or she did when drunk.

Insomnia, Memory Blackouts, Amnesia

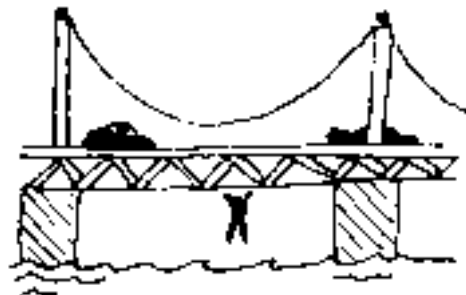
Behavioral changes

Alcohol loosens people's inhibitions (feelings of shame or shyness). Under the influence of alcohol, people often do things (e.g., laughing or crying uncontrollably) that they normally would not do when sober. Alcohol also impairs or weakens judgment, encouraging people to take risks that they normally would not take, such as driving a car recklessly at high speeds, or jumping off a high place like the roof of a building.

Impaired Judgment and Mental Skills

Alcohol also reduces our ability to tell the difference between right and wrong. As a result, many antisocial and destructive acts are committed by people under the influence of alcohol. Many murders, rapes, and cases of child abuse occur when a person is under the influence of alcohol.

Anti-Social Behavior



Economic and Human Costs of Alcohol

*The Economic
and Human Costs
of Alcohol Abuse*

Below are some facts which will help you better understand the economic and human costs of alcohol use and abuse.

- Americans drink 35 gallons of alcoholic beverages each year for every man, woman, youth and child in this country.
- The average American spends \$187.45 on alcohol each year.
- Alcohol is involved in 85 percent of deaths by fire, 70 percent of child sexual abuse, 67 percent of child beatings, 50 percent of homicides, 50 percent of rapes, 40 percent of family court actions, and 38 percent of suicides.
- Alcohol abuse accounts for approximately 98,000 deaths each year in the United States. Deaths may come from alcohol overdoses, suicides, homicides, automobile crashes, etc.
- Alcohol and tobacco together cause the largest number of drug-related deaths.
- Every 23 minutes, a young person dies in a car accident. Most cases involve drugs or alcohol.
- Pregnant women who drink can put their infant at risk from fetal alcohol syndrome, which causes mental retardation in children.

Sources: National Council on Alcoholism; New York State Division of Alcoholism and Alcohol Abuse; World Research, Inc.; and National Institute on Drug Abuse (courtesy of RIT's IMPACT program and Drug and Alcohol Council, Inc.; Rochester, New York).

Important Terms

- Alcohol :** A drink that is intoxicating; a type of legal drug that can cause changes in behavior.
- Alcoholic :** A person whose drinking controls or influences his or her daily life (relationships with family and friends; performance at work or school, etc.). If a person becomes an alcoholic, he or she can never safely have a social drink again.
- Alcoholism :** A disease or illness that is the result of uncontrollable drinking.
- Drug :** A chemical that changes a person in four ways: (1) physically, (2) emotionally, (3) mentally, and (4) behaviorally.
- Fatal :** Causing death
- Inhibitions :** Feelings of shame or shyness that stop us from doing things that we believe to be wrong.
- Myth :** False belief, or something that people wrongly believe to be true.
- Physical Addiction :** Physical dependence on a drug. People with a physical addiction to a drug suffer withdrawal symptoms when they first stop taking the drug. Withdrawal symptoms can include stomach cramps, cold sweats, and vomiting.
- Psychological Addiction :** Psychological dependence on a drug. People with a psychological addiction to a drug do not suffer physically when they stop using the drug. Instead, they are unable to pay attention to their work. They feel nervous and irritable without the drug and cannot stop thinking about it.

Alcohol Use Questionnaire

Please complete this questionnaire. It will help you to determine whether you are abusing alcohol.

The questionnaire is anonymous. No names are required. Answer each question honestly. Ask your instructor if you have any questions.

Sex male female

Age 12-14 15-17 18-20 21-23 24-26 Other

Race Caucasian African American Asian
 Other

Marital Status Single Married Divorced

Educational Level Jr. High School High School College

Deafness Deaf Hard-of-hearing Hearing

Schooling Schools for the Deaf Mainstreamed public schools
 Both schools for the deaf and mainstreamed public schools

Age of first drink 10-12 13-15 16-18 19-21 Other

- | | | |
|-----|----|--|
| Yes | No | 1. I have never drunk alcohol. |
| Yes | No | 2. I have only experienced a feeling of "being high" after drinking alcoholic beverages. |
| Yes | No | 3. I have had at least one drink this month . |
| Yes | No | 4. I have had more than five drinks this month . |
| Yes | No | 5. I have been drunk this month . |
| Yes | No | 6. I have had at least one hangover due to drinking during the past month. |
| Yes | No | 7. I have experienced headaches due to drinking during the past month. |

Alcohol Use Questionnaire

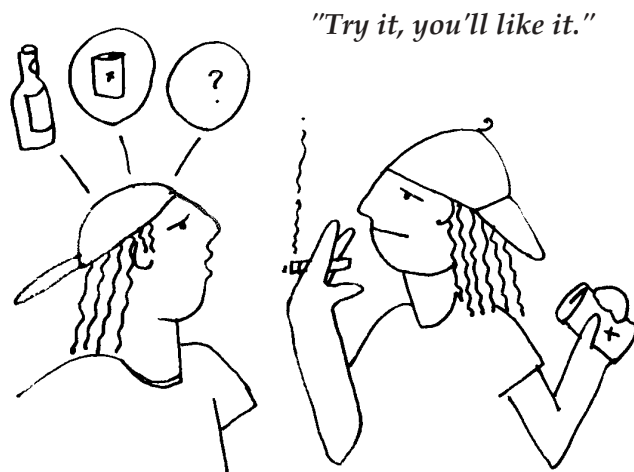
- | | | |
|-----|----|--|
| Yes | No | 8. I have noticed that alcohol has had a bad influence on my health during the past month. |
| Yes | No | 9. I feel the need to cut down on my drinking. |
| Yes | No | 10. I feel that my drinking interferes with my academic work. |
| Yes | No | 11. I feel the need to drink in the morning. |
| Yes | No | 12. I feel that my friends and relatives criticize me for my drinking. |
| Yes | No | 13. I prefer to drink beer. |
| Yes | No | 14. I prefer to drink wine. |
| Yes | No | 15. I prefer to drink both wine and beer. |
| Yes | No | 16. I prefer to drink hard liquor (whiskey, vodka, gin). |
| Yes | No | 17. I feel I have a definite problem with drinking alcoholic beverages. |
| Yes | No | 18. I use alcohol when I am upset, worried, sad, or depressed. |
| Yes | No | 19. I use alcohol to help me sleep and forget my problems. |
| Yes | No | 20. I sometimes drink when I am by myself. |
| Yes | No | 21. I have tried to quit drinking alcohol but was unable to do so. |
| Yes | No | 22. I like to go to parties because alcohol is available. |
| Yes | No | 23. I sometimes lie about how much I drink. |
| Yes | No | 24. My family would be upset if they knew how much I drink. |
| Yes | No | 25. I believe I am addicted to alcohol. |

American Families in Crisis

Teenage Alcohol Abuse

7

Alcohol Abuse: National Statistics.....	3
Alcohol Abuse among College Students.....	4
Alcohol Abuse among Teenagers.....	4
Stages of Alcohol Addiction (ERHAA).....	4
Why Do Teenagers Drink?.....	6
What Parents Can Do to Prevent Teen Alcoholism.....	7



Kevin

Kevin Lutz did not experiment with alcohol when he was in high school. His parents did not drink alcohol and Kevin followed their example. After high school, he entered a well-known university. This was his first time away from home. Kevin did well in college until he joined a fraternity. Kevin and his fraternity brothers lived a busy social life, with many parties at which large quantities of beer were consumed.

One night when Kevin was a sophomore, he drove his car into a tree. Kevin had just left a fraternity party where he had been drinking. Doctors found a high level of alcohol in his blood. Kevin was driving under the influence of alcohol when he lost control of his car. As a result of the accident, he must rely on a wheelchair to move around.

Kevin feels lucky to be alive. He plans to go back to school to complete his studies. He still hopes to have a good future in spite of his handicap. He also gives talks to young people about the dangers of drinking and driving.

Jerry

At the age of 18, Jerry Tidings entered a college for deaf students. Jerry, a small town farm boy from the hills of West Virginia, comes from an overprotective family. Jerry is too trusting of other people. He is naive and immature, and totally unaware of the dangers of the world.

During his first week in college, Jerry was invited to a party given by students from another college. Jerry drank a lot of booze and smoked something that looked like a cigarette. Only later did he realize that he was given pot. When Jerry passed out, his drinking buddies decided to pull a trick on him. They sprayed oven-cleaner in a garbage bag and then tied the bag over Jerry's head.

When school officials found Jerry, he was lying on a bed with vomit oozing out of his mouth. His eyes were rolled back in his head and his body was experiencing terrible convulsions. Jerry was sent by ambulance to a local hospital where he spent the next several days in a coma.

Jerry now has left college. This experience with alcohol, marijuana, and oven-cleaner has caused permanent brain damage. Jerry's chances for a college education are over. His future does not look good.

Overview and Objectives

What two drugs kill and injure more people in this country than any other drugs? If your answer is crack or heroin, think again. The correct answer is alcohol and cigarettes.

Teenage alcoholism is a social problem that is very complex and difficult to solve. In this chapter, we will look at some statistics which will tell us how serious alcohol abuse is among adults, college students, and teenagers in this country. We will examine the stages that people go through while becoming addicted to alcohol.

We will also discuss the reasons why many teenagers are abusing alcohol. Parents have a responsibility to help their children grow up into healthy and well-adjusted adults. In this chapter, we will consider various things that parents can do to support the fight against teenage alcohol abuse.

After studying Chapter 7, you will be able to:

- Provide some general statistics to show what a huge problem alcoholism is in this country.
- Describe the five stages that people go through as they become addicted to alcohol.
- Give four reasons why many teenagers drink.
- Describe what parents and other members of society can do to fight against teenage alcoholism.



Alcohol Abuse: National Statistics

*Many Adults
 Have Drinking
 Problems*

One reason why teenagers drink is because they see so many adults doing it. We are not surprised to learn that many adults have drinking problems. The following facts will give us a better idea of how serious the problem is.

*National
 Statistics Related
 To Alcohol Use*

- At least 60 percent of all adults in the United States drink alcoholic beverages. Of those people, 10 percent are alcoholics. This means there are approximately 10 million alcoholics in the United States.
- Another 7.2 million Americans abuse alcohol although they do not show all the symptoms of being addicted to alcohol.
- It is estimated that 17.7 million Americans have a definite problem with alcohol.
- Independent studies of deaf and hard-of-hearing populations show that one out of seven deaf people who use drugs or alcohol ends up becoming addicted. This means that, compared with hearing people, individuals who are deaf have a greater statistical chance of becoming addicted once they start to drink alcohol.

Alcohol Abuse among College Students

*Young Adults in
 College*

To many young adults, life in college away from the supervision and control of their parents means greater freedom to experiment with sex and alcohol, among other things. Not surprisingly, frequent heavy drinking is a serious problem on college campuses. Here are some relevant statistics.

*Statistics Related
 to Alcohol Use
 Among College
 Students*

- As many as 40 percent of college students drink every day.
- Twelve million or more college students consume over 430 million gallons of alcohol each year.
- College students spend \$5.5 billion each year on alcoholic beverages.
- In the state of New York, college students who live in dorms or apartments drink twice as much as students who live with their parents at home.
- Approximately 50 percent of all alcoholics in this country are college graduates.

Alcohol Abuse among Teenagers

Teenage Drinking

An alarming number of teenagers abuse alcohol. Where do they drink? Usually the drinking takes place in their home or in the homes of their friends. Many parents choose to turn a blind eye or look the other way even if they suspect their children are drinking, perhaps heavily. Consider the following facts:

Statistics Related to Teenage Alcohol Use

- There are 9 million junior and senior high school students in the United States. About half of them drink. That is 4.5 million teenagers.
- Of those 4.5 million teenagers, 500,000 engage in binge drinking regularly. Binge drinking means drinking five or more drinks at one sitting or having 15 or more drinks a week.
- Alcohol is the number one drug problem among American teens.
- Most teenagers who become alcoholics had their first drink before they were 12 years old.

Sources: National Council on Alcoholism; New York State Division of Alcoholism and Alcohol Abuse; World Research, Inc.; and National Institute on Drug Abuse.

Stages Of Alcohol Addiction (ERHAA)

Alcohol Addiction Develops Over a Long Period of Time

A person does not become an alcoholic overnight, or even over several days or weeks. The problem usually develops over a long time, during which the potential addict goes through five stages before becoming a hard-core alcoholic. We will discuss the five stages of alcohol addiction now.

Five Stages of Alcohol Addiction

ERHAA:
Five Stages of Alcohol Addiction

Experimentation = E
Recreation = R
Habit = H
Abuse = A
Addiction = A



Experimentation Stage

At first, the adolescents (teenagers) have no previous experience with alcohol. They are curious about alcohol because they know many adults and friends who drink. As a result, they start to experiment with different kinds and different combinations of alcoholic beverages. They may also increase the amount of alcohol consumed to find out how much they can drink.

Recreation Stage

After experimenting for a time, the teens start to drink with friends at social events, such as a party. This is known as social drinking when alcohol is used to help people to relax and have fun. Adolescents who are lonely and feeling "stressed out" may also drink to relieve tension and to forget their problems. Sometimes, they drink too much. Then they behave in a rowdy way. However, this does not happen very often. The teens' drinking at this point is still not a real problem.



Drinking as a Social Activity or to Relax

Habit stage

As the adolescents continue to drink socially, there is a noticeable increase in their tolerance for alcohol. This means they need to consume more alcohol in order to feel the same "high" as before. The drinking is also taking place more often and more regularly. At this point, the teens may try to quit, but soon start again. Before long, they discover that they can no longer stop after taking one drink. These adolescents have a drinking problem now.



Drinking Becomes a Hard Habit to Break

Abuse Stage

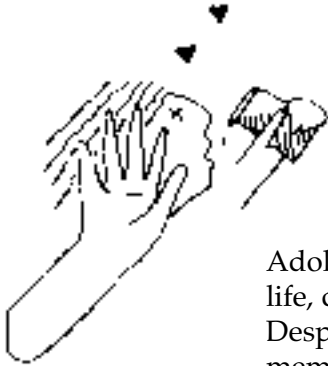
The drinking gets worse. The adolescents may deny that there is a problem, choosing instead to believe that they can quit drinking anytime. The adolescents try to hide the drinking, for which they feel a constant need. They feel tense and have difficulty working well without frequent drinks. They usually start the day with a drink, and the drinking continues throughout the day. They have built up a high tolerance for alcohol, and must drink increasing quantities of alcohol to feel the same high as before.

Drinking More Alcohol More Regularly

Addiction stage

These adolescents are now completely dependent on alcohol. It has become the most important thing in their life, more important than friends, family, school, or work. Their tolerance for alcohol has reached such a high level that they seldom achieve the good feeling they crave or want so badly no matter how much alcohol they consume. Drinking binges occur on weekends. Drinking often occurs at the wrong time and in

Signs of Alcohol Addiction



Hitting Rock Bottom



the wrong place, yet the teens will deny that their drinking is a problem. There is no motivation to be good at anything including school and work. Food, personal hygiene, grooming, and appearance becomes unimportant. Other people can see that these teens are not taking good care of themselves.

Adolescents hit "rock bottom" when alcohol completely takes over their life, creating serious problems for the teens, their family, and friends. Despite feeling guilty about this, these teens often cannot quit. Family members and friends give up on them and stop trying to help them. At this point, alcohol is destroying the lives of these teens. They need professional help urgently. If not, the drinking will continue and the teens may die from their addiction.

Why Do Teenagers Drink

Alcohol Use Often Begins in High School

Most teenagers have already experimented with alcohol by the time they are in high school. An alarming number have also tried binge drinking, which means having five or more drinks at one sitting or having 15 or more drinks in a week. People who develop drinking problems often began using alcohol as teenagers. Why do teenagers drink? Usually it is because of a combination of reasons.

Peer Pressure May Lead to Drinking

Some teenagers drink as a result of peer pressure. Many teenagers drink, but more important, many expect their friends to drink with them. Very often, teenagers who do not drink find themselves left out of the social activities of their peers. Since acceptance by peer groups is very important to teenagers, they often start to drink so that they can belong to a group.



Drinking to Escape the Stress and Tension of Life

Other teenagers drink in order to escape the stress and tension of everyday life. They think alcohol can help them forget their problems. Some teenagers who are not doing well at school drink to cover up feelings of inferiority. Many also drink because of emotional pain. For example, when they lost someone they loved because of death, parental separation or divorce, teens may turn to drinking in order to lessen their sadness or grief.

Drinking to Gain Self-Confidence

Some teenagers turn to alcohol because of difficulties in communicating with other people. Drinking often boosts their confidence, lessening feelings of insecurity and shyness and making it easier to socialize with other people.



*Drinking to
Experience
New
Sensations*



Teenagers are often curious and eager to experience new sensations. For some of them, drinking is a way to experiment and see what alcohol can do for them. They look on it as part of the process of becoming "grown up." They drink to show that they are willing to take risks, that they dare to be different.

What Parents Can Do to Prevent Teen Alcoholism

*Home
Environment*

Parents must develop a home environment in which the use of harmful drugs, including alcohol, is not acceptable. Children often model (imitate) the behavior of their parents, so parents should not drink in the presence of their children. Instead, they should show their children that there are better ways to cope with the problems of life than using alcohol.

*Reasonable
Expectations*

Parents should have reasonable expectations of their children. Some parents expect too much from their children. Children who are pressured to be perfect or to act like adults when they are still children may suffer from low self-esteem or bad feelings about themselves. Such feelings sometimes push children to use drugs, including alcohol.

*Drug-Free
Programs and
Organizations*

Parents should encourage their children to join programs in the community designed to promote a drug-free life. Organizations like the Boy Scouts and Girl Scouts promote a drug-free life for teenagers. Some communities now have drug-free teen clubs. Alcohol-free and drug-free proms and other school based celebrations are becoming more popular in the United States. In addition, parents should make an effort to involve their teenagers in sports programs or volunteer programs that support a healthy lifestyle.

*Recognizing
Alcohol Abuse*

Parents should learn to recognize the signs and symptoms of alcohol and drug abuse. They should not "put their heads in the sand." In other words, they should not ignore the problem if they suspect their child is using alcohol. They must get help for their child. They must be aware of community resources for helping teens who are abusing alcohol and drugs.

*Support Law
Enforcement
Against Teen
Drinking*

Parents must support law enforcement agencies, drug treatment programs, and educational programs that fight against drug and alcohol abuse. Parents should themselves obey the laws against teenage drinking in their own homes. Illegal use of alcohol or drugs should never be allowed in the home.

*Fight Against
Glamorous and
Misleading
Advertisements*

Parents can fight against misleading alcohol advertising. Television and magazine advertisements use a lot of sexual images to tempt young people to drink. Drinking is portrayed as a glamorous or "cool" thing to do. Parents should work to pass laws against such misleading advertising. They can also point out the false message to their children when they see such advertisements.

Important Terms:

Alcohol : A drink that is intoxicating; a type of legal drug that can cause changes in behavior.

Alcoholic : A person whose drinking controls or influences his daily life (relationships with family and friends; performance at work or school, etc.). If a person becomes an alcoholic, he or she can never safely have a social drink again.

Alcoholism : A disease or illness that is the result of uncontrollable drinking.

Binge Drinking: Drinking five or more drinks one after another within a short time, or having 15 or more drinks a week.

Chapter 7 Work Sheet:

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Identify the five stages that people go through as they become addicted to alcohol. Describe what the person experiences in each stage.

2. List four or more reasons why teenagers drink. Then write a paragraph explaining why you **or** your peers drink.

3. What can parents and other members of society do to prevent an increase in teenage alcoholism?

American Families in Crisis

Alcohol and Driving / Treating Alcoholics



Effects of Alcohol Abuse on Society.....3
Alcohol and Driving5
Blood Alcohol Content (BAC).....6
Reducing Alcohol-Related Driving Accidents7
Treatment for Alcoholics8
Places Helping Alcoholics Nationwide9

" It's my job as the designated driver"



Juan

Juan came to this country as an immigrant from Bolivia, looking for a better life. He worked hard. After saving some money, he brought his fiancée here. Her name was Maria. They married and had two beautiful twins, Jose and Pepe. Both Juan and Maria worked hard and saved their money. When Jose and Pepe were ten years old, they bought a house in a good neighborhood. Jose and Maria wanted a home to bring up their children in safety. It seemed they had found the good life in America.

One day, as Jose and Pepe were waiting with some kids for their school bus, a car drove into the group. Many children were hurt, but Jose and Pepe were killed. The police investigated and found that the driver lost control of his car because he was drunk. He had no previous record, so the judge only sentenced him to five years in jail. The driver decided to appeal his sentence and was allowed to be free on bail while he waited for a hearing.

Juan was filled with despair at losing his children. He became depressed despite Maria's love and support. He also began drinking, and when he was drunk, he would cry and curse the driver who killed his children. His work suffered, and he was fired from his job. This only caused him to drink more.

One night, Juan did not come home. The next morning, while Maria was at work, she was visited by police officers. They had bad news for her. The night before, Juan had taken a gun, driven to the house of the drunk driver, and shot and killed him. The next morning he surrendered himself to the police.

Juan is now awaiting his own trial. His dreams for a good life in this country have been completely destroyed.

Overview and Objectives

In Chapter 7, we learned the extent of the problem of alcohol addiction in this country, the stages that people go through as they become addicted to alcohol, the reasons why many teenagers drink, and what parents can do to discourage teenage alcohol abuse.

In this chapter, we are going to look at the costs of alcohol abuse our society pays in terms of education, employment, health, and family life. We will discuss possible prevention and treatment methods.

Every year, thousands of people die in alcohol-related accidents. We will take a look at the problem of drunk driving. We will learn why we cannot drive safely after drinking alcohol, how much alcohol it takes to affect our driving, and how we can manage our own behavior to lessen the risk of being involved in an alcohol-related accident.

After studying Chapter 8, you will be able to:

- Discuss the effects of alcoholism on education, work, families, and health.
- Describe how drinking affects a person's ability to drive.
- Define BAC and list the three factors that determine a person's BAC.
- Give the BAC levels at which a person can be charged with DWAI and DWI.
- Discuss possible treatment methods for alcoholics.
- Identify places people can contact for help with alcoholism.

Effects of Alcohol Abuse on Society

*Alcohol Abuse
Affects Everyone*

Alcohol abuse affects everyone, not just those who abuse alcohol. Alcoholism has many negative consequences for education, employment, families, and health. Everyone pays the price—the addict and his or her family, friends, employer, co-workers, and ultimately, our entire society.

Economic Costs

Alcoholism costs this country over \$100 billion dollars a year because of missed days of work, hospital costs, and insurance costs. This does not include other costs in the form of higher taxes to pay for more social services such as welfare, foster care, and disability payments to help people who must deal with problems caused by alcoholism.

Education

*Lower
Educational
Achievement*

As a group, students with drinking problems miss class more often than those who do not abuse alcohol. Students who do not control their drinking may drop out of school early. In school, they are often unmotivated learners with poor attention spans. Most are poorly educated when they leave school. As a result, not all of them become productive members of society. A large number become welfare dependents; others need special training by employers before they can become productive workers.

Employment

*Lower
Productivity in
the Workplace*

Heavy drinkers are absent from work much more often than other people. When people miss work because of their abuse of alcohol, they are neglecting their job responsibility, meaning other people have to do their work for them. Even when chronic drinkers come to work, their performance often suffers because alcohol has lowered their mental and physical abilities. As a result, they cannot work to their full potential. In that case, their employers suffer financial losses. In the end, society as a whole loses. Alcoholism lowers the productivity and efficiency of the country, making us less competitive with other nations. When we are less able to compete with other countries, the entire American system suffers.

Families

*Many Family
Problems Can
Be Blamed on
Alcohol*

Many family problems or quarrels can be blamed on alcohol. Alcohol is often involved in domestic or family violence. Homes are more likely to break up if husbands or wives cannot control their drinking. The human cost is great. Children suffer emotionally and psychologically when they see their parents' rocky relationship end in separation and divorce.

Alcoholics do not make good parents. Their children are more likely to suffer from physical or emotional neglect. Physical abuse or sexual abuse

*Alcoholism and
Child Abuse/Child
Neglect*

is more common also in homes where one or both parents are hopeless drunks. A large percentage of children placed in foster care come from homes in which one or both parents have a drinking problem.

Health

*Increased Health
Care Costs*

Alcohol is linked to many health problems and is one of the reasons why our health care costs are rising so rapidly. If this country as a whole would use less alcohol, our health care and insurance costs would be much lower than they are now.

*Direct Health
Consequences*

The health consequences of drinking can be immediate. Consuming too much alcohol in a short time can be fatal, causing coma, failure of breathing, and death. Long-term use of alcohol can result in ulcers and cirrhosis of the liver. Alcohol is also believed to cause pneumonia and some forms of cancer.

*Alcohol-Related
Death and Injuries*

After heart disease and cancer, alcohol is the third largest cause of death in this country. It is involved in half the highway deaths in this country every year. Alcohol-related car accidents are the largest cause of death among young people from 15 to 24 years old. Drunkenness is also the reason for more work-related injuries and deaths than any other cause.

Alcohol and Driving

Teenagers Cause More Alcohol-Related Accidents and Deaths Than Any Other Age Groups

People who make it a habit to drink and drive at the same time cause more traffic accidents and traffic deaths than any other group of drivers. The worst offenders are young drivers aged 16 to 21. Although teenagers are only 7 percent of the driving population, they cause 15 percent of all alcohol-related accidents and 18 percent of such deaths. As a group, young drivers have less experience with drinking and driving. They also have less tolerance for alcohol. This makes drinking and driving especially dangerous for teenagers.

Drinking and Driving Is More Dangerous At Night

Drinking and driving is more dangerous at night because alcohol reduces our ability to see clearly—the eyes take longer to adjust to bright lights. Alcohol also slows down our movements, causing us to take longer to react to danger. Our eyes are more easily dazzled by oncoming headlights, making it harder for us to see potential danger. Slower reflexes also make it harder for us to control our car when we find ourselves in a dangerous situation.

Alcohol Affects Judgement or Ability to Make Good Decisions

Alcohol affects our judgment or ability to make good decisions. When people drive, they make decisions affecting their actions. Suppose a driver sees another car approaching a stop sign without slowing. Should he wait or go first because he has the right of way? If the driver has been drinking, he is more likely to take a chance that the other car will stop at the last moment. This is not a good decision. If the other car fails to stop, the driver may be unable to avoid a serious accident because alcohol has reduced his ability to react quickly.



Never Drink and Drive No Matter How Few Drinks Are Taken

People's driving is affected after only a few drinks, even though they may not appear drunk. Ability to drive safely is affected as soon as a person takes even a single drink. When it comes to drinking and driving, the only sensible decision is **never** to do both at the same time. Alcohol and driving simply do not mix. One or two drinks may seem unimportant but the result can mean the difference between life and death—whether for drunk drivers or blameless victims.

Blood Alcohol Content (BAC)

Measuring Blood Alcohol Content (BAC)

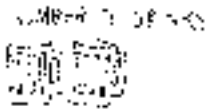
Blood alcohol content (BAC) tells us the percentage level of alcohol in the bloodstream. There are many ways to measure someone's BAC. A well-known method is the breathalyser test, which makes use of a person's breath sample. Testing blood or urine samples can also measure a person's BAC level.

Legal Limits of BAC

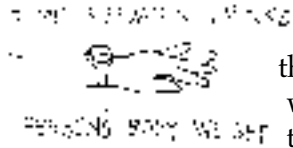
Anyone caught driving with a BAC of .10 percent is guilty of drunken driving (or DWI—driving while intoxicated). If the BAC level is between .05 and .10 percent, the person can be charged with DWAI—driving while ability impaired. This is a less serious offense than DWI.



By law, a police officer can arrest anyone the officer suspects of driving under the influence of alcohol. The officer can ask the suspect to take the breathalyser or other blood alcohol test. **The arrested person does not have the right to refuse.** In fact, the test is not necessary to prove a person's guilt. A court of law can convict you based on the officer's word about your appearance and behavior at the time of your arrest. Refusing to take a BAC test would be considered another offense in addition to drunken driving. If the accused is later found innocent of drunken driving, his or her driving license may still be canceled for refusing to take the blood alcohol test.



A person's blood alcohol content (BAC) depends on three things: the number of drinks taken, the time interval between drinks, and the person's body weight.



The number of drinks consumed is more important or significant than the kind of alcoholic drink. An ounce of liquor, four ounces of table wine, and a 12-ounce can of beer all count as one drink. Each drink has the same effect on any one person. One drink is not safer than the others since any one drink will add about .02 percent to the BAC of the average person.



It normally takes about an hour for the effect of a drink to wear off. So, if someone takes more than one drink per hour, his BAC starts to increase. Taking two or three drinks within two hours will result in a BAC of .05–.10 percent. This is enough to affect most people's driving. Drinking five or six drinks within two hours is usually enough to make a person drunk or intoxicated with a BAC of .10 percent or more.

Alcohol May Affect Women More Than Men

Individuals who weigh much more than the average person may be able to drink more, but the difference is not much. For example, people weighing 240 pounds will start to feel the effect of alcohol after three or four drinks within two hours. If they take six or seven drinks within two hours, the law will consider them drunk based on their BAC levels.

Some scientific studies have produced evidence that women become drunk more easily and take longer to become sober once they are drunk. Thus, it may be a good idea for a woman to allow more time to pass after drinking before she drives again.

Reducing Alcohol-Related Driving Accidents

How To Avoid Alcohol-Related Accidents

The only sure way to prevent alcohol-related car accidents is not to drink any alcohol. That is probably too much to expect of young people out to have fun. If you are going to drink, the following rules may help to reduce the chance that you might get involved in an accident.

Choose A Designated Driver



- When several people are drinking together, pick one person in the group to be the “designated driver.” This person agrees not to drink any alcohol so that he can do the driving for anyone who might be drunk later.
- If no one agrees to be the designated driver, arrange to stay overnight, ride home with a friend who doesn’t drink, or take a taxi.
- Before the drinking begins, give your car keys to a friend who does not drink. Make the friend promise he will not let you drive unless you are completely sober.
- Don’t drink without eating a good meal first. Eat snacks as you drink. Drink slowly. Don’t take one drink after another in quick succession.
- If you are having a party, arrange to have fun activities so that your guests will have other things to do besides drinking.



Take Prevention Steps Before Drinking Begins

The time to act on this advice is before the drinking begins, i.e., before the alcohol affects your judgment. Once that happens, you will probably begin to feel that these rules are stupid. Alcohol affects people’s ability to make good decisions and gives people a false sense of security. After a few drinks, you may even become angry if a friend tells you it is not safe for you to drive.

Treatment for Alcoholics

<i>More Education Needed</i>	We need to educate people about the disease of alcoholism. People must understand this important message: Alcoholism is a disease. At the same time, we must be ready to help alcoholics who wish to cure themselves of the disease. People should understand that an alcoholic is not a bad person, just someone who needs help.
<i>A Disease We Don't Understand Well</i>	What is alcoholism? As we have said, it is a disease. Some people become addicted to alcohol while other people do not. Nobody knows why. Some alcoholics have a parent who is also an alcoholic, so alcoholism may be inherited. It almost always happens slowly over a long period of time. Alcoholics often do not realize they are becoming addicted to alcohol until too late.
<i>The Alcoholic Is Responsible for Controlling His Disease</i>	Alcoholism can be compared to the disease of diabetes. Diabetics are not responsible for being ill, but they are responsible for learning how to control and manage their disease.
<i>Some States Require Parental Involvement</i>	Treatment laws require the involvement of parents. Some states have passed new laws making it necessary to inform the parents of a minor (person under the age of 18) if their child is having a problem with alcohol. Opportunities must be given for the parents to be involved in the treatment program.
<i>When Parents Need Not Be Involved</i>	There are two exceptions to the above law. If a judge or doctor believes that the parents' involvement would be harmful to the treatment process, then an exception can be made. If the parents refuse to accept the treatment that a doctor recommends for their child, then another exception can be made.
<i>Try Disciplinary Actions First</i>	There are different approaches to treatment. Once parents discover that their teenager has a drinking problem, the first step is to talk. Sometimes the problem can be solved by disciplinary actions such as suspending the teenager's car privileges or stopping his or her allowance. That, however, will not stop the real problem drinker from drinking. Instead, professional help is needed.
<i>Different Levels of Professional Treatment</i>	There are several levels of professional treatment. Treatment can begin with individual therapy, including counseling. Joining groups such as Alcoholic Anonymous, can also help. If those steps fail, the teenager may have to join a day-treatment program. He or she will live at home but go to the center every day to receive treatment. If this fails again, then it is time to consider residential programs. Under this arrangement, the teenager moves out of his home to stay in a treatment facility. While there, he or she will receive professional help and be supervised 24 hours a day.

Places Helping Alcoholics Nationwide

- Alcoholics Anonymous
10 Manhattan Square Drive
Rochester, NY 14607
(716) 232-6720 (Voice) [no TDD number]

- Alcoholics Anonymous
468 Park Avenue South
New York, NY 10016
(212) 686-5454 (TDD)
(212) 686-1100 (Voice)

- School of Medicine and Substance Abuse Resources for Disabled
Individuals
Wright State University
Dayton, OH 45401
(513) 873-3579 (Voice/TDD)

- Substance Abuse Information for the Disabled
1331 F Street NW, Suite 800
Washington, D.C. 20004
(202) 737-0645 (TDD)
(202) 783-2900 (Voice)

Sources: National Council on Alcoholism; New York State Division of Alcoholism and Alcohol Abuse; World Research, Inc.; and National Institute on Drug Abuse (courtesy of RIT's IMPACT program and Drug and Alcohol Council, Inc.; Rochester, New York).

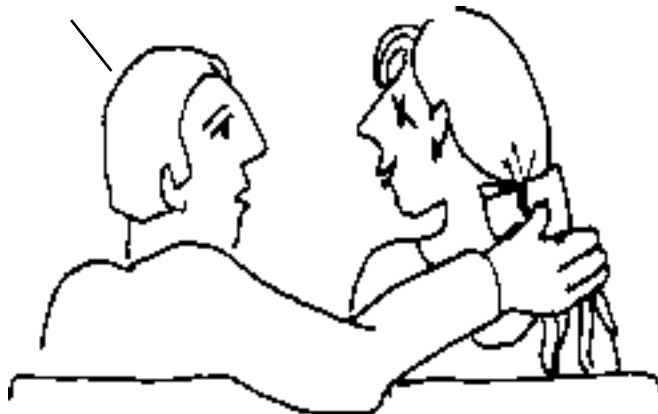
Important Terms

- Alcohol :** A drink that is intoxicating; a type of legal drug that can cause changes in behavior.
- Alcoholic :** A person whose drinking controls or influences his daily life (relationships with family and friends; performance at work or school, etc.) If a person becomes an alcoholic, he or she can never safely have a social drink again.
- Alcoholism :** A disease or illness that is the result of uncontrollable drinking.
- Designated Driver :** A person who agrees not to drink any alcoholic beverages so that he or she can safely drive friends home after a party or social get-together.
- Domestic Violence :** Violent behavior, such as wife or child abuse in the home.
- Drug :** A chemical that changes a person in four ways: (1) physically, (2) emotionally, (3) mentally, and (4) behaviorally.

Values and Teenage Sexual Behavior

Sex and Values.....4
Judeo-Christian Beliefs and Sexual Morality.....4
The Sixties: Social Upheavals and Changing Values.....5
The Nineties: Newfound Sexual Morality.....6
Sex and Teenagers.....6
Sexual Freedom Versus Sexual Promiscuity.....7
Teenage Sexual Behavior.....7
Statistics on Teenage Sexual Behavior.....8
Why Do Teenagers Have Sex ?.....9

"If you really love me..."



Meg

Meg has quarreled again with her mother. She seems to do nothing but quarrel with her mother these days. Meg blames her mother. Her mother is always picking on her, asking her to clean up her room, do her homework—stupid stuff like that.

This time her mother wants Meg to stop seeing Brian. Brian is Meg's boyfriend. Her mother caught them making love in Meg's room when she brought them some snacks. Her mother thought they were doing their school work. Meg thought her mother should have knocked first.

Meg and Brian are both seventeen. They are going steady and Brian is always asking Meg for sex. If she refuses, he gets angry and says she does not love him. Meg usually gives in to his wishes because she does not want to lose him. Besides, all her friends are doing it. They will think that she is "uncool" if they find out she said "no" to Brian. Meg wants to be like her friends.

Meg's mother told her she was too young to have sex, but Meg felt her mother had no right to tell her what to do. She told her mother, "I am seventeen and that is old enough. I am an independent adult. I will do what I want with anyone I like. You have no right to interfere in my life."

Katie

At the age of 17, Katie Cummings has discovered that her life is in a terrible mess. Last week, she found out that she was pregnant. When Katie told her boyfriend she was pregnant with his child, he called her a "cheap slut" and told her to get an abortion. Her parents were not very understanding either—they told her, "If you play with fire, you are bound to get burned." Yesterday, Katie's parents kicked her out of the house.

Staying at a friend's house, Katie now has to make some important decisions about her pregnancy. She is smart enough to know that she probably will not find a good job without a college education. Moreover, Katie's only job experience has been working summer's at a fast-food restaurant near her house. She knows she will not be able to support her baby on minimum wages. Katie doesn't even think about getting an abortion—this is against both her personal and religious values. Katie is now giving serious thought to adoption. She feels that this might be the best option for herself and her baby.

Alicia

Alicia is a sophomore in high school and her boyfriend, Joe, is a senior. They fell in love and became sexually active soon after they started dating. Alicia used spermicidal foam to protect herself from getting pregnant. She asked Joe to wear a condom, but he told her condoms were "uncool" and uncomfortable. Eventually, Alicia began to feel guilty when she insisted that he use a condom. Afraid that she might lose Joe to another girl, Alicia started to use only spermicidal foam when she and Joe had sex. Several months later, she discovered that she was pregnant. Joe dropped out of high school and got a job at a convenience store. Alicia stayed in school, married Joe and raised her baby with her mother's help. Alicia has faced many problems as a wife and new mother. A lack of money is their biggest problem. The couple is constantly broke, their baby is often sick and difficult to take care of. They have been forced to live with Alicia's parents because they do not have enough money to rent their own apartment.

Alicia suffers from exhaustion and depression. Going to school full time and taking care of their baby has taken its toll on her. Joe is seldom at home and when he is, he fights with Alicia and her mother. Alicia's friends have disappeared from her life. Alicia now realizes that it is too difficult to have a baby at such a young age. She wants to go back to her own life. She is unhappy with her marriage and unhappy being a mother. Alicia blames Joe for the situation they are in—every time they fight, she yells at him for being such a spoiled brat and refusing to wear a condom.

Overview and Objectives

In Chapter 9, you will learn how people's views on sexual behavior are influenced by their personal values. Before 1960, American attitudes in sexual matters were heavily influenced by Judeo-Christian beliefs. In the 1960's, social upheaval and changing values brought about the sexual revolution. As a result, attitudes toward sex became more casual. Today, partly because of the spread of AIDS, people are beginning to take the idea of sexually responsible behavior more seriously again.

In this chapter, we will also look at the sexual behavior of teenagers. Statistics show that teenagers today are sexually active in larger numbers, at younger ages, and with more partners than teenagers in the past. We will try to understand why this happens by considering the social changes and peer pressures that push today's teenagers into becoming more sexually active than in the past.

After studying Chapter 9, you will be able to:

- Explain the meaning of values, and describe how Judeo-Christian values have influenced our ideas about sexual behavior and marriage.
- Describe how the sexual revolution of the 1960's changed society's values related to sexual behavior and marriage.
- Discuss the importance of sexual morality in the 1990's from the point of view of protecting sexual partners from sexually transmitted diseases and unwanted pregnancies.
- Provide some general statistics regarding teenage sexual behavior.
- Provide some general statistics regarding teenage pregnancy.
- Explain why many teenagers are sexually active.

Sex and Values

*What Are
 Personal
 Values ?*

People make decisions regarding sexual behavior based on their personal values. Values are those things we feel are right or necessary for a good life. For example, most people value freedom, life, health, happiness, education, etc. We learn our values from parents, teachers, peers, religious leaders, politicians, and the mass media such as television, films, radio, newspapers, and magazines.

Judeo-Christian Beliefs and Sexual Morality

*American Values
 Are Based On
 Judeo-Christian
 Teachings*

Many of the values commonly accepted in this country are based on Christian teachings. Christianity itself developed from Judaism (ancient Hebrew teachings in the Bible.) This Judeo-Christian heritage is an important part of our value system. People depend on it to guide much of their behavior. Sadly today, fewer people believe in the Judeo-Christian values in sexual matters.

*Sex Before
 Marriage Was
 Considered
 Morally Wrong*

Prior to the 1960s, most people believed that it was wrong for two people to engage in sex if they were not married to each other. People believed that being unfaithful (having sex outside marriage) was wrong. People believed in abstinence before marriage, i.e., they thought unmarried people should **not** have sex. Not all people followed this moral code, but those who did not were often shunned (looked down on) by members of their community.

*Women Were
 Expected To
 Remain Virgins*

Women especially had to be careful not to break this moral code. Men did not want to marry women who were not virgins. It was considered shameful for an unmarried woman to become pregnant. When that happened, the woman was often sent to another town to have the baby while family members tried to keep the birth a secret. Babies born in this way were often put up for adoption.

*Men Lived By A
 Double Standard*

The moral code was less strict on men than women. Some men thought that going to bed with a woman was a way to "prove their manhood." People were more forgiving in judging men than women who were promiscuous. If a man made a woman pregnant, people often blamed the woman. Usually, the man was not held responsible for the baby unless he chose to marry the woman. This double standard (one set of rules for men and another for women) was unfair.

The Sixties: Social Upheavals and Changing Values

*Great Social
Unrest During the
1960s*

Things began to change during the 1960s, when great social unrest swept through America. This was the era of the Vietnam War, the Peace Movement, the Women's Movement, and the Civil Rights Movement. Many of these movements brought about positive changes, but others weakened or eroded many of the traditional values in this country.

*Many People
Abandoned
Sexual Morality
in the Sixties*

One of those values that people abandoned was sexual morality. The sexual revolution of the 1960's actually began earlier, with the first publication in 1953 of Playboy magazine. This magazine, which was created for men, promoted the idea that sex has nothing to do with morality. Soon, some women accepted this idea too. By 1962, Helen Gurley Brown was saying in her book *Sex and the Single Girl* that single women should have sex before marriage as a way to achieve equality with men.

*Family Values
Were Replaced
By Emphasis On
Personal
Happiness*

People's views about marriage also began to change. Before the 1960s, it was common for married couples to stay together even if their marriages were not completely satisfactory. They would do this for the sake of the children. This emphasis on what was good for the family was replaced by the idea that "My own happiness is more important. After all, life is short and the kids will adjust to our divorce."

*Premarital Sex
Became More
Common*

Other social trends contributed to the decaying sexual morality. Women lost their fear of pregnancy as birth control and legalized abortion became easy to obtain. Good jobs began to require a college education; only college graduates could qualify for those jobs, forcing many young people to postpone marriage while they attended college to complete their education. Economic hardships prevented other young people from marrying early. All these factors explain why premarital sex became a common lifestyle choice among young people. People developed a casual attitude toward sex, with many people changing sexual partners frequently.

*It Became
Common For
Unmarried
Women To Have
Children*

Another important change was that it became socially acceptable for unmarried women to have children. This trend began with single women who had their own careers and were financially stable. It spread quickly and soon became a fad among teenagers without means to raise a baby properly. Today, unmarried teens give birth to tens of thousands of babies, with devastating consequences for the unwed mothers, their children, and society.

The Nineties: New-found Sexual Morality

*More People Are
 Rejecting Loose
 Sexual Morality*

There are signs that people’s attitudes on sexual freedom are changing. Many people who did not think it wrong before for a person to have many sexual partners now see such behavior as irresponsible and unacceptable. People do not believe that we should go back to the strict moral code of the past, but many people are rejecting the loose moral standards of the sexual revolution.

*AIDS and STDs
 Are Spreading:
 AIDS Can Kill*

The main reason for the changing attitude is the staggering spread of AIDS. This is a deadly disease. It has no cure so far. Thousands of people have already died from AIDS. Latex condoms lessen the risk of infection greatly but do not offer 100 percent protection. This means that the only sure way to avoid the disease is to avoid casual sex.

*Sexual Freedom
 With Self-
 Discipline Is Hope
 For The Future*

Not everyone follows this advice strictly, but the standard it recommends is gaining popularity as an ideal (something for people to strive for). Sexual freedom without discipline is a serious health risk—many people realize that now, and more people are saying we should be more responsible and less promiscuous in sexual matters.

Teen Sexual Behavior and Values

*Sex And Values
 Are Seldom
 Discussed
 Together*

Today’s teenagers must make many important decisions. One of the most important of these decisions is when or whether they are ready for a sexual relationship. Few educators agree on what to tell teenagers about sex. It is not fashionable to say it is a mistake for teenagers to have sex, so most discussions focus on preventing pregnancy and sexually transmitted diseases. Sex and values are seldom discussed together.

*Sex Should Only
 Happen In A
 Stable, Loving
 Relationship*

Yet the decision to have sex is an intensely personal one. It is only right that the decision should be based on our values. People should avoid casual sex—that should never happen. It is also a bad idea to experiment with sex. Sex should take place within a stable relationship with a loving partner. One must not only consider the other person in the relationship; one must question if one is truly ready for a relationship that involves sex.

*Having Sex
 Because Of Peer
 Pressure Is Dumb*

Too many teenagers become sexually active before they are mature. This often happens not because they want it, but because they think other people expect it. Some teens give in to the demands of a boyfriend for fear of losing him; others succumb to peer pressure—they think that everyone is doing it, so they feel they should do it, too. This attitude is wrong and immature. It is a sign of greater maturity simply to say no to sex if one is not ready for it, or if one just does not want it.

*Sex Requires
 Maturity—Kids
 Should Wait*

Sex with the right person can be a wonderful experience, but there is no need for teenagers to rush into a sexual relationship. The mass media may give the impression that all young people are doing it. That is not true—most teenagers today are not sexually active. Many still prefer to wait till they can have a sexual relationship built on love and marriage. They realize that sex comes with responsibilities such as being prepared for parenthood and protecting your future spouse and children from sexually transmitted diseases, including the deadly AIDS virus.

Sexual Freedom Versus Sexual Promiscuity

*Sex Requires
 Responsibility*

Thirty years after the sexual revolution began, sexual morality is being taken seriously again. But we cannot turn back the clock on the sexual revolution. Today's teenagers are unlikely to accept the strict moral code of the past. It is, however, reasonable to expect people to behave responsibly, in sexual as in other matters. There is a middle ground between sexual abstinence and promiscuity. In this respect, the recommendations made by Population Action International in a recent report are sensible.

*Abstinence With
 Knowledge Is The
 Key*

The report supports the notion of asking teenagers to postpone sexual activity while teaching them about birth control and sexually transmitted diseases. The report believes that teenagers can benefit from learning values that promote abstinence. At the same time, the report endorses the idea of teaching teenagers about birth control methods and sexually transmitted diseases. This is so that they know how to protect themselves if they change their minds about abstinence.

Teenage Sexual Behavior

*More Tolerance
 Today About
 Sexual Matters*

As we can see from the statistics in the next section, teenagers today are sexually active in greater numbers and at younger ages than ever before. There are many reasons why this is so. People are more tolerant about sexual matters, including being more permissive with respect to teenage sexual activity. Many believe that teenagers should have the freedom to decide for themselves whether they want to be sexually active.

*Parents Have
 Less Influence*

In many families today, both parents are working and have little time to monitor or check the activities of their teenagers, or to influence their moral choices. In fact, it is not fashionable to talk about sex as a moral issue. Many young people have no one to turn to when they need help in making a moral choice. Many families are headed by a single parent, usually the mother. Children in these families lack the guidance and discipline of a father.



Young people are also more affluent, with more money, leisure and freedom to do what they want. Their behavior and lifestyle are heavily influenced by the mass media, including television, with its casual treatment of sex. Teenagers who are impressionable and readily believe what they hear are constantly getting the message that casual sex is acceptable.

With increasing teenage sexual activity, we also are seeing more teenage pregnancies, abortions, and births. Cases of sexually transmitted diseases (STDs) have also grown dramatically. Syphilis, gonorrhea, genital herpes, chlamydia, genital warts, and AIDS will be covered in Chapter 12.

Statistics on Teenage Sexual Behavior

Source: This information is quoted from Facts in Brief, "Teenage Sexual and Reproductive Behavior in the United States, The Alan Guttmacher Institute.

Percentages of Sexually Active Teens

- Among 15- to 19-year-olds, 97% of the women and 99% of the men are unmarried.
- Among unmarried 13- to 19-year-olds, 50% of the women and 60% of the men have had sexual intercourse.

Sexual Activities More Common Among Older Teens

- Sexual activity is more common with increasing age. Among unmarried 15-year-olds, 27% of the women and 33% of the men have had intercourse. Among unmarried 19-year-olds, the figures have grown to 75% of the women and 86% of the men.

Teenagers Now Have First-Time Sex at Younger Ages

- Teenagers have first-time sex at younger ages. In 1982, 19% of unmarried 15-year-old women have had intercourse. In 1988, the figure had grown to 27%. In 1979, 56% of unmarried 17-year-old men in large cities have had intercourse. In 1988, this figure had jumped to 72%.

Sexual Activities Vary with Race

- Teenage sexual behavior varies according to race. Among 15- to 19-year-old men, 81% of blacks, 60% of Hispanics and 57% of whites have had intercourse. Among 15- to 19-year-old women, 59 percent of blacks, 45% of Hispanics, and 48% of whites have had intercourse.

More Teens Now Have More Than One Sexual Partner

- More teenagers have two or more sexual partners. Among women aged 15 to 19, 60% reported having had more than one sexual partner. (This information is crucial to understanding the spread of sexually transmitted diseases in Chapter 12.)

Most Don't Use Contraceptives

- Most teenage girls do not use contraceptives (birth control methods) the first time they have sex.

Why Do Teenagers Have Sex

Peer Pressure

Peer pressure plays a major role in teens having sex. Often teenagers brag about their sexual experiences. Sometimes this bragging is based on exaggerations and lies, but other kids do not always realize this. Teenagers may give in to pressure to engage in sex in order to be accepted by their friends. They feel that if others are doing it, then they should do it too. Giving in to peer pressure means teens let other people make decisions for them; teens who give in to peer pressure lose control over their own lives.

IF YOU REALLY
 LOVE ME ...



Sometimes the pressure comes from a boyfriend. The boy might say to the girl, "If you really love me, you will prove it by having sex with me." She might worry that if she doesn't give in to him, then he will leave her for another girl who is willing to have sex. Teens need to understand clearly that a person who loves you will not try to control you. A boyfriend who loves you will not ask you to do something that you are not comfortable with. Real love means both people are willing to wait until they are both ready before entering into a sexual relationship.

Pressure from Boyfriend

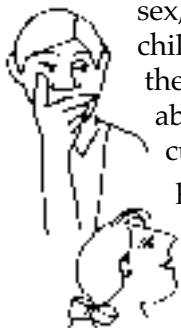
Real love means both people are willing to wait until they are both ready before entering into a sexual relationship.

To Show Independence

Teenagers may become sexually active to show their independence. Sometimes they use their behavior to show that their parents no longer can control them. An example of this rebellious attitude is when someone says "I am an adult and I will do whatever I want, with whomever I want, whenever I want." Rebellious behavior often causes more problems for teenagers. In real life, teens who have sex as a way of rebelling often hurt themselves more than anyone else.

Children may get **mixed messages** from what they see and hear about sex on television, in movies, in magazines, and in books. Many parents feel uncomfortable talking about sex with their children. When parents do not answer their children's questions about sex, they are sending a mixed message. On the one hand, children realize that sex is important in their lives. On the other hand, they see that their parents are uncomfortable talking about it. Mixed messages make teenagers curious, and curiosity often makes them want to experiment.

FAMILY



MEDIA



Many schools do not teach about sex and male-female relationships. Only seventeen states require their schools to provide comprehensive sex education. Thus, teenagers who are unable to talk to their parents about

sex may also be unable to talk about it with an adult in school. As a result, they will be tempted to find out for themselves by experimenting.



Sex is glorified on television and in movies. Children spend more time watching television than any other activity, except sleeping. Most families have their television on for approximately seven hours a day. Soap operas, talk shows, and movies all glorify sex, making it seem so special and wonderful. There is little information on television related to birth control or pregnancy. Teenagers seldom see programs that show how an unwanted pregnancy can ruin both the life of the mother, father, and their baby.

*Hormones:
Growing Up*

Hormones play a role in teenage sexual activity. Hormones are chemicals produced by the body that help children develop into adult men or women. Hormones become more active when teens reach puberty. These hormones make teens feel sexually excited. In girls, hormones are responsible for breast development and the onset of menstrual periods. In boys, hormones are responsible for the onset of wet dreams and penile erections. Teenagers need to understand that sexual feelings are normal and natural. They also need to know that they can control these feelings.

Important Terms

- Abstinence:** Avoiding sex because of moral or religious beliefs, as a way to practice birth control, or to avoid sexually transmitted diseases. Abstinence is the only 100 percent effective method of preventing pregnancy and sexually transmitted diseases.
- Contraceptives:** Contraceptives are chemical substances or devices that prevent pregnancy. Examples include birth control pills, condoms, contraceptive foam, and diaphragms.
- Contra = against**
- ceptives = the act of becoming pregnant**
- Double Standard:** Different rules of behavior for men and women, e.g., saying sex is wrong for unmarried women but not so bad for unmarried men.
- Hormones:** Chemical substances produced in the body and released into the blood stream, causing boys and girls to develop into men and women.
- Peer pressure:** Pressure exerted by people of the same age which influences a member of the group to think, act, or behave as the others in the group do.
- Promiscuity:** Immoral behavior of a person who has many sexual partners.
- Sexual Intercourse:** Sexual contact between two people, usually involving the penis and the vagina.

3. What are people's beliefs and values about sexual morality in the 1990's?
How do these beliefs or values protect sexual partners from sexually transmitted diseases and unwanted pregnancies.

4. Give various reasons why many teenagers today are sexually active.

Teenage Pregnancy

Why Teenage Pregnancy Occurs5
Statistics on Teenage Pregnancy.....6
How Will Becoming a Teenage Mother Affect the Girl ?.....7
How Will Becoming a Teenage Father Affect the Boy ?.....8
Options Available to Pregnant Teens9
Future Prospects of Babies Born to Teenage Parents11
How Teenage Pregnancy Affects Society.....12

" I've always gone out before and I'm not going to stop now !"



Jo Ann

When Jo Ann found out that she was pregnant, she decided to have an abortion. She was only seventeen and she decided she would not be able to bring up the child properly. Chris, her boyfriend, offered to marry her, but she decided against the idea. Her school counselor suggested putting the baby up for adoption, but Jo Ann did not want to go through with the pregnancy.

She consulted her family doctor and made an appointment to have an abortion at a clinic recommended by the doctor. While she waited for the day, Chris visited her often. Chris planned to pay for the abortion by working at a local McDonald's. Although Chris was supportive, Jo Ann still felt she was all alone in the world. The decision to have the abortion was a difficult one.

Her mother worked and could not come with her on the day of the abortion. Instead, Jo Ann asked a classmate to accompany her. Chris offered to go with her, but Jo Ann did not want Chris with her for the abortion. She could not explain why. She just felt it was not right.

The clinic was clean. The doctors, nurses, and assistants looked professional, which made Jo Ann feel better. The procedure was over in ten minutes. That night Jo Ann's mother fixed her some chicken soup, but Jo Ann did not eat much. She was experiencing some severe cramps and felt groggy. Chris came to visit her, and held her hand until she slept. After that, Jo Ann never saw Chris again.

Jane

At 4:00 a.m., Jane woke up for the fourth time in the night, to a high-pitched cry from Ashley. As Jane walked across the room to her baby's crib, an awful smell of vomit and diarrhea filled the tiny, one room apartment. As soon as Jane picked up her daughter, she knew something was terribly wrong—her baby was "burning up" with a high temperature.

Jane called her baby's pediatrician when the thermometer read more than 103. The doctor prescribed a dose of Baby Tylenol and told Jane to give her baby a lukewarm bath.

By 6:00 a.m., Jane had finally gotten her baby back to sleep again. Though she was exhausted, she stumbled to the baby's crib, changed the sheets, and told herself she would wash them first thing in the morning. Jane knew she wouldn't be able to go to work tomorrow. She would have to call in sick. She knew her boss was getting ready to fire her—she had missed so much work that he really had no choice. Jane knew she would have to get her baby to the doctor but wondered how she would pay the bill. Depressed and alone, Jane felt like life was one problem after another. She wished she could run away and hide from everybody and everything!

Travis and Carol

Travis and Carol were sweethearts in high school. When Carol became pregnant, Travis accepted responsibility and dropped out of school to marry her. At the time, Carol was seventeen and Travis eighteen. Travis got a job at a local grocery store. Carol continued going to school for a while, but dropped out after her condition became obvious. She felt embarrassed by the looks people gave her.

After the baby was born, they lived for a while with Carol's parents. But the house was small. The cramped space and the stress of looking after the baby was too much for Carol. She began to quarrel frequently with her parents, so Travis moved her and the baby to a rented trailer. Travis' job paid poorly, so even though they were renting a cheap trailer, they often had to ask their parents for money to buy groceries.

Carol took care of the household finances. Travis gave her his entire paycheck. In return, he received a daily allowance of \$5. After paying for gas, there was usually not much left. Travis liked to go out with friends to have a good time, but now when they asked him, he had to refuse because he could not afford it. Whenever this happened, he would feel bitter and hopeless about his future. He questioned how he could ever make decent money without a good education. Now and then he would ask Carol to increase his allowance. When Carol said they could not afford it, he would get mad. Carol feared he would hit her one day.

Carol, too, is worried about their future and that of their baby. She wants to go back to school for her high school diploma. But who will look after the baby when she's in school for classes? And how can she find time to do schoolwork? The baby needs her attention all the time and they cannot afford a baby-sitter. Carol's parents are retired, so she is thinking of asking them to baby-sit for her.

Travis does not think much of Carol's plan. He said, "What type of work can you get with a high school diploma?" Carol replied, "Let us take it one step at a time."

Nancy

Nancy Campbell's parents divorced when she was 15 years old. It was a messy divorce, filled with anger and bitterness. After the divorce, Nancy's brother went to live with their father and Nancy lived with her mother. Nancy's mother began to work full-time which resulted in Nancy being left unsupervised for long periods of time. Nancy experienced depression, loneliness, and felt abandoned by her parents.

With so much time on her hands, Nancy began to look for love in the wrong places. She dreamed of finding someone who would really love her. She thought that the only way she was going to keep a boy was to have sex with him. Soon, she started sleeping around, knowing her mother was too busy with her own problems to ever notice what she was doing.

As time passed, Nancy's mother began to date and bring men home. Nancy, who still felt loyal to her father, became jealous and resentful. She became more determined to "find a guy and settle down" so that she could move out of her mother's house. At age 16, Nancy became pregnant.

Her life began to unravel with her pregnancy. Because she had been sexually involved with many boys, she was not sure who was the father of her child. Nancy is now trying to figure out what to do. She still has not told her parents that she is pregnant.

Overview and Objectives

In Chapter 10, we will discuss the problem of teenage pregnancy. We will try to understand why many teenagers become pregnant by not using birth-control methods to protect themselves. We will look at national statistics related to this serious problem of teenage pregnancy in this country.

We will discuss how becoming parents at a young age can affect the life prospects of both teenage mothers and fathers. We will examine the options available to teenagers who got pregnant. We will also discuss the life prospects of babies born to teen parents.

Finally, we will discuss the impact of teen pregnancy on society in terms of economic costs.

After studying Chapter 10, you will be able to:

- List at least five reasons why teenage pregnancies occur.
- List some national statistics regarding teenage pregnancy.
- Describe how becoming a mother is likely to affect a teenager in terms of educational achievement, welfare dependency, earning power, health problems and chances to marry.
- Describe how becoming a father is likely to affect a teenager in terms of educational achievement and earning ability.
- Discuss what options are available to teenagers who becomes pregnant.
- Discuss how the life of a baby born to teenage parents will be affected.
- Discuss the financial costs to society of teenage pregnancy.

Why Teenage Pregnancy Occurs

*Many Teens
 Don't Use
 Contraceptives*

Teenagers often do not protect themselves against unwanted pregnancies by using contraceptives (birth control methods). Research shows that many teenagers who have sex regularly do not use any contraceptive method. We will look at some reasons why they behave in such an irresponsible way.

*Sex Happens
 Without Planning*

Sometimes sex "just happens" without planning. Girls who did not plan to have sex might be talked into it by their boyfriends. Contraceptives are rarely used when sex happens on the spur of the moment, i.e., without planning. Teens need to remember that "accidents cause people."

*Ignorant About
 Contraceptives*

Some teenagers may be ignorant about contraceptives. Sometimes teenage girls become pregnant without even knowing what caused them to become pregnant. This kind of ignorance is quite rare now. Most teens nowadays know what causes pregnancy and what can be done to prevent it.

*Embarrassment
 or Fear of
 Discovery*

Teenagers may be embarrassed to buy contraceptives at a pharmacy or grocery store. They may also be afraid to ask for contraceptives at a clinic, thinking that they would have to be examined by a doctor and so risk their parents finding out about their sexual activities.

*Ineffective
 Contraceptive
 Methods*

Sometimes teenagers try to protect themselves, but use ineffective methods, such as the rhythm or withdrawal methods. They may refuse to use a particular contraceptive, thinking it might be harmful to their health. Young girls may even be naive enough to believe their partners who say, "Do not worry. I will pull out in time so that you won't get pregnant."

*No Precaution
 because of
 Uncontrolled
 Sexual Desire*

Teenage boys may experience such a strong sexual desire that they don't care if their girlfriends get pregnant. Some teens may be trying to prove that they are a "real man" or a "real woman." They might also be trying to prove how attractive they are to their partner.



Some teenager girls may secretly want to get pregnant. They may really want a baby because they believe that having a baby will give them what they want out of life: to move out of their parents' house, to quit school, or to get married. They may be unhappy because they are doing badly in school, and know they will never go to college. Perhaps they have no goals or dreams for the future. They feel unloved and long for something to fill the emptiness of their life. They think a baby is someone they can love who will love them in return.

Some girls become pregnant to find out if their boyfriends truly love them. They do not know if their boyfriends really care for them, and

*To Test a
 Relationship*

think becoming pregnant is a way to find out whether their boyfriends love them enough to marry them. Pregnancy becomes a “test” of the relationship. This test rarely works out. Eighty percent of pregnant teen girls do **not** marry the boys who made them pregnant.

Statistics on Teenage Pregnancy

National Statistics

- The Alan Guttmacher Institute, a research organization that studies pregnancy, reports that in the United States, 1.2 million teenagers become pregnant each year. This means 3,287 teens become pregnant each day.
- According to the Center for Disease Control and Prevention, in Atlanta, about 1 million teens became pregnant in 1990. (Slightly more than half gave birth—a total of 521,626 babies.)

*3,000 U.S.
 Pregnancies
 Each Day*

From the two sets of statistics above, we can see that approximately 3,000 teenagers become pregnant each day in the United States.

Other Important Facts

The United States has the highest rate of teenage pregnancy of all developed countries: twice as high as England, France, and Canada; and more than six times as high as the Netherlands.

- In one study, 30,000 teenagers who became pregnant were under age 16 when it happened.
- 50% of all teenage pregnancies result in births. That means about 500,000 teenagers give birth each year.



- 400,000 teenagers have an abortion.
- 50,000 teenagers give up their baby for adoption.
- The rest of these teen pregnancies either result in a miscarriage (the baby dies before it is born) or in a stillbirth (the baby is dead at birth).

How Will Becoming a Teenage Mother Affect the Girl

*Lower Educational
 Achievement and
 Welfare
 Dependency*

The most important effect is the lower educational achievement of teenage mothers as a group. Fifty percent of teenagers who give birth to a child before age 18 drop out of high school. Teen mothers who drop out of school and do not attend college have only a small chance of finding a job that will pay well enough to build a good life for themselves and their children. It is more likely that these girls and their children will have to live on welfare.

*Problems
 Balancing Career
 and Childcare*

If teen mothers are lucky enough to find a job, they often discover that it is difficult to balance their work with taking care of their child. They must constantly figure out problems such as “who will take care of my baby if he is sick and my boss will not let me stay home from work” or “who will take care of my baby if I am very sick.”

*Lower Earning
 Power*

Teenage mothers have much less earning power as a group than other people. They typically earn only half as much as other women. Salaries are based on education, training, and experience. Teen mothers with little education and few job skills can seldom compete successfully with other young adults who have better education and are more highly skilled.

*Economic
 Consequences of
 Single Motherhood*

The lower earning power of teenage mothers means they are less likely to save enough money to buy a house, to pay for themselves or their children to attend college, or to start up a business for themselves. Some economists believe the rising trend in single motherhood could destroy the economic base of our country.

*Poverty and Effects
 on Child*

Teenage mothers and their children often live in poverty. This is tragic, especially for the children. Children who grow up in poverty seldom receive good health care, nutrition, and education. It is always harder for such children to realize their goals and dreams for the future.

*Pregnancy-Related
 Problems*

Expectant teenagers suffer more pregnancy-related health problems than older women. They are at greater risk from serious illness, medical complications, and even death, both during pregnancy and childbirth.

*Reduced Marriage
 Prospects*

Marriage chances are slim for teen mothers. Statistics show that 80% do not marry the father of their child. Single mothers have a more difficult time meeting eligible men who want to marry them. Many men are unwilling to love or raise a child that is not their own. When teenagers marry because of pregnancy, the marriages often end in divorce. Teen couples are often too young or immature to cope with the stresses and responsibilities of taking care of a child.

Stresses of Single-Parenting

Teenagers who try to raise their baby as single mother: often experience many problems. The stresses of raising a child alone are exhausting and could cause teen mothers to abuse their own babies.



How Will Becoming a Teenage Father Affect the Boy

Courts Can Order Teen Fathers to Pay Child Support

All states have laws requiring parents to support their children financially. Even if teen parents are not married, the mother of a child can ask the court to order the father to pay part of the costs of raising the child. In New York State, the father can be ordered to pay 17 percent of his annual salary, less social security taxes (FICA), to support a child. For two children, the amount is 25 percent.



The financial burden of paying child support often causes teen fathers to drop out of high school, to give up or delay dreams of college. Only 39 percent of teen fathers are high school graduates when they reach the age of 20. This compares with the figure of 86 percent for those who did not father a child until later. Teen fathers are only half as likely to finish college. They typically work at lower-paying jobs which demand fewer skills.

Teenage fathers have some legal rights but not others. Each case is looked at on an individual basis. If the father is financially unable to pay support, the judge may still allow the father to visit the child. On the other hand, if the father is able to pay support but fails to do so, the judge could withhold or deny visitation rights to the father. A teenage father also has the right to sue for custody of the child if he thinks the child's mother is not raising the child properly. But he has no right to decide what will happen to the pregnancy. He cannot pressure the girl to have an abortion or to keep the baby. He cannot force the girl to marry him. He can only tell the girl what he thinks and feels about the pregnancy.

A Teen Father Has Some Legal Rights But Not Others



Options Available to Pregnant Teens

Marriage

*Teen Marriages
 More Often End
 in Divorce*

Teen couples with a baby can marry, but such marriages usually end in divorce. People change a lot between the ages of 18 and 30. Ideas of who they are, what is important to them, and what they want to do in life can change a great deal in those years. Young people will often grow in opposite directions and become incompatible with one another.

*Money Problems
 in Teen Marriages*

Money problems are very common in teen marriages. People who did not finish school and have little job training or work experience will find it hard to make enough money to support a family, to buy a house, or to live comfortably. Money is a common reason why married couples fight.



Teen parents must focus first on the needs of their baby, and only after that on their own needs. This may mean giving up their friends and social life because there is no time or money to do the things they once liked to do. This can cause conflict or quarrels. Teen boys may think, "I have always gone out drinking with the guys on Friday night and I'm not going to stop now." If he is determined, the girl may get jealous or angry unless she has the same freedom. Young couples often fight over who should take care of the baby.

*Teen Parents Are
 Poorer and More
 Likely to be on
 Welfare*

In general, teenage parents are less able to handle career and work because they are less educated. They are poorer than the general population and are also more likely to be on welfare.

Abortion



Teen girls can ask for an abortion. This is a surgical procedure that removes an unborn baby or fetus from the mother's uterus. In some states, teenage girls must have their parents' approval before they can get an abortion. No state requires them to get their boyfriend's permission although boys have the right to tell their girlfriends what they think and feel about the abortion. Girls should ask for counseling before deciding to have an abortion since it is a procedure that cannot be reversed.

Adoption

*A Teenager Can
 Give Up Her Baby
 for Adoption*

Teenagers can have the baby and put it up for adoption. Young girls who become pregnant by accident are often not mature enough to be good mothers. They must consider carefully if they can take care of the physical, mental, and emotional needs of their baby. If not, they should consider giving up their baby for adoption.

*Adoption Often
 in the Best
 Interests of the
 Baby*

Adoption is often in the best interests of the child. The couple who adopt the child will be older people who are making a conscious choice to share their lives with the child. They are often loving parents. An unmarried teenage father cannot prevent the mother from giving up the baby for adoption. However, he can sue for custody if he thinks he can take better care of the child.

Single Parenting

*Single- Parenting
 is a Challenging
 and Difficult Job*

Sometimes teenage girls give birth and raise the baby as a single parent. This can be a difficult and challenging job. A single parent is faced with the responsibility of caring for a child 24 hours a day, 7 days a week, 365 days a year, for the next 18 or more years. There will be no vacations; single parents are never entirely free of worries about their child.



*A Teen Mother's
 Routine and Life
 Will Change*

Single parents usually experience more problems with money. In today's world, it is difficult even for two married people to support a child. Teen parents with a limited income from low-paying jobs or from welfare will find it very difficult to pay for living expenses, such as rent, food, medicine, clothing, education, and so on. They often have to put the baby's needs first and ignore their own.

Teenager's routine and life will change completely after their baby is born. They may have to stop seeing their old friends as they will no longer have as many things in common with them as before. At first some friends and family members may help to take care of the baby, but this will end quickly as they begin to consider them as parents and no longer children.

*Spending Lots of
 Time Alone with
 Baby*

Teen mothers are often surprised at how much time they spend alone with their baby. They often have to give up activities that they enjoyed before. A baby needs a definite routine; it would be too hard on the baby if the mother is always going out with friends and carting the baby around with her.

Future Prospects of Babies Born to Teenage Parents



Babies born to teen parents usually do not have a good future. Studies show that the future of babies born to teen parents is often not positive. They are more likely to be low birth-weight babies. Low birth-weight babies have more health problems throughout childhood. They require more medical care and hospitalizations, which their parents cannot afford. The total lifetime medical costs for each low birth-weight infant averages \$400,000. Teenagers can greatly reduce the risk that their baby will have these problems if they get good prenatal care (medical care before their baby is born.)

Babies born to teen parents are more likely to develop behavior problems in school, and as a result, they tend to do poorly compared to other students. Low educational achievement is a common problem, translating into reduced earning power later in life.

*Physical, Mental,
 Emotional Needs
 of Babies*

Babies born to teenage parents often will not have all their physical, mental, and emotional needs met by their parents. Babies require a great deal of love, attention, and commitment, something that many teen parents are unable or not ready to give their child.

*Baby's Prospects
 May Not Be Good
 Even if Parents
 Marry*

Even if teen parents marry, their babies may not do well. Teenagers are often immature. They have few parenting skills. Sometimes they abuse alcohol and drugs. They often fight with each other. They face so many pressures of life that they can only provide minimal care to their babies. It is not good for babies to grow up in this kind of environment. They are more likely to become victims of child abuse or child neglect. Children of teen mothers often grow up and repeat the cycle by becoming teen mothers or fathers themselves.

*Some Teenage
 Mothers May
 Bring Up Their
 Child Well*

In rare cases, babies may do well. This depends on several factors. Teenagers who have the love and support of their families and friends may be able to do a good job of raising their child, although they will have to make many sacrifices. If they are not married, their baby still needs the love, attention, commitment, and financial support from his or her father. Both parents should be involved in the life of their child.

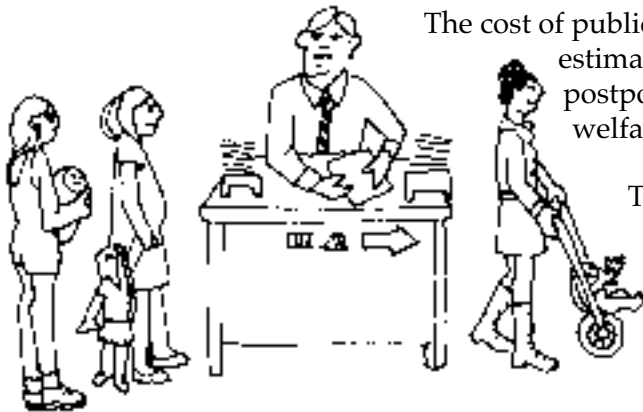
*Teen Parents
 Must Know Their
 Own
 Responsibilities*

Teen parents must understand clearly the immense responsibilities of being parents. When teenagers become parents, they must be ready to assume the responsibilities of raising their child. Those responsibilities are the most important that people can have in life.

How Teenage Pregnancy Affects Society

Costs of Public Assistance to Pregnant Teens

The financial costs that society pays for teen pregnancy are huge. Among women under age 30 who receive payments from Aid to Dependent Children (ADC), 71% had their first child when they were still teenagers. In 1989, the federal government spent \$21.55 billion on three major programs that support teenage parents. The programs are: Aid to Families with Dependent Children (AFDC), Medicaid, and Food Stamps.



The cost of public assistance given to pregnant teenagers is estimated to be \$120.3 billion. Had each birth been postponed until the mother was 20 years old, welfare programs would have saved \$48.1 billion.

The above figure is the sum spent on all families that were formed when the mother was still a teenager. It does not include additional expenses related to teen pregnancy, such as rent subsidies, day care, foster care, or special education.

Sources:

Facts in Brief: Teenage Sexual and Reproductive Behavior in the United States, The Alan Guttmacher Institute.

Teenage Pregnancy and Too-Early Childbearing: Public Costs, Personal Consequences, The Center for Population Options, 5th Edition, 1990.

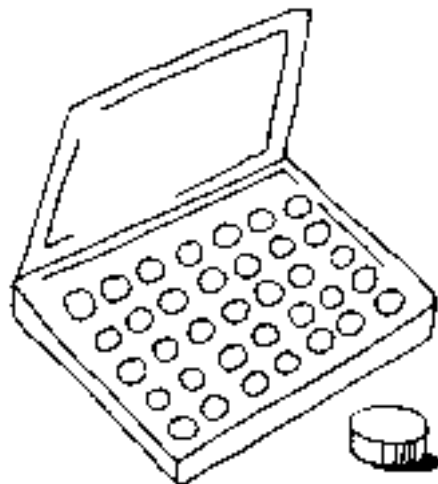
Important Terms

- Abortion:** A surgical procedure that removes an embryo or fetus from the mother's uterus.
- Adoption:** To give up the legal and moral responsibilities toward an infant or child to another family who accepts the child as part of the family and who assumes complete legal and moral responsibilities for the child.
- Child Support:** Sums of money a father pays monthly to the mother of his child as financial support for the child.
- Miscarriage:** Death of an embryo or fetus before it is fully developed in the womb.
- Single Parent:** A single person who alone is responsible for the day-to-day care of an infant or child. Single-parenting may occur due to separation, divorce or death. It may also occur as a result of choosing a lifestyle, as when a woman gets pregnant but has no plans to ever marry.
- Stillbirth:** A child born dead.

4. Describe how the life of your baby would be affected if he or she was born before you become twenty years old.

Birth Control Methods

Preventing Unwanted Pregnancy4
Abstinence5
Male Condom6
Female Condom7
Birth Control Pill8
Norplant9
Depo-Provera10
Spermicidal Jellies or Creams11
Spermicidal Foam12
Contraceptive Sponge13
Diaphragm14
Rhythm Method15
Withdrawal16



Beth

Beth became sexually active when she was 14. She went to a family planning clinic and got the pill without her parents knowing about it. Beth was 15 when she got pregnant. She had a steady boyfriend when she became pregnant. She took the pill every day at the same time, but sometimes she forgot. When this happened, Beth stopped using the pill until her next period started. Unfortunately, Beth did not use another form of birth control when she forgot to take the pill. She was shocked when she got pregnant. Beth has made a decision to release her baby for adoption. She knows that she needs to graduate from high school and that the best decision is to give up her baby for adoption. She knows that another family may love her baby and give him what he needs.

Jamie

Jamie was a first-year student in college when she got pregnant. Her boyfriend, Al, was 22 years old and a sophomore at her college. Jamie and her boyfriend had been sexually active for six months before discovering her pregnancy. Jamie's boyfriend usually put on a condom when they had sex. One weekend, however, he ran out of condoms and didn't want to take the time to go to a drugstore to buy another pack. Al convinced Jamie that he would "pull out" before he ejaculated. Now that Jamie is pregnant, she is unsure of what to do. Her boyfriend wants her to have an abortion. He says that he will leave her if she continues with the pregnancy. Jamie knows she cannot raise a baby alone. She does not know what to do.

Karen

Karen was a senior in high school when she fell in love with her classmate, Kevin. Both Karen and Kevin made plans to attend the same university and looked forward to earning a college degree. Although Karen and Kevin love each other, they have made a decision to postpone sexual intercourse. Both Karen and Kevin are high achievers. They are intelligent, motivated, and eager to build a good life for themselves. Their personal values and goals for the future have given them the confidence and strength to remain virgins until they marry.

Debbie

Debbie is a young deaf woman who is a sophomore in college and the mother of a two-year-old child. Debbie became pregnant during her senior year in high school. Her boyfriend of two years left her the same day their baby was born. He has not visited the baby or paid any child support since the baby's birth. Fortunately, Debbie has had the emotional and financial support of her parents, who are paying for her college education. During the past year, Debbie has fallen in love with Derrick. She knows that she does not want to become pregnant again until she is married and able to support herself and her children. Debbie and Derrick have gone to her doctor and asked for his advice about Norplant. She has decided to have the implant as a way of preventing pregnancy during her college years.

Overview and Objectives

In Chapter 10, you were shown some statistics related to the alarming rate of teenage pregnancy in the United States. You learned how a teenage pregnancy can affect the lives of the teen mother, teen father, and their child. You also learned how much teenage pregnancy costs the taxpayers of this country.

Whenever two teenagers have sex together, they are taking the risk of having an unwanted pregnancy. Both partners also run the risk of being infected by a sexually transmitted disease. It is the responsibility of sexually active teenagers to know the risks and protect themselves from the unwanted consequences of sex. They must learn about various methods of birth control. They must also learn how to protect themselves from sexually transmitted diseases.

In Chapter 11, we will discuss how to prevent pregnancy with contraceptives or birth control methods. Many adults hold the opinion that it is probably better for young people not to have sex until they are older, more mature, and more responsible. Unfortunately, we live in an imperfect world where young people often make decisions that are not in their best interests. With this in mind, it is the responsibility of every young person to learn how to protect themselves.

After studying Chapter 11, you will be able to:

- Identify at least five methods of birth control for women, and discuss the pros and cons of each method.
- Identify at least two methods of birth control for men, and discuss the pros and cons of each method.
- List birth control methods that also prevent the spread of sexually transmitted diseases.

Preventing Unwanted Pregnancy

*Many Birth Control
Methods Are
Available*

There are many different contraceptive or birth control methods to prevent unwanted pregnancies. It is important to realize that none of these methods are completely effective. We will discuss twelve birth control methods in this chapter. People must choose a method that works best for them depending on their lifestyle.

*Things To Consider
In Choosing a
Birth Control
Method*

Choosing a birth control method depends on many factors, such as:

- How old you are
- How many sexual partners you have
- How often you have sex
- Your goals and needs at a particular point in your life
- Which birth control method you feel most comfortable with

Each of the following sections describes a particular birth control method. It explains how the method works, describes its advantages, disadvantages, side effects, and effectiveness in preventing pregnancy.

Abstinence

Definition

Abstinence means to avoid having sex. It is what most parents want their children to practice. Abstinence can range from holding hands to very intimate behavior, such as touching each other's bodies. Abstinence is not necessarily a choice a person makes for his or her entire lifetime. A couple may practice abstinence only until both partners can be tested for HIV. Abstinence may also be a temporary choice until two partners are sure they are totally committed to each other. Anyone who has a sexually transmitted disease should practice abstinence until his or her disease is cured.

A person practices abstinence by saying "No" when someone asks to have sex with him or her. People need to be honest and disciplined with themselves and their partners in order to practice abstinence.



By saying "No" to sex, a person is upholding his or her personal values. That person can be proud of the fact that he or she is not giving in to pressure from other people. Teens need to realize that giving in to peer pressure means they lose control over their own actions, giving control to their peers. Abstinence has the advantage that a person will not have to worry about having an unwanted pregnancy or getting a sexually transmitted disease.

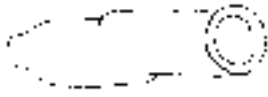
Disadvantages or Side Effects

Abstinence may be difficult to practice because of peer pressure. Sometimes a boyfriend or girlfriend does not understand a person's decision not to have sex, and continues to pressure him or her. There is the risk that the boyfriend or girlfriend may break up with the person.

Effectiveness

Abstinence is the only birth control method that is 100 percent effective against pregnancy and sexually transmitted diseases. Since there is no cure for AIDS at this time, a person who has AIDS should practice complete abstinence in order not to give the disease to anyone else.

Male Condom



The condom is a thin rubber sheath that a man puts over his erect penis. It looks like a long balloon. Another name for a condom is rubber. It is the only effective temporary birth control method that a man can use.

The condom prevents the man's sperm from being deposited or left in the woman's vagina during sexual intercourse. It must be carefully unrolled onto the man's penis, with a space left at the tip to collect his sperm when he ejaculates. Men should practice how to put on a condom before they ever have sex.

Effectiveness

Condoms are effective and safe. They are sold in drugstores, grocery stores, and vending machines. Latex condoms offer excellent protection against sexually transmitted diseases. Some condoms contain a spermicide, non-oxynol 9, which offers more protection against unwanted pregnancy and sexually transmitted diseases. Condoms also prevent premature ejaculation in men and help to prevent cervical cancer in women.

Disadvantages or Side Effects

Condoms reduce enjoyment of sex for some men and women. They interrupt intercourse and can be messy. Each condom can only be used once. Although a condom costs less than \$1.00, a new condom is needed each time the couple has sex, so some may not be able to afford the expense. A condom sometimes breaks or leaks, in which case it will offer no protection at all. Some people are allergic to latex condoms. For these people, skin or lamb membrane condoms are available but are more expensive and offer less protection against sexually transmitted diseases.

Effectiveness

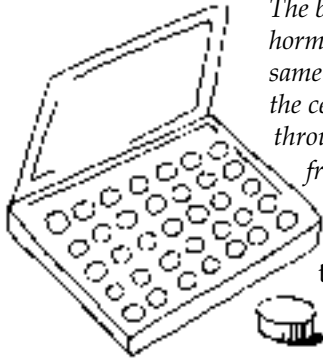
The condom is 80-89 percent effective if a couple uses it every time they have sex. It is 90 percent effective if used with a contraceptive foam, cream or jelly. If condoms are kept away from heat, they can remain effective for up to five years. They should not be kept in a wallet or pocket for a long time. People should not use condoms that have expired (check the date on the package) or condoms that glow in the dark (which are novelty items, not meant for real use). Flavored condoms that have been designed for oral sex should not be used for vaginal sex.

The Center for Disease Control (CDC) has recently stated that the role of spermicides in preventing HIV infection is uncertain. Condoms lubricated with spermicides are not likely to be more effective than condoms used with other water-based lubricants. Spermicides added to the tip of a condom are also not likely to add protection against HIV. What this means is the CDC seems to be saying that spermicides, such as foams, creams, or jellies may not offer protection from the HIV virus. The CDC supports the idea that latex condoms lubricated with water-based lubricants, such as K-Y jelly, may be as effective as condoms lubricated with spermicides, such as non-oxynol 9.

Female Condom

<i>Definition</i>	<p>The female condom is a soft, loose-fitting plastic pouch that is inserted in a woman's vagina prior to intercourse. It has a soft ring at each end. The ring at the closed end is inserted into the vagina. It is easier to insert if the woman stands up with one foot on a chair or stool, sits with her knees apart, or lies down. The ring is squeezed as the female condom is inserted in back of the woman's vagina with her index finger. The ring must be inserted just past the pubic bone. The other ring will hang outside the woman's vagina.</p>
<i>How It Works</i>	<p>The female condom prevents sperm from being deposited inside the woman's vagina during sexual intercourse. It is recommended for partners who have been together for a long time as they are more likely to feel comfortable using this new method of birth control. A female condom should not be used with a male condom.</p>
<i>Advantages</i>	<p>The female condom allows women to have control over their own bodies. If her partner refuses to wear a male condom, the woman can still protect herself by using a female condom. The female condom is a loose-fitting pouch; therefore, it does not decrease sensitivity to a man's penis. The female condom can also prevent the spread of STDs.</p>
<i>Disadvantages or Side Effects</i>	<p>Problems reported with the female condom include difficulty with insertion, minor irritation from the plastic pouch, and discomfort while wearing. It is possible for the outer ring to be pushed into the woman's vagina. If this happens, the couple should STOP having sex immediately and take out the condom. The failure rate of the female condom is high at 26%. The female condom is also expensive—a box of three may cost from \$8 to \$10. The loose-fitting condom also tears easily; couples must be careful not to tear it with their fingernails or other sharp objects.</p>
<i>Effectiveness</i>	<p>The female condom is approximately 74% effective. This means that about one in four women who use it may become pregnant during a year. Couples who learn how to use the female condom correctly have a lower pregnancy rate.</p>

Birth Control Pill



The birth control pill is one of the three birth control methods that rely on the action of hormones (the other two are Norplant and Depo-Provera). All three methods work in the same way: 1) they prevent ovulation (release of the egg in one of the fallopian tubes); 2) the cervical mucus remains thick, slowing down or blocking the sperm from getting through; and 3) they decrease the uterine lining that builds up, thus preventing an egg from being implanted in the walls of the uterus.

The Pill is an oral contraceptive for women. It is a type of manufactured hormone that is to be taken by mouth. The Pill must be prescribed by a doctor or clinic after a physical examination and pap smear. There are many manufacturers that produce different brands of birth control pills.

How It Works

The woman begins taking the Pill on the Sunday after the start of her most recent period. She must take the Pill every day at approximately the same time. The Pill works by preventing the woman's ovaries from releasing any egg.

Advantages

The Pill is convenient to use. It does not interfere with sex or stop the woman from having regular periods. It helps to control the menstrual cycle, reducing menstrual cramps and heavy bleeding that some women experience during their periods. It offers protection against Pelvic Inflammatory Diseases (PIDs), and also against ovarian and endometrial cancer.

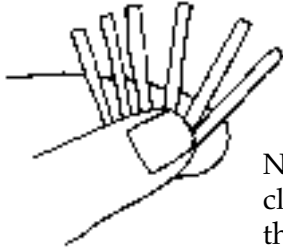
Disadvantages or Side Effects

The woman must remember to take the Pill every day. It offers no protection against sexually transmitted diseases. It can create side effects, such as nausea (upset stomach), weight gain or loss (3 to 5 pounds), sore breasts, and missed periods. To avoid nausea, the woman should take the Pill after she has eaten. Some women suffer from mild depression as a result of taking the Pill. It is dangerous for women with blood clotting problems, hepatitis (a liver disease) and breast cancer. In very rare cases, it can cause a stroke or a heart attack.

Effectiveness

The Pill is 97% effective if it is taken regularly. A woman on the Pill is more likely to get pregnant if she forgets to take it for one or more days, or if she does not use another form of birth control **during** her first month on the Pill. A woman should never stop taking the Pill without first calling her doctor or a women's health clinic. Antibiotics, such as penicillin and erythromycin, make the Pill less effective. A woman should use a different method of birth control for the whole month after using antibiotics.

Norplant



Norplant consists of six small flexible tubes filled with a hormone. The tubes are implanted or inserted under the skin of the upper arm. The hormone is released slowly into the woman's body.

Norplant can keep a woman from becoming pregnant for five years. A clinician makes a tiny cut in the woman's upper arm to implant or put in the tubes under the skin. The woman must see her doctor once a year to make sure her Norplant is working.



Norplant is convenient. Once implanted, it will work for up to five years. During this time, the woman does not have to do anything to avoid pregnancy except to see her doctor once a year. Once Norplant is removed, the woman can get pregnant again quickly. Norplant may protect against Pelvic Inflammatory Diseases (PIDs), decrease menstrual cramps, and reduce the risk of ectopic pregnancy (tubal pregnancy).

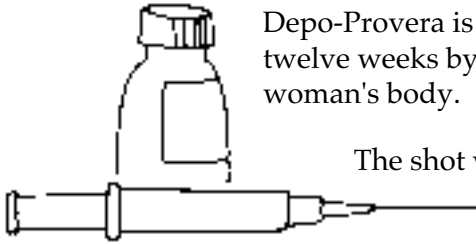
The biggest drawback of Norplant is its cost, which is \$600 now. It is covered by Medicaid but not by all health insurance. Minor surgery is required to insert or remove Norplant. It provides no protection from sexually transmitted diseases, including HIV infection. There is a risk of infection when it is put in or taken out. Norplant may cause frequent, irregular or missed periods. It may also cause appetite, weight gain, acne, depression, or headaches in some women.

*Disadvantages or
 Side Effects*

Effectiveness

Norplant is very effective in preventing pregnancy. It is 99.86% effective in the first year and 99.5% effective over five years.

Depo-Provera



Depo-Provera is an artificial hormone. It is given as a shot once every twelve weeks by a doctor. The hormone is released slowly into the woman's body.

The shot works by preventing the ovaries from developing an egg. If the shot is more than two weeks late, extra testing is required. Couples must also abstain from sex for two weeks before the next shot. Depo-Provera must be given by a doctor.

Advantages

Depo-Provera is very effective. It is more effective than birth control pills. The woman does not have to do anything other than get a shot every twelve weeks. It can be used by some women who cannot take the Pill. Depo-Provera may protect against Pelvic Inflammatory Diseases (PIDs) and also against ovarian and endometrial cancer.

Disadvantages or Side Effects

Some women who use Depo-Provera experience bleeding or spotting during their periods while others stop having their periods. Once a Depo-Provera shot is given, it cannot be neutralized. This means the woman cannot become pregnant immediately if she changes her mind in the twelve weeks during which the shot is effective. Depo-Provera offers no protection from sexually transmitted diseases; sex partners must use condoms to protect themselves from infection. Depo-Provera can cause headaches, acne, increased appetite, weight gain, depression, and sore breasts. Weight gain is usually more than that experienced with Norplant or birth control pills. Ability to get pregnant may not return immediately when the woman stops using Depo-Provera. Depo-Provera is not recommended for women who have a history of suffering from depression.

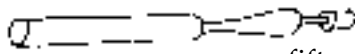
Effectiveness

Depo-Provera is very effective—99.7% if the shot is given on time. Depo-Provera is more effective than birth control pills.

Spermicidal Jellies or Creams



Spermicidal jellies or creams are sperm-killing chemicals that are intended to be used with a diaphragm. They can also be used with a condom for extra protection against pregnancy.



The jelly or cream is inserted in the woman's vagina about fifteen minutes before sex. The woman or her partner fills an applicator with the jelly, inserts the applicator in her vagina, and pushes the plunger. The jelly or cream must be left in the woman's body for six to eight hours after intercourse so that it can kill the sperm in the vagina. The couple must use an additional plunger of jelly or cream **each time** they have sexual intercourse.

Advantages

Spermicidal jellies or creams can be purchased at drugstores or grocery stores. It is not necessary to obtain a doctor's prescription. Some spermicidal jellies contain non-oxynol 9, which offers some protection against sexually transmitted diseases.

Disadvantages or Side Effects

Some men and women are allergic to a particular brand of spermicide. If this occurs, the couple should switch to other brands.

Effectiveness

Jellies and creams are not as effective as the Pill or diaphragm. They are intended to be used together with a diaphragm or condom.

Spermicidal Foam

<i>Definition</i>	A spermicidal foam is a white cream that comes in an aerosol can. It looks like shaving cream and contains an effective sperm-killing chemical. The can has a plastic plunger for inserting the foam. Some brands of foam can be purchased in individual, pre-filled applicators.
<i>How It Works</i>	The spermicidal foam is inserted in the woman's vagina with a plunger-type applicator about 15 minutes before sex. The foam kills the sperm, preventing it from entering the cervix. To be effective, the foam must be left in the vagina for six to eight hours.
<i>Advantages</i>	Spermicidal foams can be purchased at a drugstore or a grocery store. A doctor's prescription is not necessary. The foam also offers some protection against some types of sexually transmitted diseases.
<i>Disadvantages or Side Effects</i>	Spermicidal foams are not very effective if used without a condom. They are less effective if the container is not shaken well before use, if the container does not contain enough foam, or if the person does not apply enough foam. Some men and women are allergic to a particular brand. If so, they should try a different brand.
<i>Effectiveness</i>	When a spermicidal foam is used with a condom, the combination is almost 100 percent effective in preventing pregnancy.

Contraceptive Sponge

Definition The sponge is made of spongy plastic. It looks like a small doughnut with a dimple in the middle instead of a hole. It contains a spermicide or sperm-killing chemical. There is a thin nylon loop attached to the sponge for removal after use.



The sponge covers the opening of the cervix, blocking the sperm from entering the uterus. To use it, the woman wets the sponge with clean water (to activate the spermicide) and inserts the sponge in her vagina. The spermicide kills the sperm. The nylon loop will allow it to be removed later. The woman can have sex right away or wait up to eighteen hours. Sex can take place more than once without taking out the sponge. After intercourse, the sponge should not be removed for at least six to eight hours. It must be removed within twenty-four hours to avoid toxic shock syndrome. The sponge can only be used once; after removal, it should be thrown away.

Advantages The sponge can be bought at a drugstore or a grocery store. No prescription is needed from a doctor or clinic. It is safe and quite effective. The spermicide offers some protection from sexually transmitted diseases and cervical cancer. The sponge comes in one size only, so a woman does not need to see a doctor to be fitted.

Disadvantages or Side Effects Some women find it difficult to put in or remove the sponge. Others are allergic to the spermicide. Women who forget to remove the sponge for more than twenty-four hours may develop toxic shock syndrome. The sponge should **not** be used if the woman is bleeding or if she is having her period. Some women develop yeast infections more often if they use the sponge regularly.

Effectiveness The sponge is 82 percent effective with average use. It is less effective for women who have had children. It is best to use the sponge with another method of birth control.

Diaphragm



The diaphragm is a shallow and soft rubber cup that fits in the vagina of a woman.

The woman inserts the diaphragm in her vagina, where it covers the opening to the uterus and serves as a barrier against the sperm. A contraceptive jelly must always be used with the diaphragm. The diaphragm must be specially fitted by a doctor. The doctor measures the woman's cervix to determine the size she needs. There are seven different sizes. The doctor will also show the woman how to insert the diaphragm. She puts a dab of jelly in the center of the diaphragm, spreads it around the cup of the diaphragm, and then puts a strip of jelly around the rim. She then folds the diaphragm and inserts it in her vagina up against the cervix. The diaphragm is inserted before sex. It should remain in the vagina for six to eight hours after sex because that is how long it takes the spermicide to kill all the sperm. The diaphragm can be left in the vagina for up to twenty-four hours, but a new applicator of jelly must be used each time intercourse occurs. If the diaphragm is not removed, there is a danger of toxic shock syndrome. The diaphragm should be washed with warm, soapy water, checked for holes by holding it up against a light, and then left to dry in the air before storing it away in its case.

How It Works

Advantages

The diaphragm is fairly effective and **very** safe. The spermicide used on the diaphragm also offers some protection against sexually transmitted diseases and cervical cancer.

Disadvantages or Side Effects

Women who develop an allergy to a particular type of contraceptive cream or jelly should try a different type. A diaphragm is inconvenient to use since it must be inserted each time before sex. The woman must also have her diaphragm size checked every year or two; with proper care, a diaphragm will last about two years. Some women have trouble learning how to put in or remove a diaphragm; others find it inconvenient and messy to use.

Effectiveness

The diaphragm is 82 percent effective if used properly.

Rhythm Method

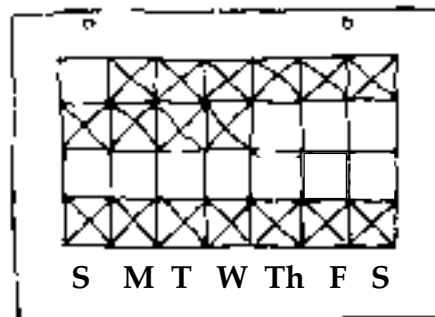
Definition This is also known as natural family planning. It depends on knowing which days in the month the woman is ovulating or dropping her egg. These are the days when she is more likely to become pregnant if she has sexual intercourse.

How It Works The method requires the woman to keep a daily chart of her body temperature, check her vaginal mucus, and keep a record of her periods. The information is used to predict when the woman is most likely to release an egg.

Advantages The method is safe. It teaches a woman about her own body and allows couples to work together on birth control.

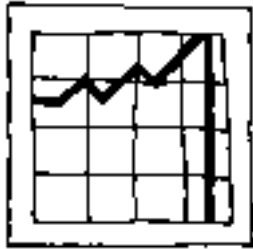
Disadvantages or Side Effects The biggest disadvantage of this method is the risk of pregnancy if the couple does not use it correctly. It is difficult to use if the woman's menstrual cycle (period) is irregular. Sexual intercourse must be avoided for several days in each cycle, which requires discipline. The method requires special training and record keeping. This method usually does not work for a woman who has more than one sexual partner. The rhythm method offers absolutely no protection against sexually transmitted diseases, including AIDS.

Effectiveness The rhythm method is only 76% effective with average use.



Withdrawal

<i>Definition</i>	Withdrawal means pulling out a man's penis from a woman's vagina before ejaculating during sexual intercourse.
<i>How It Works</i>	By withdrawing the penis before ejaculation, the man's sperm is not deposited or left in the woman's vagina or close to the lips of the vagina. That way, the woman will not become pregnant.
<i>Advantages</i>	The method costs nothing and needs no preparation or training to use. It can be used whenever a man and a woman engage in sex.
<i>Disadvantages or Side Effects</i>	The man may not always withdraw in time before ejaculation. When this happens, the woman can become pregnant. Withdrawal requires that the man be in complete control of his body. This means he cannot relax during sexual intercourse. Even if the man withdraws every time, the woman may still become pregnant from traces of the man's sperm. Withdrawal offers no protection against sexually transmitted diseases, including AIDS.
<i>Effectiveness</i>	This method is the least effective of the birth control methods. It is not effective at all for practical purposes. Couples should use other more effective birth control methods, e.g., condoms.

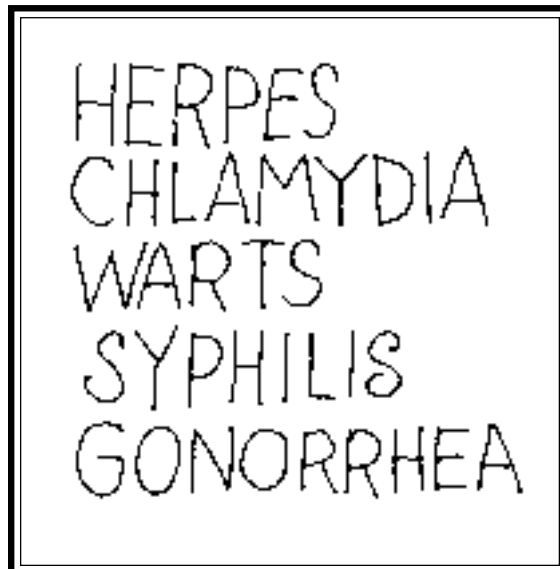


Important Terms

- Abstinence:** A birth control method in which a person does not have sex with anyone.
- Contraceptives:** Chemical substances or devices that prevent pregnancy. Examples include birth control pills, condoms, contraceptive foam, and diaphragms.
- Contra=against
- conception=the act of becoming pregnant
- Rhythm Method:** An ineffective birth control method that involves knowing when the woman will ovulate (drop her egg). The couple avoid sex for several days before and after the woman is ovulating (approximately 10 days of the month).
- Sexually Transmitted Diseases:** Diseases that result from sexual activities, including sexual intercourse. Sexually transmitted diseases (STDs) are caused by bacteria, viruses, and tiny parasites.
- Withdrawal:** An ineffective birth control method that involves withdrawal of the penis from the woman's body before the man ejaculates.

Sexually Transmitted Diseases (STDs)

What Are STDs ?5
Common Symptoms of STDs6
How STDs Are Spread7
Teenagers Have a Higher Risk of STDs8
Prevention of STDs8
What To Do If You Have An STD10
Some Common STDs11
 Syphilis11
 Gonorrhea12
 Genital Herpes13
 Chlamydia14
 Genital Warts15
 AIDS or Acquired Immune Deficiency Syndrome16



Ronald

Ronald Jones is a sophomore in college who is majoring in social work. Like some other students, Ronald has experimented with many sexual partners—both females and males. Even though Ronald knows all about AIDS from classes he has taken in high school and in college, he often has sex without using a condom. For some reason, Ronald does not believe that he will get AIDS—he says, "Adults try to scare kids with AIDS but I have never known anyone with AIDS. Besides, condoms are not cool."

During spring quarter, Ronald became very sick with a high fever and diarrhea. At first, he thought that maybe he had gotten sick from the food that he had eaten at a picnic. His roommate was worried when Ronald lost twenty pounds in three weeks. Ronald became so weak that he couldn't get out of bed. He dropped all his classes and asked for a leave of absence from college.

Although he was sick, Ronald did not find out what was wrong with him until a few months later. Finally, the doctor's report came back. It indicated that he had tested positive for the HIV virus. When he read the report, Ronald was terrified. He felt very much alone. "I'm a dead man," he told his friends.

Within a few weeks, Ronald had flown home to be with his family. Fortunately, Ronald's family is very supportive. His mother makes certain that he takes all the medications the doctors have prescribed for him. Although everyone in his family tries to keep a positive attitude, Ronald finds that he often feels tired and sick. His throat is often sore and his body aches all over.

When Ronald feels better, he spends his time making presentations to high school students in his hometown. He hopes that his efforts will make a difference in the lives of these kids. Ronald wishes that he had been smarter and taken the AIDS epidemic seriously. He hopes that none of the kids he knows will have to pay the price that he has paid by getting AIDS.

It has now been three years since Ronald first learned that he was HIV positive. Ronald's health is now much worse. He doesn't go out very much but instead spends most of his time in bed. Ronald now realizes that he doesn't have much time left. He hopes that people will remember him by taking personal responsibility for their own sexual behavior.

Postscript:

Ronald died at the age of 25. His classmates and friends remembered him this past year with a memorial service.

Anne

Anne is a nineteen year old graduate of high school who will soon be entering a nearby university. Recently, Anne noticed a couple of bumps on her labia (lips of her vagina). These bumps didn't cause her any real pain but she felt that she should see a doctor as they were spreading. Anne made an appointment at Planned Parenthood for herself. She was too embarrassed to tell her mother about her problem.

When the clinician at Planned Parenthood examined Anne, she found Anne's entire vaginal area covered with genital warts. Further tests confirmed that Anne's cervix was also covered with warts.

Anne is frightened and confused. She has only had two sexual partners in her life and has always insisted that her partners wear a condom. The clinician explained that her partner may not know he has warts. Also, the warts may have been on a part of her partner's body that was not covered by the condom, such as on his scrotum or legs.

Planned Parenthood clinicians have recommended that Anne undergo laser treatment. To begin treatment, it will cost Anne 400 dollars. Anne does not know where she will get the money. She doesn't want to ask her parents as she does not want them to know that she has an STD.

Meanwhile, Anne will soon leave for college. Anne has a lot on her mind right now. She doesn't know what to do.

Angelica

Angelica Hayes, a seventeen year old high school student, thinks she has syphilis. Her problems began when she was doing "drinking games" with a group of her friends. Angelica got rip-roaring drunk after she chugged many different kinds of booze. She passed out at her friend's house and woke up very sick the next day.

Later, Angelica found out that when she was passed out, her best friend's boyfriend, Jason, had sex with her. Her friends also told her they noticed that Jason had a rash all over his body. Some people say that they heard Jason has syphilis. Angelica has made an appointment at a health clinic to have her blood tested.

Clinicians at the health care clinic have asked Angelica if she gave Jason permission to have sex with her. Angelica swears that she was drunk and had passed out when the intercourse occurred. Technically, Jason raped Angelica but Angelica doesn't want to press charges against Jason. Angelica is furious because she never had sex unless her partner wears a condom. She knows that she might have syphilis. She will receive the results of her blood test next week.

Karen

Karen Garcia is a vibrant young woman, 21 years of age and a junior in college. Recently, Karen broke up with her boyfriend of two years. This breakup has upset her greatly; she has a difficult time sleeping and has lost her appetite completely.

A few days ago, Karen noticed a tingling sensation in her genital area. Within a few days, she noticed a painful blister on her genitals. She feels like she has the flu—she has constant headaches, muscle aches, and a slight fever.

After being examined by her doctor, Karen was told that she has genital herpes. This is tremendously upsetting to Karen as there is no cure for this STD and there is more chance of recurring outbreaks.

Karen's doctor has told her that she must abstain from sex until all the scabs have disappeared. Moreover, she must tell all her previous sexual partners that she has herpes so they can have themselves checked. Her doctor also told her that she must "learn to live with herpes." She knows that she will never be able to have sex again without first telling her partner that she has herpes.

Karen now feels like her sex life is over. There is no cure for herpes.

Overview and Objectives

In Chapter 12, we will discuss sexually transmitted diseases (STDs). In the past STDs were known as venereal diseases (V.D.). There are many kinds of STDs. In this chapter, we will learn about syphilis, gonorrhea, genital herpes, chlamydia, genital warts, and AIDS.

Every year 2.5 million teenagers in this country are infected by sexually transmitted diseases. One out of six teenagers who are sexually active will be infected. Studies made by the Center for Population Options indicate that teens are more likely than any other age group to be infected by sexually transmitted diseases. They are also the group least likely to ask for medical help when they are infected. These facts are extremely disturbing because of the spread of the HIV virus, which causes AIDS.

Sexually transmitted diseases are responsible for many serious problems. They cause inflammation of the the pelvic region, infertility (inability to have children), ectopic pregnancy (pregnancy that occurs in the fallopian tubes and results in miscarriage), and cervical cancer. The HIV virus causes AIDS, for which there is no cure.

After studying Chapter 12, you will be able to:

1. Identify at least five sexually transmitted diseases, and explain how they are spread, what their symptoms are, what medical problems they cause, and how they are diagnosed and treated.
2. List three reasons why teens are more at risk for sexually transmitted diseases than any other age group.
3. Discuss five things that teens can do to prevent the spread of sexually transmitted diseases.

What Are STDs ?

*STDs Are Spread
By Sexual
Activities*

Sexually transmitted diseases (STDs) used to be called venereal diseases. The word *venereal* means related to sexual desire or intercourse. From this we can tell that STDs are diseases that result from sexual activities, including sexual intercourse.

*STDs Attack Sex
Organs and
Other Parts of
the Body*

STDs are caused by bacteria, viruses, and tiny parasites. They most often attack the areas of the body around the sex organs (the vagina in women and the penis in men). Other parts of the body also can be affected, including the mouth, throat, and anus. Infection can spread from one part of the body to another by touching an infected sore and then touching an uninfected part of the body.

*Most Feared
STD is AIDS,
Which Has No
Cure At Present*

The STD that people fear most is AIDS (Acquired Immunodeficiency Syndrome). AIDS destroys the body's immune system, i.e., it breaks down the body's defense against diseases, making it impossible for an AIDS patient to fight off infections. As a result, the patient can die from diseases like pneumonia that normally do not cause death. There is no cure for AIDS at present. Thousands have already died and more are expected to die from this disease.

*There Are More
Than Twenty
STDs In This
Country*

There are more than twenty sexually transmitted diseases, some of them at epidemic levels in this country. Until recently, the most common STDs in this country were syphilis and gonorrhea. Now, herpes, chlamydia, and venereal warts are also very common. Syphilis can cause death if untreated; gonorrhea and chlamydia can cause sterility in men and women.

HERPES
CHLAMYDIA
WARTS
SYPHILIS
GONORRHEA

Common Symptoms of STDs

Understanding Your Risk and Responsibility

Unless you practice abstinence or avoid sex completely, it is always possible that you might get STDs. Your risks are higher if you are a young person aged fifteen to twenty-four, have more than one sexual partner, and live in an urban area. It is your responsibility to make sure that you do not have any STD. If you find out that you have an STD, it is your responsibility to inform people with whom you have had sexual contact. Then, they can seek medical treatment if they have been infected by you. If you feel uncomfortable about it, you can contact your former sexual partners anonymously (without giving your name).

See A Doctor At Once If You Notice Any Symptoms

If you ever notice one or more of the common symptoms of STDs in yourself, see a doctor immediately. You should do so even if the symptoms disappear later without medication. If a doctor did not treat you, the STD is still present in your body and can give you health problems in the future. It is better to be safe than suffer later because you did not get treatment when you should.

Common Symptoms of STDs

The following is a list of the common symptoms of STDs:

- Unusual discharge from penis or vagina
- Soreness in penis or vagina
- Burning sensation when urinating (peeing)
- Stomach cramps in women unrelated to her period
- Pain in rectum and pus-covered feces (bowel movement)
- Swelling or redness in throat
- Painless sore on penis or vagina
- Painful sore or blisters in genital area
- Rash on hands and feet, or entire body
- Pink growth on or around sex organs
- Loss of hair
- Bad Itching
- Flu-like symptoms
- Frequent yeast infections in women
- Chronic pelvic inflammatory diseases (PIDs) in women

AIDS or Acquired Immune Deficiency Syndrome



AIDS or Acquired Immune Deficiency Syndrome is caused by the HIV or Human Immunodeficiency Virus, which destroys the body's ability to fight infection and diseases. At present there is no cure for AIDS.

As of September 1991, it is estimated that 10 million people worldwide have been infected with the HIV virus which causes AIDS. The Center for Disease Control also estimates nearly 1 million more people may be infected with the HIV virus. By June 1991, more than 174,000 men, women, and children in the United States have been diagnosed with AIDS, and more than 110,000 of them have died.

Signs and Symptoms

The virus can live in a person's body for up to ten years without causing any visible symptoms. During this time, the person can spread the AIDS virus to any person he or she has sex with.

How It Spreads

HIV is contracted through the exchange of body fluids during anal, vaginal, or oral sex. It can also be spread by sharing dirty needles. This frequently happens among users of intravenous drugs, such as heroin, cocaine, or speed. Needles that are shared and used for tattooing or body piercing can also cause AIDS. A baby can become infected by its mother during birth, or through breast-feeding after birth.

How It Is Diagnosed

A doctor or health care clinician takes a sample of a person's blood from the arm and sends it to a laboratory. Results of the test are usually available within two to three weeks. If the test results come out positive, other tests will be done. If all these tests come back positive, then the person's condition is known as HIV positive.

Health Problems

Symptoms often appear as tiredness, fatigue, weight loss, fever, diarrhea, white patches in the mouth, bruised spots on the skin that persist and will not disappear, and swollen glands. Night sweats, loss of appetite, headaches, and difficulty in swallowing are also common symptoms of AIDS.

Treatment

There is no cure for AIDS. Several drugs are available that help an infected person, but they will not cure him or her of this terrible disease. Remember, no cure for AIDS is available at this time.

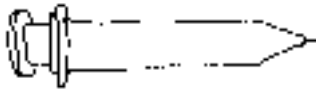
How STDs Are Spread



STDs usually occurs because of sexual contact with an infected person. One can be infected even if **no** sexual intercourse has taken place. You can get an STD by touching the infected body areas of people with STDs. Saliva (spit) also can carry STDs. If a herpes-infected person with sores in his or her mouth kisses a partner, that partner can be infected with herpes too.

How AIDS Is Spread

AIDS is spread through sex, but it can also be transmitted when people share a hypodermic needle to inject drugs. Many drug addicts were infected in this way. AIDS can also be transmitted by blood transfusions. Before the law required that all blood be tested for the AIDS virus, many people became infected as a result of receiving blood transfusions during surgery. Hemophiliacs (people who bleed easily) were also infected with AIDS before our blood supply was made safer in 1985. A blood transfusion is when one person receives another person's blood. A person who has been in an accident and has lost a lot of blood or a person who must have surgery often receives blood transfusions.



Homosexual Men Have Higher Risk of AIDS

It is well-known that homosexual men are at a higher risk of getting AIDS than other people. Doctors are not sure why this is so, but they suspect that anal sex is the riskiest type of sex where AIDS is concerned. Lesbian partners can also infect each other with STDs.

Some Babies Are Born With STDs

Some babies are born with STDs. A woman with syphilis can give it to her unborn baby because both share the same blood. A woman suffering from gonorrhea or chlamydia can give it to her baby as it passes through the mother's birth canal. Both gonorrhea and chlamydia can cause blindness in babies. A woman with AIDS can pass on this dreaded disease to her baby at birth or through breast-feeding.

Infection More Likely If People Have Many Sexual Partners

People with many sexual partners are more likely to get STDs than people who have few sexual partners. It is common for people to have many sexual partners nowadays. As a result, there has been a huge increase in STDs.

STDs Are Not Cured Even If Their Symptoms Disappear

Symptoms or signs of STDs often disappear without medication after a time. As a result, many infected people are unaware of their own infection. Because of this, they don't seek treatment for themselves. Not only that, they also infect their sexual partners without knowing it. It is vital for people to be tested regularly for STDs if they are sexually active, especially if they have many partners.

Teenagers Have a Higher Risk of STDs



Teens Indulge in High-Risk Behaviors

Many teenagers today are sexually active from an early age. Research shows that young people who are sexually active tend to have many sexual partners. Teenagers who have many sexual partners are more likely to be exposed to STDs. Teenagers who have multiple sexual partners are at a higher risk of being infected by STDs.

Teenagers often enjoy risk-taking behaviors such as heavy drinking or drug abuse. Alcohol and drugs often affect a person's ability to make good decisions. Under the influence of alcohol and drugs, many teenagers ignore the dangers of unprotected sex and get STDs as a result. Compared to people in other age groups, teenagers are less likely to practice safe sex.



Teens often believe that bad things only happen to other people. They feel they are invincible, that nothing can hurt them and they will be healthy forever. Many teens also have the attitude that safe sex is not "cool," that only wimps use condoms and spermicidal foams. This attitude encourages teens not to use protection during sex, which increases their risk of being infected by STDs.

Prevention of STDs



Have Only One Life Partner

Abstinence or avoiding sex with other people is the only 100 percent effective method of preventing STDs, including AIDS. Abstinence is the best option for young people to protect their health and life. Many teens however, cannot practice abstinence because they lack self discipline or because of peer pressure. It is important for sexually active teens to practice safe sex even if no method is totally safe.

Teens should wait until they are absolutely sure that a partner is someone they want to remain with for life. Having only one sexual partner for life will limit people's risk of being infected by STDs, including AIDS.



A teen should ask his or her partner questions about who and how many people the partner has been sexually involved with. Teens should not become sexually involved with someone who has had many sexual partners, or with someone who is or was an intravenous drug user. At the same time, it is important for teenagers to remember that their partner may lie about his or her previous sexual behavior or use of drugs.

Always Use a Condom

Teens who choose to be sexually active should always use a latex condom when having sex, or insist that her partner use one. Latex condoms must be used with all types of sex—vaginal, oral, or anal. The man must put on the condom before sexual contact. Condoms probably offer the most protection against STDs for both males and females. Condoms, however, can break or leak, so even they cannot always protect a person from STDs or AIDS.

Condoms Designed for Women

Some new condoms are designed for women whose partner refuses to wear a condom during sex. These female condoms are available for sale now. Teen girls whose boyfriends refuse to use condoms may use female condoms instead to protect themselves from STDs.

Use a Spermicide for Additional Protection

For additional protection, teens should use a spermicide, containing the chemical non-oxynol 9, with a condom. Spermicides can be purchased at a drugstore or a grocery store. If a teen develops an allergy to a particular spermicide, he or she should try another brand.

Visit Doctor or Clinic for Frequent Checkups

Teenagers who are sexually active should visit a medical doctor or health-care clinic regularly to be tested for STDs and AIDS. Many doctors do not test for STDs and AIDS routinely; a person must ask their doctor if he or she wants to be tested for STDs and AIDS.



A teen who is tested and found to have an STD or AIDS should immediately tell all his sexual partners so that they too can see a doctor for testing and treatment if needed. It is important not to delay as medical treatment must begin immediately for anyone with STDs or AIDS.

Any teen who has an STD should ask the doctor questions about how the disease is treated. Ask (1) the name of the medicine used, (2) how long it will take to be cured, (3) when and how often to take the medicine, (4) what are the possible side effects of the medicine, and (5) how this STD can affect the teen's future health.

Realize You Can Get Sick Again

People can suffer from more than one STD at a time. The medication for one type of STD is unlikely to be effective against another. People with several STDs at the same time must take separate medications for all of them. It is also important to understand that being cured of an STD doesn't mean a person will not get it again.

What To Do If You Have An STD

*Get Treatment As
Soon As You Notice
Any Symptoms*



If you noticed any symptoms in yourself or suspect that you might have an STD, go to a doctor's office or STD clinic for testing. You must not delay. Many STDs can cause serious health problems if they are not treated. Some STDs (e.g., syphilis, AIDS) can result in your death. Fortunately, most STDs can be cured if they are diagnosed and treated early. The exceptions are herpes, genital warts, and AIDS, for which there are no cures. In the case of AIDS, doctors can only prolong your life.

Don't feel embarrassed or guilty about telling the doctor if you think you have an STD. The doctor will be understanding and tactful. He or she will treat you without criticizing your sexual activities. If a doctor makes you feel uncomfortable, go to another doctor or health clinic.

*Take Medicines
and Avoid Sex
Until Cured*

Take all the medicines the doctor gives you, even if symptoms disappear before the medicines are finished. Avoid sex until the doctor says you are cured.

*Inform Current and
Former Sexual
Partners*

Inform all your previous sexual partners so that they can seek treatment and inform their sexual partners, if necessary. You must always remember that STDs are dangerous to your health if they are not treated. An STD clinic will help you to locate your sexual partners if you give the doctor their names and addresses. Your anonymity will be protected. When the clinic contacts those people, it is forbidden by law to tell them your name.

Some Common STDs

The following sections provide information about some of the most common STDs in this country: what they are, how common they are, how they are transmitted, how they are diagnosed, the health problems they cause, as well as how they can be treated.

Syphilis

<i>What Causes It</i>	Syphilis is caused by a small spiral-shaped bacterium called a spirochete.
<i>How Common It Is</i>	Approximately 100,000 people are treated for syphilis each year.
<i>Signs and Symptoms</i>	<p>Syphilis has three stages, each with different symptoms. In the first stage, syphilis appears as a single painless sore called a chancre, which appears two to twelve weeks after a person has been infected. The chancre usually appears on the penis in males and on the vaginas opening in females. It may also appear on the lips, breasts, rectum, fingertips, or mouth. The sore oozes a clear liquid that is very infectious. If another person comes into contact with this oozing sore, he or she can get syphilis very easily. The infected person may develop a skin rash and flu-like symptoms. The rash and sore often go away. This may delude or fool the person into thinking he is no longer infected even though the disease is still present in his body. Several weeks or months later, the disease enters the second stage. During this stage, a rash appears with fever, aches, and hair loss. If the disease is not treated, it goes into the third stage, which can cause mental illness, heart disease, and damage to the nervous system.</p>
<i>How It Spreads</i>	<p>Syphilis is spread through vaginal, anal, or oral sex, and also through skin contact with an infected person who has a sore (chancre) or rash. The oozing fluid from open sores or rashes caused by syphilis can penetrate (pass through) the mucous membranes of the genitals, mouth, rectum, or any cut areas of the body. A pregnant woman can pass on syphilis to her unborn baby.</p>
<i>How It Is Diagnosed</i>	<p>If sores are present, a doctor can examine the oozing liquid under a microscope. If no sores are present, a blood test can determine the presence of syphilis.</p>
<i>Health Problems</i>	<p>Syphilis can cause serious problems of the heart and brain. It is a crippling disease and may cause death.</p>

Treatment Syphilis can be treated with penicillin injections. Penicillin is an antibiotic. If a person is allergic to penicillin, he or she may be treated with other antibiotics. Syphilis can be treated at any stage of the disease, but any damage that has already occurred will be permanent. Therefore, it is important to get treatment as soon as it is diagnosed.

Gonorrhea

What Causes It Gonorrhea is caused by a bacteria shaped like a coffee bean. It affects the cervix, urethra, and anus.

How Common It Is In 1990, 700,000 people were treated for gonorrhea.

Signs and Symptoms Gonorrhea may show itself in men as a thick milky secretion or drip from the penis, accompanied by pain or a burning sensation when he urinates. These symptoms appear about a week after sex takes place with someone who is suffering from gonorrhea. Some men, however, may show no symptoms. Most women show no symptoms although the disease causes a white discharge from the vagina in some women. They may also experience pain or a burning sensation when they urinate. An unusual genital odor (smell) may also be present.

How It Spreads Gonorrhea is spread through sexual intercourse, either vaginal, oral, or anal. A mother can give the disease to her baby during birth. Children who are sexually abused can also contract gonorrhea.

How It Is Diagnosed Doctors can examine the discharge from the penis or vagina. They can also study a culture (tissue sample) taken from the cervix, throat, urethra, or rectum.

Health Problems If not treated, gonorrhea can cause serious health problems, such as crippling of joints, heart conditions, sterility (inability to have children), premature (early) birth, and blindness in babies. Every state now requires a newborn's eyes to be treated with silver nitrate drops to prevent the baby from becoming blind due to gonorrhea. All babies must be treated even if the mother is certain that she does not have gonorrhea.

Treatment Gonorrhea can be treated with antibiotics. Antibiotics, however, cannot repair the damage that gonorrhea has already caused in a person.

Genital Herpes

What Causes It Genital herpes is caused by the herpes simplex virus. The virus enters the body through the skin and mucous membranes of the mouth and genitals. It travels to the nerve endings at the base of the spine, feeding off nutrients produced by the body cells.

How Common It Is Between 200,000 to 500,000 people get genital herpes each year.

Signs and Symptoms Genital herpes appears first as tiny, painful blisters on the sex organs. Before a herpes outbreak, a person will experience a tingling feeling in his or her genital area. Flu-like symptoms such as headaches, fever, muscle aches and swollen glands, may also be present. The blisters break open and turn into oozing sores. Later, scabs form over the sores, and the sores disappear for a while.



A person can get genital herpes from any form of sexual contact, such as kissing, touching, and oral, vaginal or anal sex. Genital herpes is usually spread when there are sores on the infected person, but it also can be spread when no sores are visible.

How It Is Diagnosed Doctors can diagnose genital herpes by examining the patient. Diagnosis can also be done by a medical laboratory by analyzing a sample of fluid from sores.

Health Problems

A woman with genital herpes may experience a vaginal discharge and pain when she urinates. In the worst cases, women with genital herpes are unable to urinate. Without proper treatment, the herpes virus may even spread to her eyes. Genital herpes sometimes causes a baby to be born prematurely, blind, or with brain damage. It can cause mental retardation and even death in babies. Genital herpes puts a person at an increased risk of HIV infection. In women, it also increases the risk of cervical cancer.



There is no cure for genital herpes. There is also no sure way to prevent the spread of genital herpes. The virus causing genital herpes is so small that it can even go through a condom. Sores should be kept clean and dry. A person who suspects that he or she has genital herpes should see a doctor when the sores first appear. A person with genital herpes should avoid touching the sores. It is extremely important for the person to wash his or her hands frequently, especially if the person wears contact lenses. If not, the herpes virus can easily infect the person's eyes.

Chlamydia

<i>What Causes It</i>	Chlamydia is caused by the bacteria chlamydia trachomatis. Chlamydia is called non-gonococcal urethritis (NGU) when it occurs in men. Chlamydia is the most common STD in the United States.
<i>How Common It Is</i>	Every year, approximately 4 million Americans get chlamydia.
<i>Signs and Symptoms</i>	Most women and men experience no symptoms from chlamydia. In some cases, an infected woman may experience a burning sensation when she urinates, bleed when having sex, or produce a discharge from her vagina. A man may experience pain when he urinates, or produce secretions (drips) from his penis.
<i>How It Spreads</i>	Chlamydia and NGU are spread by sexual intercourse. It is especially common among people who have many sexual partners and who usually do not use a condom during sex.
<i>How It Is Diagnosed</i>	Doctors can test secretions (fluids) from the penis or vagina. People who are sexually active should be tested for chlamydia every year.
<i>Health Problems</i>	Chlamydia (in women) and NGU (in men) are dangerous because the infected person is often unaware that he or she has it. Women may develop an infection in their urethra; their cervix may become inflamed and they may become infertile (unable to get pregnant). A pregnant woman who has chlamydia can pass the disease to her baby during birth. The baby may develop an eye infection or pneumonia. Chlamydia is also linked to miscarriages, or premature birth. Some doctors believe all pregnant women should be tested for chlamydia. Men with NGU may develop an infection of the urethra.
<i>Treatment</i>	Chlamydia and NGU can be treated and cured with antibiotics. Partners of people with chlamydia and NGU must also be treated. Women who are pregnant will need to be treated with erythromycin, an antibiotic that will not harm the fetus.

Genital Warts

<i>What Causes It</i>	Genital warts are caused by the human papilloma virus (HPV), which is similar to the virus that causes skin warts.
<i>How Common It Is</i>	Every year, about 1 million people get genital warts.
<i>Signs and Symptoms</i>	Genital warts appears first on the penis, vagina, anus, or in the throat. There may be few or many warts. Sometimes they cause bad itching. Some people with genital warts develop no symptoms.
<i>How It Spreads</i>	Genital warts are spread by oral, anal, or vaginal intercourse. Infection can happen even when no warts are visible on the infected person. Using a condom can help prevent the spread of the disease. The symptoms of genital warts usually occur from three weeks to eight months after a person is first exposed to it.
<i>How It Is Diagnosed</i>	Doctors can diagnose genital warts during a regular examination. Remember, a person can have the virus without any symptoms.
<i>Health Problems</i>	Genital warts can cause cancer of the cervix, vulva, or penis. Any woman who has had genital warts should have a Pap smear every year to check for signs of cancer. A baby can be born with the warts in its throat.
<i>Treatment</i>	Genital warts must be treated by a doctor until they disappear. Treatment for genital warts varies from burning the warts off with chemicals to dry ice or acid treatment. Surgery may be necessary to remove large warts. Some doctors use laser surgery to remove warts. After treatment, the person should continue to use a condom each time he or she has sex because the virus that causes the genital warts may still be present in the person's body.

Important Terms

- Cervix:** Neck-like opening of the uterus that projects into the vagina.
- Ectopic Pregnancy:** Pregnancy that occurs outside the uterus, such as in the fallopian tubes.
- Infertility:** Inability to become pregnant or to make one's partner pregnant.
- Miscarriage:** Natural termination (ending) of a pregnancy before the fetus is able to survive.
- Premature Babies:** Babies born before 37 weeks in the womb (uterus). A normal pregnancy is between 38 and 42 weeks.
- Rectum:** Anus

Chapter 12 Work Sheet:

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. List five sexually transmitted diseases, explaining how each is spread, the symptoms of each, what medical problems they cause, and how they are diagnosed and treated.
2. Write a paragraph that describes why teenagers are more at risk for sexually transmitted diseases than other age group.
3. List five things teens can do to avoid sexually transmitted diseases.

Exam No. 2.
(100 points)

True/False Questions: Write the letter T if the sentence is TRUE, and write the letter F if the sentence is FALSE. (2 points each).

- ___ 1. According to some statistics, 10 percent of all Americans who drink alcoholic beverages become alcoholics
- ___ 2. Independent studies of deaf and hard-of-hearing individuals show a much lower rate of alcohol addiction than the general population.
- ___ 3. Crack addiction is the number one drug problem among American teens.
- ___ 4. The two drugs that harm or kill more people than any other drugs are alcohol and cigarettes.
- ___ 5. Approximately one thousand teens become pregnant every day in the U.S.
- ___ 6. One-half of all teenage pregnancies result in adoptions.
- ___ 7. The law states that parents, whether they are married or not, are liable (responsible) for the financial support of their children.
- ___ 8. Due to excellent sex education, the United States has the lowest teen pregnancy rate among the developed countries.
- ___ 9. Teens who receive sex education early in life have a higher chance of getting pregnant than teens who know little or nothing about sex.
- ___ 10 Fifty percent of all teenage mothers are married when they have their first child.
- ___ 11. Babies born to teenage mothers are as healthy as babies born to older mothers.
- ___ 12. AIDS is the only sexually transmitted disease for which there is no cure.
- ___ 13. Abstinence is the only method that is 100 percent effective in preventing pregnancy and sexually transmitted diseases.

- _____ 14. Studies show that at least fifty percent of all teens from 13–19 years old have had sexual intercourse.
- _____ 15. In the state of New York, the non-custodial parent is required to pay child support of 17% for one child and 25% for two children.
- _____ 16. A teen father can prevent his girlfriend (the mother of his child) from obtaining an abortion.
- _____ 17. A new law passed in the state of New York allows minors (children under the age of 18) to keep their problem with alcohol confidential from their parents.
- _____ 18. A pregnant teenage girl must have the permission of her boyfriend (the father of her child) before she obtains an abortion.

Fill in the Blanks: Read each of the sentences below and fill in all the blanks with the correct words. (2 points each)

1. A teenage mother and her child or children almost always live a life of _____ because of a lack of _____.
2. An _____ is a person whose drinking controls his daily life.
3. Three options (choices) available to pregnant teens are:
 - a. _____
 - b. _____
 - c. _____
4. Two ineffective methods of birth control that do not protect well against pregnancy or sexually transmitted diseases are
 - a. _____
 - b. _____
5. The most serious sexually transmitted disease facing society today is _____.
6. Two places that help alcoholics in our country are:
_____ and _____.
7. Chemical substances or physical devices that prevent pregnancy are called _____.
8. Drinking five or more drinks at one sitting or drinking 15 or more drinks a week is called _____ drinking.
9. The _____ is probably the most effective method to prevent pregnancy but it does not offer any protection from sexually transmitted diseases.
10. Sexually transmitted diseases used to be called _____.
11. _____ is a birth control method that can be effective for five years.

Matching Questions: Put each letter (A, B, C, D, E, or F) in the blank space next to the paragraph that most closely describes the corresponding sexually transmitted disease. (1 point each)

A. Genital Herpes

B. Chlamydia

C. AIDS

D. Genital Warts

E. Syphilis

F. Gonorrhea

- _____ 1. May show itself as a drip from the man's penis or a white discharge from the woman's vagina with or without pain.
- _____ 2. Tiny blisters on the sexual organs that break open into very painful sores. No cure available and no 100% safe way to prevent.
- _____ 3. Contracted through the exchange of bodily fluids during sexual intercourse, from the use of dirty needles by IV (intravenous) drug-users, or during birth for a newborn. No cure. Several drugs available.
- _____ 4. Begins with a single painless chancre (sore) on the penis or on the opening of the vagina. This STD is not very common now. If untreated, it can lead to death.
- _____ 5. A very common STD that is spread by having many sexual partners without using condoms for protection. Can be treated with antibiotics.
- _____ 6. Warts on penis, vagina, anus or in the throat. Itches constantly. Must be treated by a doctor.

Short Answer Questions: Read each question carefully and answer using the material that you received in class.

1. What are the four ways in which drugs can affect or change the human body? (4 points)

a.

b.

c.

d.

2. Give four common reasons why teenagers drink alcohol? Explain each reason using complete sentences. (4 points)

3. Write one sentence each summarizing the effect of alcohol on society in terms of the following: (4 points)

a. Education

b. Work/employment

c. Families

d. Health

4. List four general guidelines for parents to prevent their child or children from becoming an alcoholic. (4 points)

5. Identify the five stages of alcohol addiction and describe what happens to the individual in each stage. (5 points)

6. What are four common reasons why teenagers do not use contraceptives when they have sex? (4 points)

7. Name four things that influence teens to have sex at an early age. (4 points)

a.

b.

c.

d.

8. How does teenage pregnancy affect the mother in terms of the following factors? (4 points)

a. Education

b. Employment

c. Ability to Earn Money

d. Ability to Marry

9. How does teenage pregnancy affect the father in terms of the following factors? (3 points)

a. Education

b. Visitation/Participation

c. Child Support

American Families in Crisis

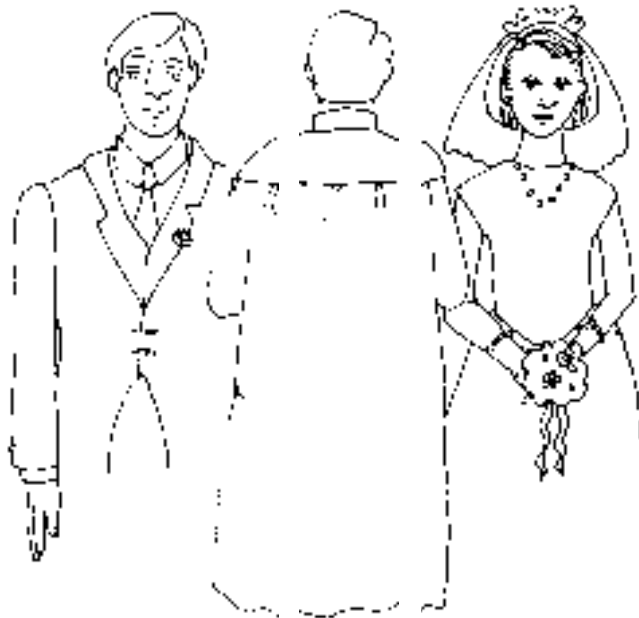
Marriage: Rights and Responsibilities

Marriage Requirements6
Annulment of a Marriage7
Legal Marriage8
Traditional View of Marriage9
Modern View of Marriage9
Comparing Traditional and Modern Marriages10
Rights and Responsibilities of Married People11
Common-Law Marriage13
Unmarried Couples Living Together Need Legal Protection14

Disclaimer:

The information in this section is presented to give students an overview of some of the issues that couples must deal with when they decide to end their marriage. It is not the author's intention to offer legal advice. Divorce laws vary from state to state, and new laws may be enacted at any time. The author, therefore, strongly recommends that people who are seriously thinking about getting a divorce should consult a divorce lawyer in their own state.

" I do."



Bruce and Jeanne Apply for a Marriage License

Bruce Taylor has just proposed to Jeanne Yeager. Bruce is 20 years old and Jeanne is 18. Both live in Rochester, NY.

In order to be legally married, Bruce and Jeanne must get a marriage license. They have to apply for it in person at the City Clerk's office. They need a valid birth certificate, driver's license, or school record as proof of their age. No blood tests are required in New York state. The license costs \$25.

After Bruce and Jeanne get their marriage license, they must wait for 24 hours before they are married. They must marry within 60 days; if not, the license becomes outdated. The marriage ceremony must be held within New York state.

Jenny's Parents—A Traditional Marriage

My parents' marriage is very traditional in many ways. They met and fell in love during their senior year in high school and married soon after they graduated. They take pride in the fact that both of them were virgins when they married. Within a year after they married, my mother gave birth to their first child and later had three more children. My father's job was to earn enough money to support our family, and my mother's job was to stay home and take care of our family. My father knew he was the boss of the family; he ran the roost with a firm but fair hand. My mother knew she was the boss only when my father was not home.

My father worked at a hardware store. My mother never dreamed of working outside the home—my father always said "a woman's place is in the home." Mother always did what Dad wanted—she cooked his favorite foods, waited on him everyday, and basically did whatever he thought was best.

My father's job at home was to take care of all the maintenance work; to do the heavy chores like lawn care and gardening. My mother's job was to cook, clean, and care for the children. My father was the disciplinarian: if we did something wrong he would come looking for us with his big black belt and give us a whack across the backside. My mother was the nurturer: she read to us and made chocolate chip cookies for us and insisted that we take a bath every other night.

When I look back on my childhood, I realize that life back then was much more simple. Men and women knew what they needed from each other and each person was clear about what responsibilities they had. Men and women didn't expect to be equal to each other but their relationship was based on their love and respect for each other.

Jenny and Jim's Egalitarian Marriage

"I met Jim when I was a sophomore in college. Neither one of us wanted to get married right away even though we loved each other and were attracted to each other physically. We had sex with each other a week after we first met. Later, during our junior year in college, we moved into an apartment together. My parents were shocked—they said it was immoral for two people to 'cohabit'.

"When Jim and I graduated from college, we both moved to different cities to obtain a master's degree. Jim went to college in Boston and I attended a college in upstate New York. During the two years we were apart, Jim and I both dated other people. I assume that Jim slept with some of the women he dated. I know that I did not remain faithful to him.

After Jim and I earned our Master's degrees, we applied for and obtained jobs in Boston. We lived with each other for about a year and then decided to marry.

Before Jim and I married, I told him that I felt strongly about maintaining my own identity as an individual. I made it clear that I would keep my job, that I would not change my name, and that I would not be a 'mommy-maid', like my own mother. Jim knew that I was a modern-day woman. I expected him to do his share of the housework and childcare.

Fortunately, Jim does not feel threatened by my need for a relationship of equal partners. We have enormous respect for each other and communicate well even though we don't agree at times. I feel lucky that Jim is such a rare man—he is definitely the best friend that I have.

Karen and Rod's Common-Law Marriage

On Valentine's Day three years ago, Rod took Karen out for dinner and asked her to live with him. "Move in with me," he said. "I love you and cannot live without you." Karen loved Rod too and wanted to spend the rest of her life with him, but was disappointed that he had not asked her to marry him. She wanted a traditional marriage—lifelong commitment, children, and a home. Rod sensed her uncertainty and said, "What does a piece of paper have anything to do with our love for each other? I love you and only you, and I want to spend the rest of my life with you. Love alone should hold a couple together more than a marriage license. And besides, when we both are ready, we can still get married."

Karen thought about what Rod said. She didn't want to lose him. "I should follow my heart," she told herself. "Maybe Rod is right—our love for each other is more important than a marriage license." So she moved in with Rod. She thought she could build a life with him based on mutual love and personal commitment to each other.

Now, three years later, Rod recently told Karen that he wanted to end their relationship. "We have nothing in common anymore," he said. "I want a woman who is more exciting than you." Karen now realizes that when she agreed to live with Rod without marrying, she gave away her dreams of marriage and family to settle for something less than what she wanted. Now, she has to start her life all over again. She knows it won't be easy—she hasn't dated anyone for three years, most of her friends are married, and she is older now and less attractive.

Karen now realizes that love isn't enough to hold two people together. She wishes she had been smarter three years ago and had waited for a marriage proposal from Rod.

Overview and Objectives

Families in America are much different today than what they were in the past. Long ago, people used to marry at a young age and raise large families. Husbands and wives had different roles. Men worked at jobs outside the home to earn money to support their families. Women stayed at home to take care of their husbands and children. Divorce was uncommon. Husbands and wives needed each other for economic survival. Most women had no jobs outside their home; they could not support themselves or their children if they divorced their husbands. Today, however, over 70 percent of women work outside the home. They are more economically independent and can choose to divorce their husbands if they are unhappy with their marriage.

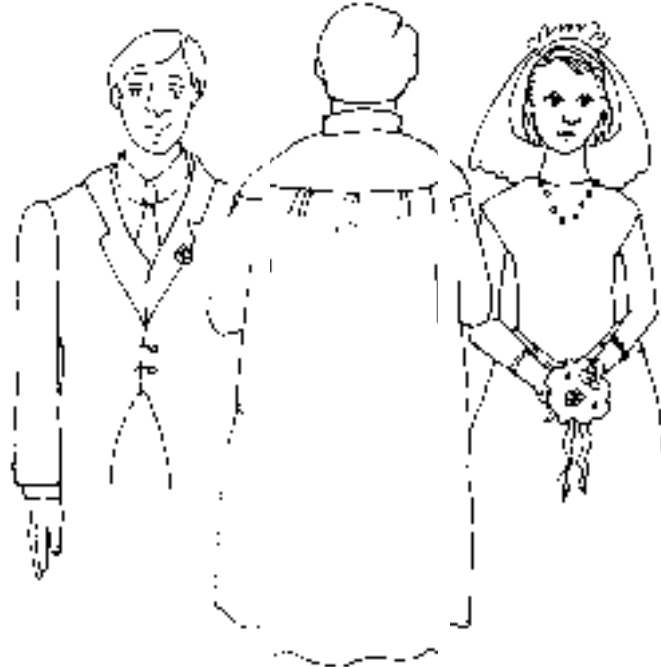
Americans still believe in marriage. In 1993, 2.3 million couples in the United States got married while 1.2 million married couples got divorced. Most of us will marry in our lifetime even though our divorce rate is very high. It is very common to find people who have been married two or three times. Cohabitation (a man and a woman living together like a married couple) is also on the increase. Moreover, it is also becoming more common for unmarried women to choose not to marry when they become pregnant. These trends have resulted in a huge increase in single-parent families in our country.

In Chapter 13, we will discuss the laws related to legal marriages in this country. In particular, we will study the legal requirements for a marriage to be considered lawful, the steps a couple must go through before they can get married, and the rights and responsibilities of persons in a marriage. In addition, we will look at common-law (informal) marriages, the difference between them and legal marriages, and the rights and responsibilities of partners in a common-law marriage.

After studying Chapter 13, you will be able to:

- Describe the five conditions that must be satisfied in order for a marriage to be considered legal.
- Explain what annulment means, and list four common grounds or reasons for an annulment.

- Describe the four steps a couple must take before they can be legally married.
- Explain the rights and responsibilities of husbands and wives in a legal marriage.
- Explain what a common-law marriage is and how some states decide whether a common-law marriage has legal standing, i.e., is accepted by law.
- Discuss both the traditional and modern views of marriage.
- Describe what cohabiting couples who live together without being married—must do so that their rights and interests are legally protected.



Marriage Requirements

Marriage Is a Legal Contract Involving Two Partners and the State

Marriage is a legal contract between two persons who agree to live together as husband and wife. A marriage creates legal rights and responsibilities for both partners. The marriage contract involves **three** parties: the husband, the wife, and the state. The state is involved because anyone who wants to get married has to meet certain legal requirements.

A Legal Marriage Must Meet Five Requirements

All states in the United States require that a couple satisfy or meet certain requirements in order for them to be considered legally married. These requirements have been established to protect the individuals in a marriage as well as the family as a unit of society. In particular, there are five conditions that all states require a legal marriage to satisfy. These conditions are:

Must Reach Minimum Age

1. **A person must reach a minimum age before he or she can marry.** In most states, the female must be at least 16 years old and the male 18. Some states allow younger people to marry if they have their parents consent or approval. In other states, a court can give permission for an underaged person to marry under some circumstances, e.g., if the girl is pregnant.

Must Not Marry Close Blood Relatives

2. **Close blood relations cannot marry.** In all states, it is against the law for a person to marry a close relative. A person cannot marry his or her parent, child, grandparent, brother, sister, aunt, uncle, niece, or nephew. Many states also do not allow a person to marry a first cousin.



3. **A person can be married to only one person at a time.** Being married to one person at a time is called monogamy. In the United States, it is illegal for a person to be married to more than one person at the same time. When this happens, that person is committing bigamy (being married to two people at the same time). Bigamy is against the law in this country.

Must Marry a Partner of the Opposite Sex

4. **Only a man and a woman can be married.** A marriage between persons of the opposite sex is called a heterosexual marriage. Homosexual marriages involving persons of the same sex are not recognized by the law.

Both Partners Must Consent to the Marriage

5. **Marriage must occur with consent.** This means that both individuals must want to be married. It is against the law to force someone to marry against his or her wishes.

*Common-Law
 Marriages*

In certain cases, some states will consider a couple to be married, even if their relationship does not satisfy all the requirements necessary for a marriage to be considered legal. This type of marriage, known as common-law marriage, will be discussed later in this chapter.

Annulment of a Marriage

*An Annulment Is As
 If the Marriage
 Never Happened*

An annulment, which is not the same as a divorce, is the opposite of a marriage. An annulment is granted when certain conditions existed at the time of a marriage that make the marriage illegal. The annulment legally cancels out the marriage, erasing it from a person's record. After the annulment, the person returns to his or her previous status as a single person. Legally, it is as if the marriage has never taken place.

*Reasons for
 Annuling or
 Cancelling a
 Marriage*

The most common grounds or reasons for an annulment are:

1. **Underaged individual.** One or both partners in the marriage were underaged (too young) at the time of their marriage.
2. **Bigamy.** One of the partners was still married to another person when he or she married again. Bigamy is a crime in this country.
3. **Fraud.** A person lied to his or her partner prior to marriage. For example, a partner might have claimed that he loved and wanted children only to say he didn't mean it after the marriage had taken place.
4. **Lack of consent.** One partner was forced to marry against his or her wishes, e.g., if a man had kidnapped a woman and forced her to marry him.

*How a Marriage
 Is Annuled*

Marriages are protected by law and cannot be annulled just because couples are no longer interested in staying married. To annul a marriage, one marriage partner must file a lawsuit in a court of law. If the other marriage partner opposes the annulment, a hearing must be held. A judge listens to both people and makes the final decision whether to allow the marriage to be annulled.

Legal Marriage

Laws Related to Marriage Are Known as Family Laws

Laws related to marriage and the family are known as family laws. These laws support the idea that the family is the most basic and important unit of our society. Under our family laws, a marriage is considered to be more than a personal relationship between two people—it is also a social, economic, religious, and legal relationship.

Family Laws Govern Many Aspects of Marriage

Family laws affect every part of our lives. They determine who can marry, when they can marry, and what their rights and responsibilities are once they are married. Family laws also provide for the care and support of children should their parents divorce or die.

Couples Must Follow Steps to be Legally Married

In order for their marriage to be considered legal, a couple **must** take certain steps. These steps may not be the same in all states. It is the responsibility of the couple getting married to find out the steps they must take for their marriage to be lawful.



First, some states require a marrying couple to have their blood tested to make sure they are free of sexually transmitted diseases. Some states require that the couple receives a physical examination from their health care provider. This allows people who are planning to marry to know about any health problems their partner may have. In the future, states may enact laws requiring a couple to be tested for the HIV virus (AIDS testing) before they can be married.



Second, the couple must apply for a marriage license. They may need to supply the marriage license bureau with the results of their blood tests, together with other important documents such as birth certificates, which serve to confirm their ages. The couple must also show that each person is not presently married. If either person has been married before, they must show proof that they have been properly divorced. The couple pays a small fee for their marriage license.

A Waiting Period Is Required

Third, the couple must agree to a waiting period before they can pick up their marriage license. The purpose of the waiting period is to give the couple time to think about their decision to marry. This step in the process is important as it prevents someone from getting married when they are drunk or under the influence of drugs.

A Marriage Ceremony Is Required: Religious or Civil

Fourth, the couple is required by law to have a marriage ceremony. This can be a religious ceremony occurring in a church or synagogue, or it can be a civil ceremony performed by a judge or justice of the peace. In the ceremony, the couple must state publicly, before the person performing the ceremony and another person acting as the witness that they truly want to be married. This is taken as proof that the couple have consented (agreed) to the marriage. The couple receives a wedding certificate after the marriage ceremony.

Traditional View of Marriage



In the traditional view of marriage, it is the husband's responsibility to work outside the home to earn money and support his wife and children. The wife stays home to take care of her husband and children. In this marriage model, husbands enjoy more rights than wives. For example, they have the right to decide where the family lives, how the family spends its money, and to decide about other matters of equal importance. Under this traditional model of marriage, wives have very few legal rights.

Modern View of Marriage



Marriage today is based on an egalitarian (equal) model. In the modern or contemporary marriage, both the husband and wife often have jobs outside the home. Both work to earn money to support their family and children. Therefore, contemporary marriage laws consider the husband and wife to be equal partners. They have the same rights and responsibilities within their marriage. Under our present divorce laws, it is possible for both husbands and wives to receive spousal maintenance (financial support) from their former marriage partner. If we compare traditional and modern marriages, we see that married women enjoy more rights today than in the past, but they also have more responsibilities.

Comparing Traditional and Modern Marriages

Traditional Marriage

- Husbands and wives follow strict roles: men work outside the home; women work in the home
- Living together before marriage not allowed
- Wife takes husband's last name
- Husband is the boss of household
- Only husband works outside the home
- Only husband's education is important
- Wife takes care of children; husband disciplines children
- Husband makes all the important decisions



Modern Marriage

- Spouses are flexible about who does what
- Living together before marriage allowed
- Wife may keep her maiden name
- Husband and wife are equal partners
- Dual career family—usually the husband and wife both work
- Both husband and wife need to be educated
- Both husband and wife are equally responsible for children
- Both husband and wife share in decision-making



Rights and Responsibilities of Married People

Newer Laws Consider Marriage as an Economic Partnership

In the past, marriage required that the husband would provide his wife and children with food, clothing, shelter, medical care, and other necessary things for a quality life. Although some states still accept this view of marriage, most states now have changed their laws to reflect the idea that a marriage is an economic partnership. This means that laws now support the idea that both husbands and wives are required to support each other according to each partner's ability and needs.

In the Past, Husbands Received Most of Marital Property

Marriage laws related to the division of property have also drastically changed. In the past, an item of marital property was given to the spouse whose name was on the title. In most cases, this was the husband. A married woman who had no property of her own was often "given" a share of the property her husband owned. Usually, this was about one-third of the husband's property.

New Laws Divide Marriage Property Equitably

New laws have been enacted in every state, except Mississippi, that overturn this unfair distribution of property. Division of property is now based on the idea that a marriage is an equal economic partnership, and an attempt is made in almost every state to divide marital property in an equitable fashion.

Rights of Married People

Marital laws give a number of other rights and responsibilities to married people that couples who cohabit or live together do not have. The rights that married people enjoy include:

Name change. A woman has the right to take her husband's last name although she may keep her maiden name after marriage. She also has the option of combining her maiden name with her husband's name (e.g., Mack-Jones).

Health Insurance. A husband or wife has the right to the health insurance benefits provided by his or her spouse's employer.

Pension/Retirement. A husband or wife has the right to a share of his or her partner's pension and retirement benefits.

Income Tax. Married couples are given the right to file joint income tax returns.

Inheritance. The law protects a person if his or her partner dies. The surviving spouse has the right to a share of the other partner's estate,

ranging from one-third to one-half. A husband or wife can leave a greater share of the estate to the surviving spouse, but not less.

Law Suit. Married couples have the right to sue if their spouse is injured or dies as a result of an accident on the job. A lawsuit may also be brought by a surviving spouse for wrongful death due to negligence of another individual, for example, in an automobile accident.

Privileged Communication. Married people have the right to refuse to testify against their spouse in a court of law.

The above rights of marriage are balanced with a set of responsibilities. The responsibilities of married couples include:

Monogamous Relationships. A married couple must remain sexually faithful to each other; partners in a marriage are not allowed to have sex with another person other than their spouse.

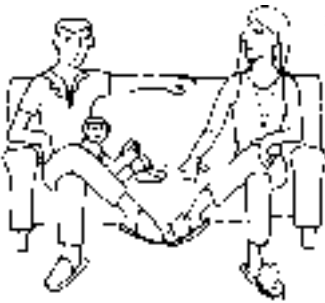
Economic support. Most states expect a husband and wife to share equal responsibility for the support and care of each other. Both partners are also equally responsible for providing love and affection for their children. This is the case even if the parents have never legally married or divorced. Our laws do **not** support the idea that the mother is the only parent who is responsible for the child's care.

Termination of Marriage. A married couple must obtain a legal divorce if they want to end their marriage relationship.

*Responsibilities of
Married People*

Other marital responsibilities grow out of a couple's mutual love and respect for each other. Can you think of other responsibilities that a husband and wife might have for each other?

Common-Law Marriage



A man and a woman may live together and have a sexual relationship even though they are not legally married to each other. In some states, this arrangement is regarded as a common-law marriage, if the couple considers themselves to be married and behaves to other people as if they are married. A common-law marriage is a social and economic relationship. A couple who wants to live together as common-law husband and wife does not need to satisfy any legal requirements, such as getting a blood test, obtaining a marriage license, or going through a wedding ceremony. Many people and religious groups do not approve of common-law marriages.

Common-Law Marriages Are Recognized In Only 13 States

Whatever their reasons, couples who choose to live together should understand that cohabitation or common-law marriages are recognized and given legal status in **only** thirteen states: Alabama, Colorado, Georgia, Idaho, Iowa, Kansas, Montana, Ohio, Oklahoma, Pennsylvania, Rhode Island, South Carolina, and Texas. The District of Columbia also allows common-law marriages.

Guidelines To Determine Legal Standing of a Common-Law Marriage

These thirteen states have different guidelines to determine if a common-law marriage has legal standing. In some of these states, a couple must live together as man and wife for a certain number of years before their relationship is recognized as a "marriage." In other states, a couple who lives together, acts as if they are married, and promises to marry each other sometime in the future is considered to be "married".

Common-Law Couples Have Same Rights and Responsibilities As Married People

Common-law couples have the same rights and responsibilities of legally married couples. A common-law couple must obtain a legal divorce if they want to end their relationship. A person in a common-law marriage who remarries without first obtaining a "divorce" can be charged with bigamy, which is a crime in the United States.

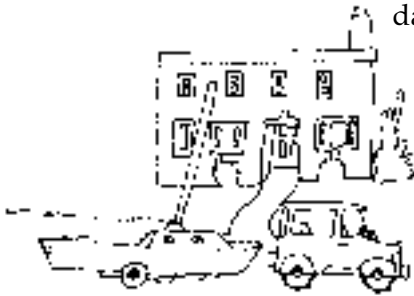
Many States Do Not Recognize Common-Law Marriages

Couples living together in states that do not recognize common-law marriages do not have the protection of laws relating to their rights and responsibilities. If they want any protection, they must draw up their own contract with the help of a lawyer.

Unmarried Couples Living Together Need Legal Protection

*Reasons Couples
 Live Together
 Without Marrying*

In recent years, there has been a dramatic increase in the number of couples who cohabit or live together without being legally married. There are many reasons why two people of the opposite sex decide to live together rather than marry. One reason sometimes given by young people is that they do not want to make a serious commitment until they graduate from college and find a good job. Some couples realize that “two people can live as cheaply as one”, e.g., it costs less money to rent one apartment than two. Other couples choose to cohabit because they think that way it will be less of a hassle for them to leave if the relationship does not work out. Still other couples live together to “test” their relationship, to find out if they can really get along together on a day-to-day basis.



Cohabiting couples, i.e. couples living together without being married, had few rights and responsibilities in the past. A live-in partner could end a relationship without legal obligations (responsibilities). Cohabiting couples are not protected by the same laws that protect married people and their children when they divorce.

*Partnership
 Agreements Can
 Protect Unmarried
 Couples*

Couples who live together without a legal marriage can protect themselves with a partnership agreement. This is usually a contract written by a lawyer stating what to do with the couple’s debts, savings accounts, and ownership of property when they split. The contract protects both partners if one decides to end the relationship or if one dies.

*Living Wills Can
 Offer Protection
 Too*

Cohabiting couples can also draw up a “living will”. In a living will, a person appoints or chooses someone to act as his or her Power of Attorney (POA) and Health Care Proxy (HCP). The Power of Attorney has the right to take over the person’s business and financial decision-making if that person becomes incapable of making those decisions. The Health Care Proxy can take over decision-making related to the person’s medical care if he or she becomes incapable of making those decisions.



Our laws now offer more protection to unmarried couples and their children. Some states recognize contracts made between unmarried couples regarding the money they earn and the properties they buy. Such a contract can protect both individuals if they ever end their relationship.



Children born to an unmarried couple are also protected by the law. Both parents are legally required to support their children even if they are not married. If the father refuses to care for or to support his children, then the mother can bring a paternity suit against him. The paternity suit will determine who the children's biological father is. Biological parents are required by law to support and care for their children.

For example, in the state of New York, biological parents usually must support a child until the age of 21. However, sometimes there are circumstances which allow biological parents to stop supporting the child.

Important Terms

- Annulment:** A court order that says a marriage never existed between a man and a woman.
- Bigamy:** Marriage to two persons at the same time is known as bigamy. Bigamy is a crime in the United States.
- Common-Law Marriage:** Marriage without obtaining a blood test, taking out a marriage license, or going through a wedding ceremony. A common-law marriage occurs when a couple lives together, tells other people that they are married, and behaves in other ways as if they are married. They agree “in spirit” that they are married but not “on paper” (no license). Common-law marriages are valid in thirteen states.
- Marriage:** Marriage is a legal and binding contract between a man and a woman who agree to live together as husband and wife. The contract of marriage involves three parties—the husband, the wife and the state (government).
- Paternity:** A court action that determines who the biological father of a child is. Complex blood testing can determine with high accuracy the biological father of a child.

Chapter 13 Work Sheet:

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Define the term marriage and list the five conditions for a marriage to be considered legal.

2. Briefly describe the four steps a couple must go through before they can be legally married.

3. Define the term common-law marriage and describe how some states determine if a common-law marriage has legal standing.

4. List the legal rights and responsibilities of cohabiting couples.

Reasons for Divorce

Divorce: Definition and Statistics3
Social Changes That Contribute to Higher Divorce3
Reasons Couples Give For Divorce5
Stages in a Marriage: Expectations and Risks of Divorce8
Marriage Counseling10



Mary

Matt came home at 3:00 a.m. looking tired and a bit drunk. His tie hung loosely around his neck, and his suit was ruffled. Mary met him at the door in her bathrobe and said "I thought you were never coming home. Where in the hell have you been? I've been waiting for you since dinner-time."

"Well, if you want to know the truth", Matt said, "I am having an affair with my secretary. For the first time in years, I feel loved and appreciated. Sue makes me feel young again. She is exciting and fun to be with. She isn't a drag to be around like you are."

Mary was shattered by Matt's cold and brutal attitude toward her. She told friends later, "I couldn't believe what he was saying. Sue is half my age. She is young and beautiful. There is no way I can compete with her. It is not fair. Here I was staying home and taking care of our children, while Matt was out looking for excitement and pleasure. I told Matt, 'You are the worst excuse for a husband that I have ever seen. I wish you were dead.' Matt's parting comment was, 'I want a divorce. I'll be back tomorrow to pick up my things.'"

Tom and Margie

Friends of Tom and Margie Hughes thought they had the all-time perfect marriage. Married for fifteen years with two beautiful daughters, they still seemed very much in love with each other. Tom worked at a local university; Margie stayed home and worked hard at being a devoted wife to Tom and a good mother to their children.

As Tom became more involved with work and community activities, he spent less time at home with Margie and the children. At first, Margie tried to cope with her loneliness by volunteering at her children's school and by taking adult education classes at a community college. Often, Margie would talk to Tom about the fact that they were growing apart. Tom dismissed Margie's feelings. He told her, "I have to work hard for the good of the family. All of us are going to have to sacrifice if I am ever going to get to the top".

As time passed, Margie became more and more dissatisfied with her marriage. It became clear to her that Tom's values and needs were much different than her own. Her loneliness and frustration caused her to suffer severe depression. Finally, after months of counseling, Margie told Tom that she no longer loved him. "I can't go on living this way" she said. "This relationship is killing me."

Tom was completely shocked by Margie's attitude. To this day, he maintains that he was the victim in their divorce. "I did nothing wrong", he tells his friends.

Overview and Objectives

Divorce is a fact of life in America. Most Americans have some experience with divorce, either directly through divorces that occur in their own families or indirectly through divorces that occur among their friends and acquaintances. Statistics show that more than a million couples obtain a divorce each year in the United States.

Many factors contribute to the high rate of divorce in this country. No marriage is perfect; all married people sometimes have misunderstandings and arguments with each other. Couples who can communicate and compromise with each other are usually able to resolve their problems. If not, they may seek the help of a close friend, relative, minister, or counselor.

Some married partners cannot solve their differences despite these efforts. In such cases, partners may decide to separate from each other and get a divorce. Regardless of the reasons for divorce, it is most often a personal tragedy for the people involved. Our high divorce rate is a disaster for society as a whole.

In this chapter, we will study changes in American society that have made divorce more acceptable. In addition, we will analyze the reasons that married couples often give for seeking a divorce

After studying Chapter 14, you will be able to:

- Define the term divorce and list some statistics regarding divorce to demonstrate how big the problem is.
- Identify and discuss the social factors that contribute to the high divorce rate in this country.
- Identify and discuss various reasons that married couples give for seeking a divorce.
- Describe the six stages of a typical marriage and explain what occurs at each stage that might cause the marriage to break down and end in divorce.
- Describe some of the ways in which marriage counseling is done.

Divorce: Definition and Statistics

Definition of Divorce

What Is Divorce?

Divorce is the legal termination (ending) of a marriage. It usually involves dividing the properties jointly owned by the couple. If the couple has any children, custody issues will be decided too. Custody issues include questions such as which parent the children will live with and how often the other parent will be allowed to see the children.

Statistics

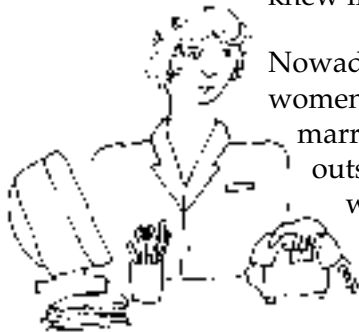
Number of Divorces in the U.S.

According to the 1990 Statistical Abstract of the United States, the number of divorces in this country ranges from 1,180,000 to 1,210,000 every year.

Social Changes That Contribute To Higher Divorce

In the Past, Couples Married for Economic Survival

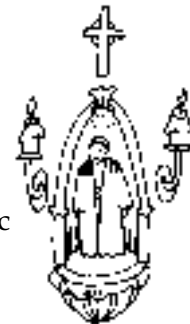
Families are different today than in the past. In the past, a man and woman married each other for economic survival. A man could not live without a wife and a woman could not live without a husband. A man needed a wife to perform domestic work in the household, such as cooking, cleaning, and taking care of the children. A woman needed a husband to provide food and shelter. Even if the couple was not happy together, both partners often still chose to stay married because they knew life would be harder without each other.



Nowadays, couples are less economically dependent on each other. More women work outside the home. Studies show that approximately 70% of married women have jobs outside the home. A woman who has a job outside the home is less economically dependent on her husband. She will be more confident that she can take care of herself and her children if her marriage fails. For this reason, she will be less willing to stay in an unhappy marriage and more willing to consider divorce as an option.

Religious Groups More Accepting of Divorce

Many religious groups accept divorce today unlike in the past. Priests and other clergy people recognize that sometimes divorce is the best option (choice) for individuals whose marriages are not working. For example, the Catholic church did not allow divorce in the past. Catholics who chose to remarry after a divorce were excommunicated (forced to leave the Church). This no longer happens.





Many Americans see divorce as an acceptable way to end a bad marriage. People who have seen family members, friends, or acquaintances go through divorce are more willing to see divorce as “normal” and acceptable. They are more ready to seek divorce as an option for themselves if there are problems in their own marriage.

In the past, parents had more control over whom their son or daughter married. Parents would consider a person’s family background and social class before they allowed their son or daughter to marry the person. Now, most people marry because of love and sexual attraction. Love alone is often not enough to hold a marriage together. Once love turns sour, a couple from very different backgrounds may be unable to stay together if love is the only thing that brings them together in the first place.



To many Americans, personal happiness is more important than group happiness. They marry because their partners make them happy. When this happiness fades, they are quick to think of divorce. Some ethnic groups, such as Mexican and Asian Americans, still value the family unit more than they value personal happiness. These two groups have lower divorce rates than other ethnic groups in America.

Reasons Couples Give for Divorce

*It Usually Takes
Two People to
Make or Break a
Marriage*

When people are asked why they want a divorce, they often give simple reasons such as a spouse's affair, inability to communicate, different values and goals, etc. These reasons are too simplistic. When a married couple splits up, it is usually due to many complex reasons. Usually both people in a divorce are responsible for the breakup of their marriage. Rarely is divorce the fault of one partner. It takes two people to make a marriage and two people to break a marriage.

*Common Reasons
Given for Divorce*

Many people blame their own divorce on sexual incompatibility, lack of communication, and lack of time spent together. These three reasons are closely related. A married couple who cannot communicate well with one another will spend little time together; often both partners become angry and resentful of each other. This affects their sex life as a couple. It is extremely difficult, if not impossible, to have a good sex life with someone if you are angry with that person. The opposite is also true: a couple who does not have a good sex life together may not feel like communicating or spending time with each other.

*When Positive
Feelings Are
Replaced by
Negative Feelings*

When people feel negative more often than positive about their marriages, then they are more likely to think about getting a divorce. Two people fall in love and get married because of their love and respect for each other. When these positive feelings fade or are taken over by anger and resentment, then the risk of divorce is real. Again, a married couple who does not spend enough time together have less opportunity to communicate with each other; this makes it harder for them to maintain their positive feelings for each other. Negative feelings that are not talked about often lead to more serious problems. As time passes, it becomes more difficult to solve these problems.

*Problems May
Cause Stress That
Pulls a Marriage
Apart*

A married couple will often encounter problems creating stress that tends to pull their marriage apart. Problems may come with buying or selling a house, losing and then having to look for a job, or deciding who will do what tasks in the house. Having a child, moving to a new town, or taking care of a partner who is seriously ill is also very stressful. The most damaging type of stress occurs when a partner has an affair, or deserts (leaves) the other partner for months at a time.

*Separate Lives
Lead to Loneliness
and Frustration*

When a couple fails to spend enough time together, both partners often begin to live separate lives. Each person goes his or her own way and the couple grows apart. Failure to share each other's lives often leaves one or both partners feeling empty and lonely. At some point, one person in the

relationship begins to realize how much he or she misses the love and companionship of a good marriage. The individual may go outside the marriage to find someone who can fill this emptiness.

*Affairs Occur When
Individuals Feel
Angry and
Frustrated*

Extramarital affairs (having sex with someone other than your husband or wife) often happens when a marriage relationship has grown cold and empty. Married people who have affairs may be trying to find the love and excitement missing from their marriage. Affairs also occur when people feel angry and frustrated that their partners do not seem to care about their thoughts and feelings.

*Boredom Causes
More Problems*

Sometimes a person has an affair because he (or she) is bored with the marriage. Marriage and family life can easily become routine or humdrum. If a couple does not work hard to keep their life together interesting, their marriage can easily become boring. One or both partners may get tired of coming home to the same person and to the same day-to-day activities. Some people need excitement and variety in life; such people may not be able to handle the responsibilities of married life.

*Affairs Are a
Symptom, Not the
Cause, of a
Troubled Marriage*

Having a good time with someone new may be exciting, but it will further weaken a strained marriage so much that the couple decides to split up. However, affairs are a sign of deeper problems within a marriage—they are not the real cause of divorce. If an affair does cause a marriage to fail, the guilty partner usually will not marry the person with whom he or she has the affair.

*Husbands and Wives
Often Quarrel Due
to Lack of
Communication*

Husbands and wives often quarrel bitterly because of a lack of communication. Many men are undemonstrative; as a result, their wives sometimes feel unloved. Many women complain that their husbands ignore their needs, do not help with housework, or do not help to look after the children. They feel that they are treated more as maids for their husbands and children, not as wives and mothers. Resentment, anger, and frustration often build up as a result and an argument can begin over anything.

*Things Couples
Frequently Argue
About*

For example, the wife may be too tired to make love with her husband. He then complains, "We almost never have sex. What is wrong with you?" His wife then snaps back, "We'd have sex more often if you weren't so lazy. You never help around the house." The husband becomes defensive and says, "You are a nag. I have to work hard all day. I shouldn't have to wear a skirt and do housework when I come home after a long day." Both the husband and wife think they are right and their partner is wrong. As a result of these problems, their feelings about each other change and they become enemies.

Some couples can save their marriage by learning how to talk together about the changes in their feelings. Couples in rocky marriages can seek “couples counseling” to help them learn communication and problem-solving strategies. They need to learn how to understand each other's perspective and learn to compromise with each other. This takes time, energy, and mutual commitment. For many people, however, that is preferable to divorce.



A couple sometimes divorces because one partner changes in major ways. Marriage counselors often hear people say, “He (or she) is not the same person I married.” People often change a lot after they are married. Behavior changes that create strain within a marriage include compulsive gambling, constant lying, excessive drinking, or drug abuse. A person whose behavior changes in such major ways truly is not the same person he or she was. Many marriages have failed because of this.

*Domestic
Violence –
Common Reason
for Divorce*

Domestic violence also is often blamed for divorce. Spousal and child abuse are widespread problems in our society. As people become more educated about domestic violence, we will undoubtedly see more individuals leave a marriage rather than accept or risk abuse to themselves or their children.

*Alcohol and
Drugs – Another
Common
Reason for
Divorce*

Another reason often given for divorce is alcohol and drug abuse. If a family member has a substance abuse problem, it almost always leads to other serious problems. These problems often cause bitter arguments, leading to uncontrolled rage and jealousy. Out of control behaviors often take the form of spousal abuse or child abuse. Such behaviors have a devastating effect on marriages.

Stages in a Marriage: Expectations and Risks of Divorce

<i>Divorce May Be Caused By Expecting Too Much</i>	Getting married is easy but staying married is hard work. Why do many marriages end in divorce? Some marriage counselors think this is because many people have unrealistic expectations about their marriage. People are unable to cope with disappointment when their marriage turns out to be less than perfect. They give up on their marriage even though it could have been saved. Partners must have realistic expectations and be willing to live with disappointments if they want their marriage to last.
<i>All Marriage Go Through Predictable Stages</i>	A marriage passes through many stages. Each stage has its own joys and disappointments. Knowing about the different ways one can be disappointed by married life can help a person to understand and manage those feelings.
<i>Honeymoon Stage: All Is Perfect</i>	Stage One. This is the honeymoon period. Newly married people think everything about their new mate is wonderful. They are willing to overlook or forgive their partner's faults. They may even think those faults are cute. For example, a new husband may joke about it rather than complain if his wife cannot cook.
<i>Reality Begins: Realizes Partner Is Not Perfect</i>	Stage Two. After the honeymoon period, people start to notice that their spouse is not perfect. They are quicker to find fault with a spouse's bad habits or thoughtless actions. A weak marriage can break down at this stage. Usually, however, the problem is not severe and couples learn to adjust. Wives who do not know how to cook may learn to cook. Some may be unable or unwilling to do so; their husbands often accept this weakness with some grumbling.
<i>Expectations Must Be Lowered As A Person Realizes Partner Has More Faults</i>	Stage Three. As time passes, married people find more things wrong with their spouses. This is because no one can do everything to please another person. A husband may leave things lying around the house, making his wife unhappy; the husband himself may be disappointed that his wife no longer bothers to make herself look nice. The couple must lower their expectations and learn to live with each other's faults. If not, their marriage could break down. However, at this stage, many couples are having children, raising a family, buying a home, and investing for the future. These activities, which create lasting bonds, help to keep many marriages together.

*Must Accept
Partner Or Move
On To New Life*

Stage Four. At this stage, people are at last aware of all their spouse's faults. Husbands and wives now realize that their partner is not perfect. A wife may have to accept that her husband will never have a good career that can give the family a comfortable life; a husband may realize that his wife will never will never be a gourmet cook. At this point, the couple tries to figure out if there are more good points than bad points about their relationship.

*Consider Good and
Bad Points of
Partner and Decide
to Stay or Divorce*

Stage Five. At this stage, as a couple considers each other's good and bad points, there may be a period of "separation". This could mean living apart; the couple could also continue to live together but not communicate much with each other. This is the stage at which many longtime marriages risk falling apart. People at this point in their marriage will be trying to decide whether to stay married, or to get a divorce and begin new lives away from each other.

*Accept Each
Other's Strengths
and Weaknesses*

Stage Six. A couple at this stage has decided to stay married in spite of each other's faults. They have made a commitment to one another because they believe that their marriage is a good thing. A marriage is unlikely to end in divorce after this stage.

Marriage Counseling

Second-Time Marriages Have Higher Divorce Rate Than First-Time Marriages

People who are miserable in a marriage often think that they will be happy again once they get a divorce. This is seldom the case. Statistics show that most people who divorce do not remain single but will marry again. Unfortunately, couples who marry for the second time have a higher divorce rate than first-time married couples if the couples have not gone through counseling. Moreover, second-time marriages often involve children from two previous marriages. It is very difficult for children from two families to adjust to each other. It seems clear that people should try harder to save their marriage the first time.

Warning Signs Should Lead to Counseling

Divorce does not just happen. There are warning signs when a marriage is in trouble. Husbands and wives should try to solve marital problems as soon as those conflicts appear in their marriage. If they cannot solve the problems themselves, they can ask for help in the form of marriage counseling or family therapy.

Counseling Statistics

Approximately 4.6 million couples visit 50,000 licensed family therapists (counselors) each year. Other couples attend marriage enrichment classes sponsored by church or community groups.

Different Types of Marriage Counseling

There are different approaches to marriage counseling. Both partners may be treated by the same therapist at the same time, or each may see a different therapist. The services provided may include psychological counseling, financial advice or household budgeting, or help in solving conflicts or disagreements.

Counseling Can Help Understand Own Feelings and Expectation

Marriage counseling is often provided by family agencies or marriage counseling services. These are staffed by professionals who help married couples understand their own feelings and expectations, as well as how these feelings and expectations affect their marriage.

Clergymen Can Often Advise

Traditionally, couples have also turned to their pastors or priests for marital advice. In the past, clergymen usually depended on common sense and experience to offer advice to couples. Nowadays, some clergymen are trained in marriage counseling as part of their preparation to become ministers.

Some Couples Are Reluctant to Ask for Help

Unfortunately, many couples whose marriages are in trouble do not seek help. Sometimes this is because they do not know where to ask for help. Sometimes it is because one partner refuses to seek help. Men, especially, often refuse to see a marriage counselor because they believe wrongly

that it is a sign of weakness. Their wives then ask: "Why should I go for counseling if my husband does not bother?"

*If Husband Refuses
Counseling, Wife
Should Go On Her
Own*

If a husband is reluctant, his wife should probably go ahead and get counseling, especially if there are children in the marriage. A counselor can explain what options are available to save the marriage. Often the husband will change his attitude about counseling after the wife has made the first move. Even if a divorce is inevitable (sure to happen) counseling can still help the couple learn how to handle their conflict and anger in such a way as to do the least amount of damage to their children.

Important Terms

Affair: Sexual relations with a person who is not one's husband or wife.

Divorce: The legal termination (ending) of a marriage that at the same time disposes of personal properties that the couple has acquired during their marriage. If the couple has children, custody, visitation, and support issues are also decided.

Sexual Incompatibility: A situation in which the husband and his wife have different sexual needs (e.g., the husband may want sex more often than his wife).

Chapter 14 Work Sheet

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Identify and discuss three social changes that contribute to a higher divorce rate in the United States.
2. Identify and discuss three reasons couples give for divorce.
3. Describe the typical stages that a marriage goes through and explain what happens in each stage.
4. Describe the purpose of marriage counseling.

Stages and Consequences of Divorce

Stages of Divorce3
The Divorce Process6
Divorce Mediation7
Problems Faced by Both Divorce Men and Women9
Problems Faced by Divorced Women10
Problems Faced by Divorced Men11

This is too boring, I'm outta here!



Penny's Story

In February, Larry gave me a huge surprise party for my fortieth birthday. He planned the party with our two children, Tim and Jen, and our closest friends. I remember thinking that this party was really a celebration of our love for each other. Larry and I had met in high school and married when we both were twenty. Our marriage had experienced its share of ups and downs. Larry wasn't an easy person to live with. He wanted to do things his way or no way at all. Nonetheless, I loved him and enjoyed my life with him.

Larry had recently come back from Boston, where his company had sent him to assume an important job for a year's time. Though we loved each other, we decided that it would not be right to uproot our son from high school during his senior year. I agreed to stay and 'hold down the fort' in our upstate New York home. I missed Larry a lot all through the year, and he said he missed me. We tried to make up for his absence from home with frequent phone calls and trips back home.

When Larry returned home, I noticed that he seemed more impatient and distracted than usual. I asked him about his 'bad attitude' and he told me that there were a lot of problems at work. I also noticed that he often came home later than usual, that he worked more nights, and that he made more private phone calls from our bedroom phone. He explained that his boss had put a lot of pressure on him at the office and I believed him. I suspected nothing.

A week after my birthday, Larry came home from work looking exhausted and tired. I poured him a drink and continued to make dinner. I told him I had just returned home from taking our daughter to swim class and apologized that we would have to eat leftovers again that night. I continued to chat with him while I made dinner and noticed that he wasn't saying anything. Finally, I looked up and saw he was staring at me. I asked him what was wrong and he said, 'I want a divorce.' I couldn't believe what I was hearing. I asked him, 'Is there someone else?' He nodded yes, and then turned around and walked out of the house. The next day, his lawyer called and advised me to 'secure the services of a divorce attorney.'

Since that time, my life has been a nightmare. For the first time in twenty years, I have had to find a job. It was difficult. I didn't have any real work experience because Larry had always insisted that I should be a full-time mother to our children. During the past twenty years, I had managed our household, baby-sat for kids in the neighborhood, taken care of Larry and our kids, and helped Larry to entertain his business associates. I have many different skills—the only problem is that none of these skills are marketable.

When we got a divorce, I was awarded alimony or maintenance of \$400 per month for the next three years. The judge at the divorce court told me that I was a strong and healthy woman and that I could certainly learn how to support myself with proper job training during the next three years. I was also awarded child support but quickly found that this was not enough money to support myself and our children. Though I quickly found a job in a photo store that pays minimum wage, I haven't had the time, energy, or money to go back to school. Soon, my alimony payments will end and I wonder what I will do then. I worry that I might become one of those homeless people I see standing on the street. My life is a mess!

Overview and Objectives

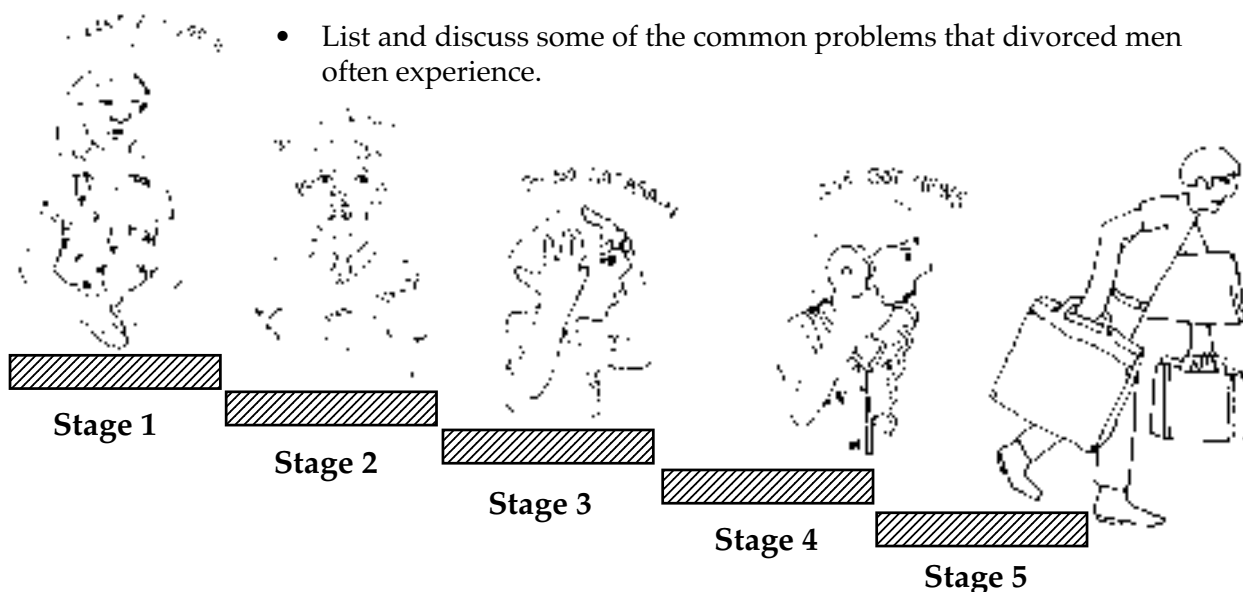
In Chapter 14, we learned about some of the changes in our society which explains why divorce has become so very common in the United States. We also discussed some of the reasons couples usually give for wanting a divorce.

There is seldom a single clear-cut reason why a divorce happens. Instead, typically there is a series of unresolved problems that eventually lead a couple to terminate or end their marital relationship. It is important to understand that divorce is seldom caused by the actions of only one partner—usually both partners share the blame for their marital breakup.

As a married couple heads toward divorce, their troubled relationship will go through a few predictable stages. In Chapter 15, we will look at these stages and discuss at which point a divorce becomes inevitable (sure to happen). We will also discuss how divorce creates problems affecting the lives of men and women when their marriage ends. Some of these problems that divorced people face are common to both men and women; others tend to have a greater effect on men or on women only.

After studying Chapter 15, you will be able to:

- Describe the five stages that a couple typically goes through as their marriage heads toward divorce.
- List and discuss some of the common problems that divorced women often experience.
- List and discuss some of the common problems that divorced men often experience.



Stages of Divorce

*One Person Is
Unhappy and
Wants Out of the
Marriage*



Stage 1

Marital problems usually begin when one partner in a marriage is unhappy but keeps those feelings hidden from the other partner. The unhappy partner begins to think about getting out of the relationship. He or she is the initiator (the person who starts the process to end the relationship).

The initiator asks questions like “Why am I so unhappy,” “What is the purpose of living like this,” and “Will I ever be really happy?” He or she may try to make some changes in the marriage but is often unsuccessful. Sometimes this is because the unhappy partner does not really know why he or she is unhappy. Sometimes it is because the other partner is unable or unwilling to make the changes that could make the relationship better and save the marriage.

*Positive Feelings
Are Necessary for a
Good Marriage*



Stage 2

In a happy marriage, both partners behave in ways that help them feel good about each other and about their relationship. Not only does the couple spend time together but both partners will also frequently compliment each other and offer each other gestures of mutual affection, love, understanding, and support. Such positive behaviors are common during dating and courtship; they help to strengthen the love of a dating couple.

In Stage 2, the initiator's behavior changes. There is a decrease in the kind of positive behaviors which help to maintain a happy relationship. Instead, the initiator's behavior will reflect his or her negative feelings about the marriage or the other partner. He or she stops complimenting the other spouse and will offer few kind words or gestures of love. There may be constant criticism of the other partner, causing hurt feelings.

*The Couple
Spends Less Time
Together; the
Relationship
Weakens*

As a result, the couple will spend even less time together making it even harder for the partners to share new experiences and to enjoy each other's company. The result is more unhappiness and more negative behavior. Unless an effort is made to improve the marriage, the couple will become even less interested in staying married to each other.

*The Unhappy
 Partner Labels
 the Relationship*



Stage 3

As the marriage worsens, the unhappy partner begins to label the relationship and the other spouse. The wife may think, "He is an uncaring husband. I hate him." The husband may think, "She is boring. I want to be with someone who is more fun." Or both may think, "This marriage stinks. I want to get out of it." One or both partners may see a divorce lawyer for advice.

Some people faced with an unhappy marriage begin to come home late, staying out to drink with friends or burying themselves in their work. As things get worse, they spend less and less time with their families. Eventually, some may even stop coming home at night.

Some people may be tempted at this point to have an affair with someone outside their marriage. This can be disastrous. Married people promise each other to be faithful—this is one of the most basic commitments husbands and wives make to each other. An extramarital affair is a betrayal of trust. Many troubled marriages at this stage cannot survive such a betrayal of trust.

*An Affair Occurs
 — the Final Blow
 to the Marriage*

Stage 4

At this stage, the couple begins telling friends, family, and co-workers that their marriage is over. One or both partners takes off their wedding rings. They stop going places together and may even start going out to places with new friends.

One spouse often moves out of the couple's home at this stage. Once this happens, the chance that the couple will get back together is very much reduced.



Stage 5



This is the transition period. It starts from the time when one partner moves out. The act of physically moving out of the home is the most critical part of ending a marriage. Moving clothes, furniture, and personal belongings out of the couple's home shows that one partner considers the marriage to be over.

An individual often experiences very raw emotions at this time—feelings of hurt, anger, bitterness, and even panic at the prospect of living life without the other partner. Life at home will be completely different. Routine things like eating, cleaning, and watching television no longer feel like the comfortable activities they used to be.

*Transition Begins
to Life on One's
Own*

The transition period is difficult because a newly separated individual will experience firsthand the loneliness and emotional pain of divorce. He or she must begin a new life—alone. Often, one partner has to find a new place to live in, learn how to do certain things he or she has never done before, and learn to develop new friendships and go out on dates again.

The transition period usually lasts about one year from the time a couple separates. Most people manage quite well after the transition period is over although some may continue to experience some bad days from time to time.

Recovery

... ONE YEAR ...



The recovery period usually begins in the second year after a divorce. By that time, a divorced man or woman has usually begun to rebuild his or her life. Gradually people will be able to spend less time thinking about their ex-partners and begin to enjoy their life again. Self-esteem and confidence will gradually return. Some studies show that it may take up to four years for a total recovery to take place.

The Divorce Process

<i>Common Steps in a Divorce</i>	Divorce is a legal action taken to end a marriage. The laws on divorce vary from state to state, but certain steps are common to all divorces.
<i>One Person Files for Divorce and Serves a Summons</i>	First, one partner files for divorce, usually in the county where the couple lives. The other partner must then be informed that a divorce is being sought. This is called serving the divorce summons. The partner serving the summons is called the plaintiff, and the partner receiving the summons is called the defendant.
<i>Summons Is Mailed or Delivered in Person</i>	The way to serve a divorce summons depends on the local divorce statutes or laws where the divorce is filed. In some places, the divorce papers can simply be mailed to the address where the defendant was last known to live. In other places, the papers must be handed to the defendant in person.
<i>Financial Assets and Debts Are Disclosed</i>	After the divorce papers are filed and served, the next step is to find out about the financial situation of the couple, i.e. what properties the partners own, how much savings they have, and how much income they earn. This information is needed to determine who gets what and how much. If one of the partners refuses to disclose or reveal the information, the other must try to discover or find out the facts with the help of a lawyer. In that case, both partners will need a lawyer and the legal fees involved can be very high.
<i>Couple Negotiates Settlement</i>	Following discovery and disclosure of assets, the divorcing couple may try to negotiate an out-of-court settlement or agreement to divide the assets. If the husband and wife cannot come to an agreement themselves, then their case must go to trial before a judge. The judge will try to make a fair decision based on the needs of the dependent spouse and children, as well as the ability of the other spouse to pay. The decision also will be based on laws governing child support and equitable distribution of marital assets.
<i>Judge May Make Final Decision If Couple Cannot Reach Agreement</i>	After the judge has made the decision, he will issue the final court decree or order to end the marriage. When that happens, the marriage is officially over and both former spouses are considered single people again.

Divorce Mediation

Divorcing Couples Who Agree Can Keep More Control Over What Happens To Their Common Property It is better for a divorcing couple to agree on how to divide their common property by themselves or with the help of lawyers or mediators. If they do so, they will have more control over what happens to their property. If a judge makes the decision for them after a trial, the couple may not like what the judge decides. For example, the judge may order that their house be sold so that the money can be divided even if both husband and wife want to keep the house as a home for the wife and children to live in after the divorce. In a way, this means that the couple loses control over their property.

Lawyers and Court System Help with Divorce When a couple's marriage ends, the husband and wife often cannot agree on the terms or conditions of their divorce. In that case, they may each hire a lawyer to negotiate or work out a settlement for them. If they cannot agree even with the help of lawyers, then their case must go to trial in a divorce court. Their lawyers will represent them before a judge. After listening to the arguments of the lawyers, the judge will make a decision that he considers fair to both the husband and wife.

Adversarial Divorce Requires Lawyers and Money A divorce that involves going to court with lawyers is called an “adversarial” divorce. Divorce lawyers commonly charge between one hundred and two hundred dollars per hour. Since lawyers working on a divorce case often spend a lot of time with their clients and going to court, an adversarial divorce can be very expensive.

Friendly Divorce Does Not Involve Lawyers and Costs Less Money A divorce can also be a “friendly” divorce. In a friendly divorce, agreement on the terms of the divorce is accomplished without a court trial. Usually, the agreement is negotiated or worked out by the husband and wife themselves without the help of lawyers, although both the husband and wife may each appoint a lawyer to review the agreement before it is filed in court. The legal costs of a friendly divorce are much lower compared to an adversarial divorce. Thus, divorcing couples should always try to negotiate a friendly divorce without going to court. In fact, few divorce cases actually end up as adversarial divorce cases in court.

Mediation Can Help Solve Problems for Less Money If a couple cannot reach an agreement by themselves, they may still be able to negotiate or work out a friendly divorce—one that both husband and wife agree is fair to each—with the help of a mediator. The mediator in a divorce is most likely to be a lawyer or family counselor who is experienced in helping people settle disagreements. The mediator is a neutral party in the divorce, i.e., the mediator does not take side with

either person. Instead, his or her role is to see that both the husband and wife are treated fairly.

*Responsibilities of
Divorce Mediator*

A divorce mediator has three major responsibilities:

- 1) Decide the ground rules for each meeting between the divorcing couple.
- 2) Help both the husband and wife to identify issues that are important to them.
- 3) Explore problems with the couple to find solutions that are acceptable to both the husband and wife.

*Mediation Works
With Couples Who
Are Willing to
Cooperate and
Compromise*

Before an agreement is signed, the mediator will go over all the points again, explaining the advantages and disadvantages to each partner. Mediation works best if divorcing couples are honest with each other and willing to cooperate. Mediation will also work with couples who are spiteful toward each other, but the process is more difficult and will take much longer. Both partners must be comfortable with the mediator's working style and personality.

Mediators can be found listed in the Yellow Pages under "Mediation Services," but the best way to find a good mediator is to get recommendations from people who have used the services of a mediator in their own divorces.

Problems Facing Divorced Men and Women

*A Sense of
Common History Is
Lost When a
Couple Divorces*

For divorced people, both men and women, one of the most painful things about the breakup of their marriage is losing the person they know best and who knows them best. Couples who have been married share many memories—the births of their children, anniversaries, vacations, and even memories of their day-to-day life together. After a divorce, former husbands and wives can no longer share those memories with each other. This is a loss that often leads to feelings of great loneliness and pain.

*Day-to-Day
Routine
Changes; Both
Must Learn to
Do Things on
Their Own*

A divorce also upsets the day-to-day routine of the people involved. A man or woman is suddenly faced with doing things alone—such as eating and sleeping by himself or herself. Often, the recently divorced person finds that he or she must learn to do many new things, such as how to cook or how to do simple household repairs. All of this combined with having to go places alone or find things to do to fill up one's time make life stressful and complicated for divorced men and women.

*Starting Life Over
Is Painful*

Dating is another problem that divorced men and women face. It is not easy to begin one's life all over again. This is particularly true of men and women who were married for a long time and are no longer familiar with the singles dating scene. Obviously, dating is easier for men and women who are attractive, have sufficient money, and possess enough self-confidence to meet people and make new friends. Divorced women are frequently at a disadvantage in this area because they most often receive custody of their children and have less time and money available to begin dating.

Problems Facing Divorced Women

*Lack of Money Is
 Serious Problem
 for Older Women*

Divorce frequently causes severe financial hardship for women. Many studies have shown that following a divorce, the husband's standard of living often **increases** whereas the wife's standard of living usually **decreases**. This means that men often have more money after a divorce and women have less. The financial hardship of divorce is most devastating for older women who have spent their entire married life working in the home.

*Wives from
 Traditional
 Marriages Suffer
 Most*

Traditionally, many older married women have been homemakers, staying at home to raise their children, and to cook and clean for their husbands. These women did not have a paying job outside the home. They have little career training or work experience. Many of these women do not have any pension or retirement plan of their own. Many even lose their health insurance coverage after a divorce. In these situations, many divorced women are forced to depend on government welfare to support themselves. It is becoming more common for wives to have a right to be covered by their ex-husband's employer's insurance plan for eighteen months as long as the woman pays her share of the premium.



*Inability to Find
 a Job Is a
 Common
 Problem*

Some older women were subservient to their husbands when they were married, depending on their husbands to do many things for them. These women often experience difficulty adjusting to life on their own. It is not uncommon to find older divorced women who have never learned how to drive, write a check, or balance a checking account. Others cannot do simple household repairs and must pay people to do these repairs for them.

Older women who have little work experience often find it hard to obtain a good job. Many lack the necessary skills to find and keep a job that pays enough to support themselves. They have little confidence in themselves and often question their abilities to work for a company. When they apply for a job, they sometimes face discrimination because of their age.

*Many Women
 With Children
 Receive Little or
 No Child
 Support*

Divorce can also be a financial problem when a woman is awarded child custody but whose husband then fails to pay child support. Studies show that only 48 percent of the divorced women who are awarded child support ever receive the full amount of the money they are supposed to receive. Only 26 percent receive part of the amount, and another 26 percent receive nothing. Even if a woman receives child support payments, it is often not enough to pay for all the expenses of taking care of her children.

*Younger Working
Women Suffer
Less Financially*

Divorce is less tough financially for younger women who are well educated and who continued to work after their marriage. These women have a career to fall back on. They can usually support themselves and their children without much difficulty. Even if they did not work when they were married, younger women are able to upgrade their skills and get a good job with additional training or education. Younger women also have a better chance of marrying another husband.

Problems Facing Divorced Men

*Money Problems
Common to Men
Too*

Divorced men also suffer financially after a divorce. Lawyers' bills, child support, and alimony can be a financial burden. Nonetheless, studies show that the income level of divorced men is typically much higher than that of their former wives.



Although divorced men usually face less financial hardship than divorced women, it would be unfair to say that men do not suffer from divorce. Many men report that moving out of their family home and being separated from their wife and children is an emotionally painful experience. Like women, men too experience great loneliness while trying to build a new life after divorce. Men who before had wives to take care of their needs must learn to do things such as cooking and cleaning that they may find distasteful.

*Anger, Pain, and
Depression Often
Lead to Drinking
or Working All the
Time*

Divorced men who did not initiate or want their divorce often suffer from anger, depression, and bitterness. Unfortunately, many of these men lack a good support system to help them deal with their frustration. Men are less willing to see a counselor who can help them. Many try instead to forget their sorrow by drinking; others fill their loneliness by working all the time. Other men use their new found free time to go to single bars hoping to find someone new. These are not good ways to deal with the experience of divorce.

Important Terms

- Adversarial Divorce:** A divorce that involves hiring lawyers and going to court.
- Defendant:** Person in a divorce who is served with divorce papers.
- Initiator:** The person in a marriage who begins the process to end the relationship.
- Child Custody:** Custody of a child or children is determined as part of the divorce settlement between a husband and his wife. There are different types of custody arrangements. In general, our courts have a tradition of awarding custody more often to mothers.
- Child Support:** The amount of money a father or mother pays to the parent who has custody of the child. This money is to help pay for the child's living expenses.
- Mediation:** Process of helping a divorcing couple settle their disagreements.
- Plaintiff:** Person in a divorce proceeding that initiates or wants the divorce. This is the person who serves the divorce papers on the other partner (defendant).
- Recovery:** Stage in the divorce process that occurs as a divorced man or woman seeks to rebuild their life.
- Transition:** Critical stage in the divorce process that starts from the time one partner moves out of the couple's home. It typically lasts about one year after the couple separates.
- Visitation:** Scheduled time when a non-custodial parent is allowed to visit his or her child in order to maintain a relationship. Visitation arrangements can vary with each divorced couple. Often the non-custodial parent sees a child once during the week for dinner and has the child over for an overnight stay every other weekend.

Children and Divorce

Divorce and Children: Statistics4
Effects of Divorce4
How Divorce Affects Young Children5
How Divorce Affects Older Children (Teenagers)7
How Long Does It Take Children to Adjust ?.....8
Parents Who Use Their Children Against Each Other9
Helping the Child Adjust to Divorce9



Jenna

At age eight, Jenna Miller is experiencing the worst time of her life. Jenna's parents recently told her that they plan to get a divorce. At first, Jenna kept her feelings to herself, putting on a brave face for others to see and acting as if nothing had happened.

But last night Jenna's real feelings erupted against her mother. For hours, Jenna sobbed and lashed out at her mother with angry words. She screamed, "I wish either you or Daddy had died. Then I could pretend you still loved each other." Jenna also told her mother, "I don't want to live with one parent. I want two parents. It is hard to love both Daddy and you if you are living in different homes."

Jenna's mother listened patiently. She held her daughter and tried to reassure her that things would be alright. Jenna is confused and frightened. She wonders who will be the next person to leave her.

Carol

Carol Sullivan's parents got a divorce when she was fifteen. Carol is well aware that her father had an affair that left her mother devastated. Carol still loves her father but has lost an enormous amount of respect for him.

Carol now is dating, but she is very unsure of her relationships with boys. Carol's mother is so wrapped up in her own problems that she has little time for Carol. Carol has now thrown caution to the wind and has started to have unprotected sex with the boys she dates. She secretly hopes that she will become pregnant. She thinks that if she has a baby, then the baby would be someone who might love her.

Timothy

Timothy is seven years old. His parents are going through a divorce. There is a lot of anger and bitterness on both sides, and Timothy's parents are trying to settle their differences through divorce mediation. One of the things they are trying to agree on is a parenting plan for Timothy after their divorce. They finally agreed that Timothy would live with his mother most of the time and stay with his father every other weekend. The mediator asked to talk to Timothy about this plan. He wanted to find out if Timothy is comfortable with the plan.

During the meeting, Timothy was extremely upset and emotional. The mediator realized

that the first time Timothy knew about his parents' divorce was when he came home from school a week ago. Someone was putting a "For Sale" sign in their front yard and Timothy asked his mother what was going on. He was told that they were selling the house because his parents were going to break up.

Timothy thought wrongly that the mediator was someone who could tell his parents not to divorce. He begged the mediator to ask his parents to stay together. The mediator gently explained that he could not do that. He also tried to explain to Timothy that both his parents still loved him very much even though they were splitting up.

The mediator then explained to Timothy that his parents would both continue to be his parents but in a different way. He told Timothy he would live with his mother and get to visit his father once every two weeks. The mediator asked Timothy how he liked the plan. Timothy was too upset to pay attention to the details.

The mediator also conducts training classes for new mediators. As part of their training, students must observe a mediation from beginning to end. One of the students is a divorce lawyer who wants to learn about mediation. This lawyer was present when the mediator talked to Timothy. After the session, the divorce lawyer told the mediator, "It is extremely hard for me to listen to Timothy begging you not to let his parents divorce. As a divorce lawyer, I never get to watch firsthand the emotional pain children suffer when their parents split up. I mostly just negotiate with another lawyer and file the papers in court. I never truly see what is happening in the family itself."

(This case was excerpted from a case study written by Judith Ferrari of Mediation Associates, Rochester, New York.)

Overview and Objectives

Seeing their parents divorce is often an emotionally painful and wrenching experience for children. In fact, some research studies indicate that other than the death of a loved one, divorce is the most difficult experience for a child to live through. You learned in Chapter 14 that there are more than one million divorces each year in the United States. Fifty percent of those divorces involve at least one child. Sadly, it is common today for children to experience more than one divorce during their lifetime.

Studies of children from divorced families give conflicting information. The purpose of Chapter 16 is to present an overview of the effects on both older and younger children when their parents divorce. Basic information on how divorcing parents can help their child adjust to their divorce will also be presented.

After studying Chapter 16, you will be able to:

- List and discuss three major effects on young children when their parents divorce.
- List and discuss three major effects of divorce on teenagers.
- List and discuss five things that divorcing parents can do to help their children adjust to their parents' divorce.

Divorce and Children: Statistics

- National Statistics*
- More than 1 million children are affected by divorce each year in the United States.
 - In approximately 90 percent of all divorce cases, mothers are given custody of the children.

Effects of Divorce

Wallerstein's Long-Range Study of Divorce

Judith S. Wallerstein, psychologist and author of *Second Chances: Men, Women & Children A Decade After Divorce* (Ticknor & Fields, 1990) studied 60 families for ten, and, in some cases, fifteen years after the families were broken up by divorce. Her long-range study is the source of the following information.

Some Adults Are Happier After Divorce

- Divorce can be a positive experience for some people. Some adults reported that they were happier after their divorce. Also, some children were better adjusted than they would had been if they had continued to live in a home with endless fighting, confusion, and conflict.

For Most Adults, Divorce Is a Painful Experience

- Divorce was a painful and gut-wrenching experience for at least one of the partners. Long after their divorce, many of the adults surveyed still felt shame, sadness, anger, and despair about the experience. Some reported that they had never fully recovered from the experience; the pain of divorce never completely left them.

Often There Is a Winner and a Loser in a Divorce

- Wallerstein's ten year follow-up study found that often one partner was much happier than the other after their divorce. In other words, one divorcing partner turned out to be the winner and the other the loser.

Long After a Divorce, Partners Are Often Still Angry with Each Other

- Wallerstein's study also showed that the anger that a couple feels toward each other may not end after the couple's divorce. Ten years later, some of the couples surveyed still felt almost as angry as they felt at the time of their divorce.

Children Are the Real Losers When Parents Divorce

- For many children, divorce can have very strong and unpredictable consequences. Wallerstein found that many parents made the mistake of believing that if they themselves were happier after their divorce, then their children were also happier. But more than half of the children in the study felt rejected by one of their parents.

How Divorce Affects Young Children

Age and Stage of Development Are Key Factors

According to Wallerstein's studies, children react and adjust in different ways to their parents' divorce depending on their age and stage of development.



Some preschool children may behave as if nothing has happened when their parents break up, but others are deeply affected. This can be seen from their behavior. They are fearful, nervous, and upset all the time. They may have trouble sleeping or just being alone in a room. After the father moves out of the home, some preschool children will follow their mother everywhere because they are afraid that she might also leave them. Small children become whiny and constantly cling to their mother. Sometimes they are easily frightened by things that never frightened them before. Some preschool children ask all the time, "When is Daddy coming home?" This shows they don't understand how serious and final the divorce is.

In response to these behaviors, mothers often become upset with their small children and lose their temper. Later, these mothers often feel guilty that they were not more patient with their small children. Their children's demand for attention often prevents mothers from having time alone to grieve over the end of their marriage. Many mothers find they do not even have the time to think about their future.

WHAT DID I DO?

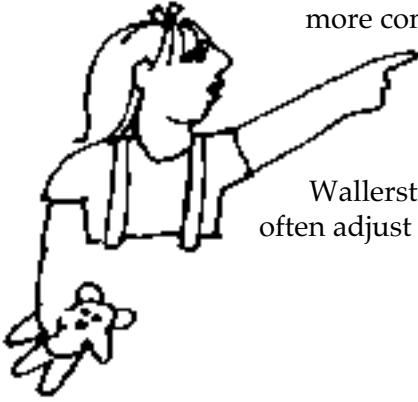


Somewhat older children (seven or eight years old) often react with sadness and anger toward their parents after a divorce. Children of this age may also blame themselves for their parents' marriage breakup. They tend to say things like, "If only I was a better child, Daddy wouldn't have left," or "If only I went to bed every night without a fuss, Daddy would still be here." They cry easily, expressing their sadness in tears instead of words. It is difficult for children who are only seven or eight years old to express their feelings in words.

Older Kids Often Feel Angry and Embarrassed at Their Parents' Divorce

Children aged nine to ten often feel angry at one or both of their parents for the divorce. These children often realize that they must grow up fast as a result of divorce. Their mothers often depend on them to do more work around the house. Often they experience firsthand the financial problems that were not present before the breakup. Many children of this age report that they are ashamed to tell people that their parents are divorced.

IT'S YOUR
FAULT DADDY
LEFT



If the children know that it was their mother who made the decision to divorce, they may blame her for the divorce. If the children believe the father is at fault, they may feel more anger toward him. It is interesting, however, that children usually feel more comfortable expressing their anger and sadness at their mother.

This is again difficult for the mother because she is the parent who experiences the full impact of the divorce on the children.

Wallerstein's study showed one promising thing—younger children often adjust better to their parents' divorce than older teenage children.

How Divorce Affects Older Children (Teenagers)

*Divorce Is
 Devastating to
 Teenagers*

According to Wallerstein's studies, divorce is one of the worst things that can happen to teenagers. In talking to teenagers, she found that they want and need a family structure more than anything else. Teenagers have a great need to feel that their parents love them, accept them, and will protect them from the world. They need parents to give them clear guidelines or rules on how to behave.

*Teens Often Feel
 Abandoned When
 Parents Divorce*

In many divorces, teenage children are left feeling as if they have been physically, mentally, and emotionally abandoned by their parents. After their parents' divorce, only 40 percent of all teenagers continue to have contact with their non-custodial parent. Most of those who kept in touch saw the non-custodial parent only once or twice a month. Sixty (60) percent—especially daughters who knew their father was having an extramarital affair—chose not to see their non-custodial parent.

I WON'T BE
 LIKE THEM
 NOT ME.



Divorce also has a big impact on how teenagers form friendships and love relationships. Teenagers from broken homes know only too well that their parents do not love each other. They may have experienced a lot of fighting between their parents. Often they have witnessed violent behavior if one parent abuses the other. Then they see their parents divorce. The experience often makes them fearful of forming love relationships. They question their ability to have a successful love relationship and are often so afraid of love that they are unable to make a commitment to another person. They are probably afraid that if they marry, their marriage will also end in divorce.

*Teens Will Adjust
 Better to Parents'
 Divorce If They
 Know the Reasons*

In general, teens will adjust better to a divorce if they can understand the reason why their parents divorce. Some teens who are aware of physical or emotional abuse between their parents may even feel relieved when one parent moves out of the home—that there is finally some peace in the home. Teens who are unaware of problems in their parents' marriage are taken by surprise when their parents split up. These teens have a difficult time accepting the reality of the divorce. In one survey, 50 percent of the teenagers questioned were relieved when their parents separated. These teenagers were from homes where physical or verbal abuse took place. The other 50 percent of the teens questioned were very upset about their parents' divorce.

*Teens Tend to Hide
 Their Anger*

Divorce is often disastrous for teens but they tend to hide their feelings. Many try to appear casual, acting as if they don't care about their parents' divorce although deep inside they may be experiencing a great deal of

pain. Teens usually don't blame themselves for the divorce. Most often they are angry at both parents. They usually feel upset when their parents start to date other people again following divorce. Teenagers whose parents are divorced have a difficult time dealing with their parents' love life.

How Long Does It Take Children To Adjust?

Younger Children Usually Adjust More Quickly to Parents' Divorce

Wallerstein's studies also focused on how long it takes children to adjust to their parents divorce. In general, the results show that although divorce may be difficult on children in the beginning, they are often able to adapt to the situation given time. Some children adjust quickly while others take much longer. A small percentage of the children never completely recover from their parents' divorce. Wallerstein estimates that it takes children anywhere from one to three years to adjust to their parents' divorce.

If Parents Adjust Well to Their Own Divorce, Children Will Adjust Better Too

It is important to understand that children usually follow their parents' example in dealing with divorce. If children see that their parents are adjusting and doing well, they themselves will be more likely to accept the situation. Most parents do make adjustments and in fact, most will remarry within one to three years following divorce. Remarriage usually means that the parents have adjusted. Children in these situations usually have adjusted too.

Mothers Must Adjust for Their Children's Sake

The fact that most children continue to live with their mother after a divorce makes it critical that mothers learn as quickly as possible to adjust to their own divorce. Children sense when their mothers are happy and quickly adopt the same positive attitude. Studies show that divorced women who remarry are happier than those who do not marry again. As a result, children of divorce whose mothers remarry often do better than others.

Some Parents Use Their Children to Hurt Each Other

Some adults hold on to the pain and anger of divorce long after the event. Many divorced couples continue their marital battles with each other, looking for revenge or a false sense of justice. In such cases, divorced individuals often use their children to hurt their former spouses. There are different ways in which parents can exploit their children in these situations. Parents should be aware of the temptation to make use of their children for such selfish purposes. Doing so can only hurt the child.

Parents Who Use Their Child Against Each Other

Turning Children Against Divorced Partners

In a divorce, one partner may be so hurt by the marriage breakup that he or she tries to turn the child against the other partner. Mom may tell the child that Dad is bad and that everything is his fault. Dad may tell the child that Mom is bad and that the divorce is her fault. In such a situation, the child's loyalty to both parents is torn. The child is made to feel that he or she can no longer express love and affection for both parents.

Using Children to Keep in Contact with Former Spouses

Sometimes, one parent may use the child to keep in touch with the other in hopes of getting back together again with the former spouse. An example of this kind of behavior is when one parent is always calling the former husband or wife to ask about the child's medical or dental appointments, summer camp, music lessons, etc. The parent is not really concerned about the child. His or her real motive is to keep the former partner as part of the "family unit". The child is being manipulated or used as a pawn by the parent.

Accusing Former Spouses of Being Unfit Parents

Occasionally, one parent may be so angry about the divorce that he or she tries to hurt the ex-partner by making the child believe that the other parent is an unfit parent. Trying to hurt the former partner by saying he or she is an unfit parent confuses the child and results in the child being hurt.

Helping The Child To Adjust To Divorce

Before they can help their children, parents who are divorced from each other must be able to understand the conflict and anger that they might be feeling for each other. It may be necessary to get help from a trained professional, such as a family counselor or a minister. Talking to a counselor or minister allows a person to express some of the anger, frustration, and sadness that he or she is feeling. Counseling also helps people to understand and accept the failure of their marriage. This helps the former partners to maintain a cordial relationship with each other, which is in the best interests of their children.



Parents must think carefully before telling their children about their divorce. What they say about their breakup and how they say it can make the difference between a great deal of pain and a reasonable amount of pain. It is best if both parents can sit down and tell their children together. If one parent refuses to

do so, then the other parent must do this alone. Couples with more than one child should tell all the children together. Younger siblings can depend on older siblings for love and support.

Explain Divorce on a Level Children Can Understand

Parents must talk about their divorce at a level that their children can understand. Three-year-old children do not understand words like marriage, divorce, or custody. Even many five-year-old children have difficulty with these words. On the other hand, teenagers will understand the word divorce but may still know very little about terms like child support or child custody.

Avoid Telling Children Intimate Details of Divorce

Parents should avoid intimate details when informing their children why they are divorcing. A couple splitting up because of one partner's extra-marital affair can simply tell their children, "Mom and Dad married each other because we loved each other. Now, we do not love each other anymore, so we have decided to get a divorce. When people divorce, it means that they do not live together in the same house." It is not helpful to tell the children everything about the adults' problems. It forces children to grow up too fast. It also forces them to take sides, i.e., to blame one parent or the other. Children should not be put in the position of choosing one parent over another.

Give Children Permission to Express Their Feelings

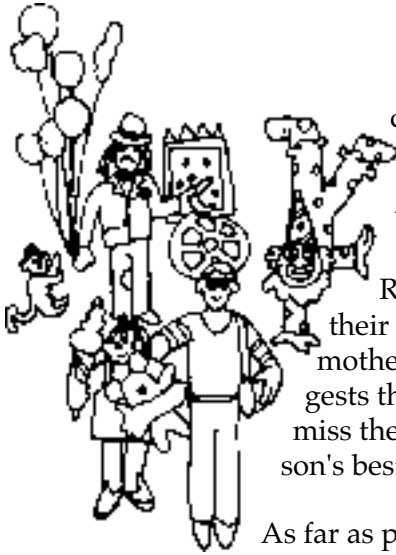
Parents can explain that there are problems in their marriage, that they tried unsuccessfully to solve those problems but they now realize that the best option is to end their marriage. Parents who express sadness over this situation will help their children realize that it is healthy to talk about how he or she feels. Children should feel free to express their anger or sadness. It is not healthy to keep strong feelings bottled up.

Describe What Family Life Will Be Like After the Divorce

Parents must let the children know what family life will be like after the divorce. Children must know what to expect. They need to know where they will live, who will take care of them, how often they will see the parent who is moving out, and how the divorce will change their day-to-day life. They will feel better if they know they will be able to visit and see the non-custodial parent at regular intervals. Moreover, they will feel better if their environment remains stable, i.e., if possible, they should remain in their present home.

Both Parents Should Stay Involved in Their Children's Lives

The non-custodial parent can help by being responsible, paying all child-support payments on time, and keeping all scheduled visitations. Children will benefit if both parents keep any promises they make. The non-custodial parent should spend "meaningful" time with the children,



Children Must Be Permitted to Love and Respect Both Parents

doing things with them that they enjoyed before the divorce. It is not in the interests of the children if the non-custodial parent becomes a "Disneyland Daddy". This is someone who tries to buy his children's love with gifts and trips to fancy places.

Research shows that boys need to have a close relationship with their father more than girls. Custody of children is awarded to the mother in 90 percent of all divorce cases. Some research data suggests that boys tend to do worse than girls after a divorce because they miss the day-to-day contact with their fathers. Fathers are often their son's best role models.

As far as possible, children must continue to have a healthy and positive relationship with both parents after the divorce. This is true of the custodial parent (who lives with the children) as well as the non-custodial parent (who no longer lives with the children). Children should be able to feel love and loyalty for both parents. They should not have to choose one parent over the other. Parents should clearly tell their children that they both love all the children. They also must permit their children to love both parents at the same time. This is perhaps the greatest gift that divorcing parents can give their children.

Important Terms

- Child Custody:** Custody of a child or children is determined as part of a divorce settlement between a husband and wife. There are different types of custody arrangements. In general, our courts have a tradition of awarding custody more often to mothers.
- Child Support:** The amount of money a father or mother pays to the parent who has custody of the child. This money helps to pay for the child's living expenses.
- Visitation:** Scheduled time when a non-custodial parent is allowed to visit his or her child in order to maintain a parental relationship. Visitation arrangements vary with divorced couples. Usually both parents are allowed to see their child at different scheduled times. Visitation schedules also determine who the child will stay with on holidays and during vacation time.

American Families in Crisis

Legal Aspects of Divorce

Fault and No-Fault Divorce	4
Equitable Distribution Laws (EDLs)	6
Community Property Laws (CPLs)	8
Comparing Equitable Distribution and Community Property Laws	8
Divorce and Women	9
How to Avoid a Difficult and Expensive Divorce	9

" We want a divorce."



Kathleen and Bob

Kathleen and Bob have been married to each other for fifteen years. Bob earns \$30,000 per year at his full-time job. Kathleen earns \$10,000 per year at her part-time job. Together they are able to support themselves and their two children quite well.

Bob and Kathleen have decided they are no longer happy living together. They now plan to get a divorce and must figure out how they will divide everything they own. They live in an EDL state where the belongings of divorcing couples are divided according to divorce laws known as equitable distribution laws.

Those laws require Bob and Kathleen to make a list of everything they own and to decide which is marital property (shared by both) and which is separate property (owned by one person only, Bob or Kathleen). They must put a dollar value on all their marital properties: house, furniture, household appliances, jewelry, cars, pension plans, etc.

Bob and Kathleen have hired a tax accountant and a real estate appraiser to help them with this process. In the end, Bob and Kathleen must agree how they will divide their marital properties. If they are unable to do this, then the court will do the job for them.

Jessica and Tom

Jessica and Tom were married a year ago. Before they were married, Jessica inherited a diamond ring valued at \$30,000 from her rich aunt. Soon after they married, Jessica and Tom realized that they both had made a mistake. They are now discussing the possibility of a divorce. If they do divorce, Jessica will be able to keep the diamond ring that she inherited from her aunt. The ring will be listed as separate property.

Michelle and Jason

Michelle and Jason are married to each other. They have two children. Michelle is a real-estate agent and earns approximately \$80,000 a year. Jason is a schoolteacher and earns a bit over \$30,000 a year. They live in a \$100,000 home. They also own property in the country.

Michelle and Jason have decided to divorce. They live in a community property state. The community property laws of their state requires that Michelle and Jason will split all their marital assets (house, car, furniture, appliances, jewelry, pension plan, etc.) in half.

Maria and Mitchell

Maria and Mitchell have been married for fourteen years. For the past three years, neither of them has been happy in their marriage. They have tried marriage counseling but still have not been able to resolve their differences. Now, Maria has decided she wants a divorce. Mitchell still hopes to save his marriage but he realizes that a divorce is likely. Maria and Mitchell have two children, a daughter who is twelve and a son who is ten.

Maria and Mitchell have heard about a process called divorce mediation that helps adults resolve their problems and at the same time, protects their children from more emotional pain and trauma. In this process, a mediator acts as a neutral third person in listening to the problems and challenges that both partners face. The mediator does not support either partner but rather helps each to learn to compromise and meet each other halfway.

Maria and Mitchell meet with their mediator and develop a parenting plan that will allow both parents to spend meaningful time with their children. They agree to a joint custody arrangement even though the children will live most of the time with Maria. The children and Maria will remain in the present family home and Mitchell will rent an apartment in the neighborhood. The couple also agrees on a schedule for the time each will have the children during holidays, vacations, and birthdays. During these discussions, the mediator helps Maria and Mitchell focus on "what is best for their children." The focus helps reduce the amount of arguing the couple does with each other.

Later on, Maria and Mitchell work at filling out some financial forms. They supply the mediator with income tax returns, the value of their home, bank statements and a copy of their household budget. They also determine what assets are marital assets and thus belong to both of them and what assets are separate assets, owned by Maria or Mitchell alone. Although they argue about money, the couple finally is able to reach an agreement on how they can divide their assets fairly.

Next, Maria and Mitchell discuss child support payments and agree on an amount that Mitchell can reasonably afford to pay. Last, they both come to realize that they both have good paying jobs, and thus they agree not to ask for spousal support from each other.

The mediator writes down the agreements that Maria and Mitchell make. Later, these agreements will be reviewed by each of their lawyers.

(This case was excerpted from a case study written by Judith Ferrari of Mediation Associates, Rochester, New York.)

Overview and Objectives

In the United States, there are laws in each state that deal with various issues related to divorce, such as how property is divided up after a divorce, and how decisions are made concerning alimony and child custody.

In Chapter 17, we will first discuss the difference between fault divorce and no fault divorce. In the past, our laws reflected the idea that married couples should remain married unless there was a very serious problem in their relationship. All 50 states required married individuals to show that their partner was at fault before they could obtain a divorce.

Getting a divorce used to be much harder than today. In the past, a couple could not be divorced unless one partner proved that the other partner had done something wrong, for example, being guilty of adultery. Nowadays, couples no longer need to do that. The old divorce laws have been replaced by newer no-fault divorce laws. All 50 states and the District of Columbia now have some type of no-fault divorce laws to settle financial issues when a couple divorce, such as who gets what and how do they get it.

In this chapter, we will discuss different ways a divorcing couple can divide up their property and bills. Division of marital property depends on whether the couple lives in a state with community property laws (CPL) or equitable distribution laws (EDL). We will also discuss what a couple can do to avoid a bitter and expensive court battle when they divorce each other.

After studying Chapter 17, you will be able to:

- Explain the difference between fault and no-fault divorce.
- List and explain the differences between community property laws and equitable distribution laws
- Explain what a divorcing couple can do to avoid a bitter and expensive divorce trial.

Fault and No-Fault Divorce

*Fault Divorce
Laws Protected the
Innocent Partner
and Punished the
Guilty Partner*

In the past, divorce was based on the idea that there was one innocent partner and one guilty partner. The innocent partner was the person who upheld or followed the marriage vows; the guilty partner was the one who broke the marriage vows. Innocent partners traditionally received payment (alimony, property, and child support) for their pain and suffering. Guilty partners traditionally “paid for their bad behavior” with alimony, property, and child support payments. For example: if a married woman found that her husband was having an affair with another woman, she could sue for a divorce based on her husband's adultery. In turn, the wife would likely be awarded a larger divorce settlement because she was the innocent victim. The guilty husband would be punished by having to pay for his affair each month. Conversely, if a married woman had an affair, she would likely receive a smaller divorce settlement.

*Fault Divorce
Laws Required
Grounds or
Reasons Before
Allowing a
Divorce*

Under Fault Divorce Laws, a married couple had to show that there were acceptable grounds or good reasons to end their marriage before a court would grant a divorce. Usually, this means that one of the partners must be shown to be guilty of something. Acceptable grounds for granting a divorce include:

- Adultery or having an affair with a person other than your marital partner
- Physical, sexual, and psychological or emotional abandonment (leaving your partner or family without notice, withholding sex, impotence (inability to have sex), and ignoring or not interacting with your partner)
- Insanity or madness. A doctor has to certify that the partner in question has been insane or mad for the past three years
- Imprisonment (One spouse must have been in jail for more than three years)
- Cruel and inhumane treatment, which may include any of the above or any combination of the above
- Having a separation agreement that the couple has followed for a year. Some people say this is a no-fault arrangement, but that is really not true (the real grounds for divorce in this case is that the couple has taken the time and effort to obtain a separation and have lived separately for a year)



*Under Fault
Divorce Laws, One
Partner Must
Prove the Other is
Guilty*

Fault Divorce Laws require that one partner fixes blame on the other partner. For example, in order for the court to accept adultery as grounds for divorce, the wife would have to hire a private detective who would follow her husband until he was caught having an affair with another woman. This required hours of work and gave couples the opportunity to publicly destroy each other in court.

Nowadays, states have enacted new laws called no-fault divorce laws that make it easier and less painful for couples to obtain a divorce. These laws allow a couple to divorce if they cannot resolve their marital differences. Approximately fifteen states have pure no-fault divorce laws which allow a person to ask for a divorce even if his or her partner does not want the divorce. In California, a couple only has to go to court and say, "We do not want to be married any longer. We want a divorce."



Other states have borrowed the ideas of no-fault divorce by requiring married couples to live apart for six months to one year (depending on which state the couple lives in) before they apply for a divorce. These new laws do not attempt to find out who is to blame for a divorce. Instead, they focus on practical financial issues, such as who gets what and how much after the divorce.

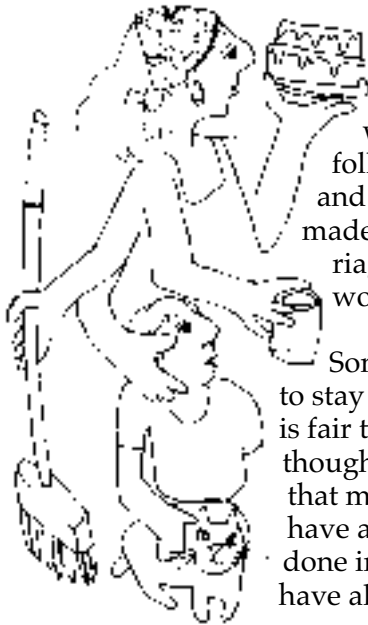
Equitable Distribution Laws (EDLs)

EDLs Do Not Consider Fault When Dividing Marital Assets and Liabilities

Forty states and the District of Columbia have passed laws known as Equitable Distribution Laws (EDLs). Under EDLs, the question of who is at fault for the divorce does not affect how the marital assets and liabilities are distributed. A person still needs to show his or her partner is at “fault” in order to ask the courts to grant a divorce. But once one partner in a marriage has shown that there are grounds for divorce, then he or she is entitled to one according to his or her rights under the EDLs.

EDLs Ignore Which Partner Is At Fault, Only Focus on Dividing Property

Before no-fault laws were passed in 1980, the degree of fault affected how marital properties were divided. This means divorce courts punished the partner blamed for the divorce by giving more marital assets to the other spouse. This is different under EDLs, which separates the question of blame from the division of marital assets and liabilities.



These laws have evolved during the past twenty years at a time when most states began to look on marriage as an economic partnership. The Women’s Movement promoted the idea that women are equal partners in a marriage even when a woman follows a traditional role and stays home to take care of her husband and children. EDLs are based on the idea that a married couple had made a decision to divide the family responsibilities that make a marriage work; e.g., one partner will work outside the home and one will work inside the home.

Some couples decide that it is best for the woman (sometimes the man) to stay home and take care of the husband and children. In these cases, it is fair to say that the woman plays an equal role as her husband even though she is not paid for her work in the home. EDLs support the idea that marital property should be divided fairly even if one partner did not have a paid job outside the home. EDLs recognize the value of the work done in the home by one of the marriage partners, usually the wife. EDLs have also given men the right to sue for alimony from their former wives.

EDLs Try to Divide All Marital Property Fairly

EDLs see divorce as the end of an economic partnership between the husband and wife. Everything the couple acquires (buys) during the marriage is considered marital property. In a divorce, all marital properties are listed, valued, and then distributed equitably or fairly between the husband and wife. This does not mean that each partner receives a 50-50 split. It only means that the court will try to be reasonable and fair. For example, a woman who has been married for twenty or more years would more than likely receive half of the couple’s property. A woman married less than ten years may only receive one-third of the couple’s property.

*Marital Property:
Everything the
Couple Acquired
While Married to
Each Other*

EDLs define marital property as investments in homes, cars, and furniture. Pension plans and career licenses, such as a license to practice medicine that was earned during the couple's marriage may also be considered marital property.

*Separate Property:
Anything a Partner
Owned Before
Marriage or
Inherited During
Marriage*

Most states under EDLs only divide up marital assets or property that a couple acquired during their marriage. Separate property is not included in the division of assets. Separate property means property or money that one of the partners owned before the marriage, that was inherited, or was given as presents during the marriage. Separate property is different from marital property and is not included in the property division of a settlement.

*Questionnaire to
Help Couples
Divide Their
Marital Property
Under EDLs*

A couple who plans to divorce in an EDL state will be asked to fill out a questionnaire that helps them to:

- a) Determine which property is marital property and which is separate property. Property that an individual owned before he or she married and property that a person inherited or was given as presents during the marriage is called separate or non-marital property. Separate property belongs to the spouse who owns it and is not divided in a divorce agreement.
- b) Determine the value of each item of marital property. For example, the couple might determine their home is worth \$80,000, and their car is worth \$10,000, etc.
- c) Discuss with each other how they will pay all existing bills, including those related to legal and other expenses of their divorce.
- d) Decide together who will get what in the divorce settlement. If there is disagreement on this matter, then the courts may have to decide.

*EDLs Expect
Marital Partners to
be Independent
After Divorce*

EDLs support the idea that dependent spouses (wives or husbands who do not work outside the home) should become economically independent as soon as possible after the divorce takes place. Unfortunately, the law does not always work out in favor of divorced women. Many women who have stayed home to take care of their children cannot easily go out and find a job after they get a divorce. Most of them have never held a job, or have not worked for a long time. Most often these women have to accept low-paying jobs. Their wages almost never catch up with women who have always worked outside the home. This situation is even worse for women who have never held a job and who lack both education and training.

Community Property Laws (CPLs)

(Another Way to Divide Marital Assets and Liabilities)

Nine States Have Adopted CPLs When divorce laws were changing, some states chose to pass community property laws that insure a 50/50 split of all marital properties, both assets and liabilities. The nine community property states are Arizona, California, Idaho, Louisiana, Nevada, New Mexico, Texas, Washington and Wisconsin.

CPLs Require 50/50 Split of All Marital Assets and Liabilities When a marriage breaks up, everything is itemized, valued, and chopped in half (50/50 split). This law was a big boost for women who stayed at home and cared for their husbands and children. In the past, women who worked in the home were not paid for the contributions they made to the family; they were not entitled to receive any properties that they did not own before their marriage. Property that was acquired together during the marriage belonged to the husband alone. Under the community property laws, a typical housewife is entitled to 50 percent of the couple's marital assets.

Comparing Equitable Distribution and Community Property Laws

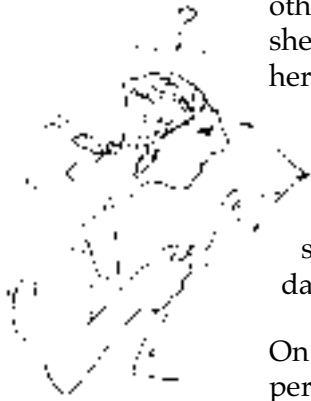
50/50 Split of Marital Assets May Not Be Fair to Partner with Custody of Children When divorce laws were being revised, many states believed that a nonworking spouse deserved a share of the marital property, but some states also believed that a 50/50 split of the assets (Community Property Laws) might not always be equitable or fair. They thought it best to adopt Equitable Distribution Laws which give divorce courts more flexibility to tailor-make each divorce settlement to fit the unique circumstances of the couple. For example: A traditional wife who stays at home to raise four children and owns a house with a monthly mortgage payment of \$1,400 would be in trouble if a court gives her only half of the family's assets. This woman has five people to feed, clothe, and support. The husband has only himself to care for. In this case, the woman would benefit more from a 60/40 split of the marital assets.

In Practice, EDL Decisions Have Worked Out to a 50/50 Split In theory, under EDLs, a judge can decide to split the couple's assets and liabilities 50/50 or 60/40 in either partner's favor. In reality, statistics show that women usually receive just under 50 percent of the marital pie. In other words, EDLs have worked out almost the same as community property laws.

Divorce and Women

*New Divorce Laws
Are Not Good for
Older Women from
Traditional
Marriages*

Divorce laws have hurt some women, especially older women who spent their married life working in the home, taking care of their husbands and children. In a traditional marriage, the husband works outside the home. His ability to earn money usually increases each year he works. On the other hand, the wife's ability to earn money usually decreases, because she often quits her job or works only part-time so that she can take care of her husband and children.



If this woman is looking for a full-time job after her divorce, she will discover that employers are less willing to hire her because she lacks job experience and training. If she is lucky enough to be hired, she will probably receive lower wages. Less work experience or out-of-date work experience means lower wages for these women.

*Women's Income
Decreases with
Divorce; Men's
Income Increases*

On average, the income of divorced women with children decreases by 73 percent in the first year after their divorce. Conversely, the income of divorced men on average increases 42 percent in the first year after they obtain a divorce. Courts often do not require men to share their salaries with their wives. Child support payments often do not pay for half of the cost of raising a child.

How to Avoid a Difficult and Expensive Divorce

*If Uncontrolled,
Anger Can
Result in Costly
Divorces*

Many lawyers suggest that couples see a therapist (psychologist, counselor, or minister) while they are going through the divorce process. Therapy gives the individual the chance to express his or her feelings of anger and sadness and hopefully prevents the couple of taking out their feelings on each other in the divorce process itself. Couples should keep their anger out of the divorce process. If they fail to do this, their divorce will take more time and cost much more money.

*Consult Two or
Three Divorce
Lawyers Before
Hiring One*

Anyone who is thinking about a divorce should hire a good divorce lawyer. It is often helpful to ask family members or friends who have been divorced to recommend lawyers who have done good work for them. It is important to make an appointment for an initial consultation with two or three lawyers. A consultation is a meeting that allows you the opportunity to share your experiences and ask questions regarding how the lawyer would represent you. Consultation fees vary but usually reflect the hourly fee that the lawyer charges clients. In some areas,



hourly fees vary from \$100 to \$200 per hour. In other areas, hourly fees range from \$250 to \$450 per hour.

When a divorce lawyer accepts a case, he or she will ask for a retainer fee. This fee ranges from several thousand dollars to much more. Most lawyers also require an additional hourly rate for any work completed after the retainer fee has been used up. If a divorced couple cooperates with each other and doesn't get locked into horrible battles with each other, a divorce can often be completed within six months time. On the other hand, some divorces have dragged on for years and have cost tens of thousands of dollars because one of the partners is so intent on hurting the other partner.

Important Terms

Adversarial divorce: An unfriendly divorce in which there is disagreement over division of marital properties or over custody of children.

Adultery: Sexual relations between a married person and another person outside the marriage.

Alimony: Money paid by a person to his ex-partner after a divorce, usually by the husband to his ex-wife while she receives training or schooling to help her find a job. Courts commonly order alimony to be paid for a period of 3 to 5 years after a divorce.

Child Custody: Custody of a child or children is determined as part of a divorce settlement when a husband and wife divorce each other. There are different types of custody arrangements. In general, our courts have a tradition of awarding custody more often to mothers.

Community Property Laws:

Laws that require or mandate an exact 50/50 split of marital assets and liabilities after divorce.

Equitable Distribution Laws:

Laws that divide up marital assets and liabilities in a fair and reasonable way. Equitable distribution laws (EDLs) give courts more flexibility in deciding who gets what after a divorce.

No-Fault Divorce Laws:

Divorce laws that permit a couple to obtain a divorce based on irreconcilable differences (differences that cannot be solved or worked-out.) No person is solely to blame for the breakup. Both individuals assume responsibility for the fact that their relationship did not work. California has no-fault divorce laws.

Chapter 17 Work Sheet

Answer the following questions in your own words. Use complete sentences in paragraph form. Each question is worth 5 points.

1. Describe the difference between fault and no-fault divorce.

2. Explain the major differences between community property laws and equitable distribution laws.

3. List the things a divorcing couple can do to avoid a bitter and expensive divorce for themselves.

Child Custody, Child Support, and Alimony

Child Custody3
Different Types of Child Custody4
The Child's Bill of Rights6
Child Support7
Consequences of Not Paying Child Support8
Help in Collecting Child Support9
Alimony or Maintenance10



Nicole

After 18 years of marriage, Nicole Simms divorced her husband Richard in 1988. Although Nicole was awarded three years of alimony and child support until both children reach the age of 18, Nicole has found it nearly impossible to pay all the family's bills. Legal fees for Nichole's lawyer cost her \$2,500.

Soon after her divorce, Nicole obtained a job as a secretary at a local university. Unfortunately, this position does not pay well. By going to work, Nicole found she must pay for childcare for her two children—which cost her over \$100 per week. Nicole quickly discovered that, even with the money her husband gave her each week for child support, she could barely pay for the basic essentials for herself and her two children.

Nicole now lives from pay check to pay check. She feels fortunate that she is not on welfare but she wonders what will happen if the economy gets worse and she becomes unemployed.

Alicia

Alicia Jones divorced her husband William after 22 years of marriage. Alicia, who had always stayed home and taken care of her husband and children, was awarded seven years of alimony and child support until her daughter was 18.

Alicia has endured a constant battle with her former partner regarding payment of alimony and child support. William resents giving even a penny to Alicia—he refers to his payments each month as “welfare money.”

Although the court has ordered William to send the child support and alimony payments through the mail, he continues to express his rage and anger at his former wife by demanding that she drive to his house each week to pick up the payments. Rather than write out Alicia's correct name on the check, William often makes out the check to Slut Jones or Whore Jones.

Alicia knows that William does not have a legal right to harass her in this way. Unfortunately, she does not have the money to hire the services of a competent lawyer. So, every week she must put up with William's abusive treatment of her. She has no other choice as she needs the money from her ex-husband.

Overview and Objectives

Divorcing couples with children are forced to make important and difficult decisions regarding child custody (who will the children live with) and visitation (how often will the other parent visit the children). The parent with whom the children lives is called the custodial parent. The other parent who receives time to visit the children is called the non-custodial parent. The decisions that couples make regarding these two issues forever affect the lives of their children.

Although divorce ends a couple's relationship as husband and wife, it does not end their relationship with their children. Both individuals continue to be parents of their children. Thus, they must resolve the anger and sadness they feel toward each other so that they can together focus their energies on their children.

Unfortunately, many divorcing couples use their children as a means of inflicting pain on each other. A man who does not love his wife may do everything possible to convince his children that their mother is an unfit mother—that she doesn't really love them and that the children should not live with her. In return, a woman who has been hurt by her husband, may try to convince her children that their father is "a no-good, lazy father" and that they should no longer see him. These type of damaging comments leave emotional and psychological scars on the children.

In this chapter, we will study the major types of child custody arrangement and make an effort to describe the advantages and disadvantages of each type of custody arrangement. We will also discuss money issues related to child support and alimony (maintenance).

After studying Chapter 18, you will be able to:

- Define the major types of child custody arrangements and describe the advantages and disadvantages of each type of custody arrangement.
- Define the terms *alimony* and *child support*.
- List the possible consequences for an individual who fails to pay child support.

Child Custody



*Child Custody Is
 Now Based on
 What Is Best for
 the Child*

In the past, the American court system followed a tradition of awarding (giving) custody of children to their mothers. This tradition was based on the traditional role of women who married and stayed home to take care of their husbands and children. The courts believed that mothers were more loving and nurturing than fathers and thus support the idea that children should continue to live with their mothers. This was particularly true of young children. The younger the child the more strongly the court felt that the mother should be given custody. This tradition has only changed recently with the passing of new laws.

New laws in all states now give both parents an equal chance to win custody of their children. Courts now decide which parent has **earned** the right to have custody of the couple's children based on who has provided most of the day to day care of the child before the parents divorced. Courts now want to know who mostly takes care of the child on an everyday basis—who cooks, cleans, supervises and plays with the child. Courts now award custody to the parent who has given the most care to the child. This insures that the child will continue to live in a safe and secure environment with the parent who has provided the child the most attention and love. Child-custody decisions now are based more on what arrangement is best for the child.

*Mothers Still Get
 Custody Most
 Often*

Even though new laws give both parents an equal chance of obtaining custody, mothers still are given custody in 90% of all custody cases. This may change as fathers take equal responsibility for the care and supervision of their children. Until this happens, mothers will continue to receive custody more often than fathers.

Different Types of Child Custody



*Non-Custodial
 Parent Has
 Visitation Rights*

The most common child custody arrangements are:

Sole Custody. The child lives with one parent who is legally responsible for the care and supervision of the child. This parent makes all the important decisions that affect the child's life, including his or her education, religious training, and health care. In other words, a parent with sole custody decides what school and church the child attends, and what medical and psychological care the child receives. This parent also makes everyday decisions such as what time the child should go to bed and what activities the child should be involved in at school.

The parent with whom the child does not live with is called the non-custodial parent. In most cases, this parent is allowed to take the child to his new apartment or house, where the non-custodial parent and child can visit with each other and maintain their relationship. Visitation rights allow the non-custodial parent to see his or her children, and the children to see both parents.

*Visitation Not
 Allowed If Child
 Is Harmed*

If a child has been harmed or threatened with harm by his non-custodial parent, then it is possible that visitation will not be allowed. In some situations, the judge may forbid visitation unless another adult is present. This usually happens if the judge thinks it is bad for the non-custodial parent to have active contact with the child, perhaps because the non-custodial parent is suspected of abusive behavior.



*Family Experts
 Do Not
 Recommend
 Joint Legal
 Custody*

Joint Custody. There are two types of joint custody. Joint legal custody is where the child lives with one parent but both parents make decisions regarding the child's upbringing, education, religion, and training. For example, both parents decide what school and church the child will attend, and what medical and psychological care the child receives. Parents with joint custody must cooperate and work together to make decisions that are in the best interests of their child. Again, the parent who does not have custody is given visitation rights with his child.

Although joint legal custody is more common, some family experts do not support this type of custody arrangement. Parents who have not developed the skills of communication and compromise during their marriage will probably not learn these skills after they divorce. In order for joint custody to work, both parents must put their anger and pain behind them, and have the maturity to only focus on what is best for their child. These are rare qualities among divorcing couples. Joint legal custody is often not recommended.

*Joint Physical
 Custody Moves
 Child Back and
 Forth Between
 Both Parents*

Another type of custody arrangement is called joint physical custody, where the child spends some time with both parents. The child spends a certain amount of time living at the mother's house and then a certain amount of time living at the father's house. In some cases, the mother and father maintain a family home for the child. This might mean that the mother moves into the family home for a month's time and takes care of the child, and then the father moves in and takes over. Most family experts do not recommend joint physical custody. This yo-yo like existence of a child who must first live with one parent and then another is unsettling and confusing.



Split Custody. Split custody is another type of child custody arrangement that is sometimes adopted by divorced couples who have several children. Often, the father gets custody of the sons and the mother gets custody of the daughters. This type of custody arrangements splits the family more than a divorce. Not only do the children lose day to day contact with one of their parents; they also lose day to day contact with their brothers or sisters (siblings). Clearly, this type of custody arrangement is often not in the best interests of the children .

*Divorce Judge
 May Make Final
 Custody Decision
 If the Couple
 Cannot Agree*

If both parents want custody of the children, or if a couple makes a custody decision that the court system does not accept, then the judge may have to make the final decision on custody. Usually, the judge will appoint a Law Guardian for the children. The Law Guardian is a lawyer who acts for the children. The lawyer will interview both the parents and children, and then recommend what he or she thinks is best for the children. The judge will make a custody decision based on the recommendation.

*Preferences of
 Older Children
 Are Considered
 Seriously*

The judge may also interview older children (teenagers and those who are almost teenagers in age). If older children say they prefer to live with a particular parent, their wishes will be considered seriously. Such interviews take place **in chambers**. This means only the judge and the children are present to ensure privacy.

The Child's Bill of Rights

*Children Have
 Rights Even After
 Their Parents'
 Divorce*

Regardless of the decisions parents make regarding custody and visitation, children have a right to maintain contact with both parents. Recently, the Wisconsin Supreme Court developed "The Child's Bill of Rights" that helps parents understand that their children have certain rights even though their parents have divorced. In some states, divorcing couples are required to read this Bill of Rights and are asked to sign a paper that says that they understand and will respect these rights.

*Bill of Rights for
 Children of
 Divorced Parents*

For children of divorced parents, the Child's Bill of Rights protects the following:

1. The right to a continuing relationship with both parents
2. The right to be treated as an important human being, with unique feelings, ideas, and desires
3. The right to continuing care and guidance from both parents
4. The right to know and appreciate what is good in each parent without one parent degrading the other
5. The right to express love, affection, and respect for each parent without having to stifle that love because of disapproval of the other parent
6. The right to know that a parent's decision to divorce was not the responsibility of the child
7. The right not to be a source of argument between the parents
8. The right to honest answers about the changing family relationship
9. The right to be able to experience regular and consistent contact with both parents and the right to know the reason for any cancellation of time or change of plans
10. The right to have a relaxed, secure relationship with both parents without being placed in a position to manipulate one parent against the other

Child Support

*Both Parents
Legally
Responsible to
Support Their
Children*

There are many responsibilities that come with parenting. Our legal system consists of laws that hold both parents responsible for the support of their children. This support includes food, clothing, shelter, medical care, and education. Parents who fail to support and care for their children are breaking a legal, moral, and ethical obligation.



Married couples who end their relationship with each other do not end their relationship with their children. In divorce cases, the parent who does not have custody of the children is usually required to give money to the parent who has custody. In most divorces, the mother receives custody of the children and thus the father is required to pay child support. In general, women usually earn less money than men. Thus, it is important for men to pay an adequate amount of child support. Children should not have to suffer financially from their parents' divorce.

*Each State Has
Different Guide-
lines for Child
Support Payments*

In recent years, each state has developed various rules or guidelines to determine how much child support the father should pay. Monthly payments are usually based on the father's income, the mother's income, the number of children involved, and the standard of living the children experienced before their parents divorced.

*Child Support
Required Up to
Age of 18 or 21*

In most states, child support must be paid till the age of 18. Many children of divorce do not receive the education they need because their fathers stop paying child support at age 18. This is the age when most students enter college. In many cases, the mothers are unable to pay for their children's college education on their own. In some states, child support is required to be paid till the age of 21. In the state of New Jersey, child support must continue to be paid if the child goes to college.

Consequences of Not Paying Child Support

*Many Fathers Do
Not Pay Child
Support Or Fail to
Pay What They
Owe*

Sadly, many parents do not fulfill their responsibility when it comes to paying child support. Nationally, the U.S. Census Bureau has estimated that of the 5 million women who are supposed to receive child support, only half received full payment, one quarter received partial payment, and one quarter received no money at all. Fathers who fail to pay child support are often known as “deadbeat Dads.”

Although it is a crime to fail to pay child support, most fathers who fail to pay are not arrested. It is difficult to find these fathers and put them in jail. Often, they skip out on their responsibilities by moving from state to state and by changing their identities.

Another way that fathers avoid child support responsibilities is to ask for custody of their children even though they do not want it. This strategy scares the mother, who does not want to lose custody of her children. Women in these situations often settle for much lower child support payments as a way of keeping their children.

Failure of fathers to pay child support has become a national scandal. Political leaders have developed laws to deal with this enormous problem. All 50 states now have laws that deal with the collection and enforcement of child support payments.

Help in Collecting Child Support

Process for Custodial Parents to Collect Child Support

The collection of unpaid child support or payments that are consistently late is the most common legal problem families face after a divorce. In an effort to solve this huge problem, new state and federal laws have been passed. At present, there are many things a parent can do if her former partner fails to pay child support. Some of these things are as follows:

Deduction from Paycheck of Non-Custodial Parent

1. The parent with custody of the children can get a court order that requires the former husband's employer to deduct (take out) money from his paycheck. The employer must then send this money to the custodial parent.

Employers Can Withhold Money from Parents' Paycheck

2. New laws state that employers must withhold money from the parent's paycheck if his or her children are receiving welfare (Aid to Families with Dependent Children).

Money Can Be Deducted from Tax Refunds

3. The government is now allowed to take money out of a parents' state or federal tax refund if he or she refuses to pay child support. The money that is owed to the former partner and children is sent to the former partner before the refund check is sent out.

Lawyers or Child Enforcement Units Can Help Collect Overdue Child Support

There are many other ways a parent can legally fight for overdue child support. Individuals who face this problem should consult their lawyer or request the assistance of a child support enforcement unit. These units provide free assistance to parents who are not receiving the child support that they are entitled to. Lawyers help bring law suits against the parent who fails to pay support, contact the employer, and also may petition the court to put the nonpaying parent in jail. Individuals should check their phone book for the nearest office of the federal Child Support Enforcement Administration or they may want to contact their local state agency.

More Should Be Done to Enforce Payment of Child Support

Much has been done to make certain that children of divorce receive the financial and emotional support that they need from both parents. Unfortunately, much more needs to be done. Divorced parents should not be allowed to ignore their legal and moral responsibility to their children.

Alimony or Maintenance

Alimony Is Money Pay for Spousal Support Alimony is money paid to a former spouse for a period of time after the couple has obtained a divorce. Alimony is also known as maintenance or spousal support.

Alimony Used to Mean Husbands Support Their Divorced Wives Alimony is one of the results of the traditional view of marriage that held the husband responsible for the support of his wife and children and the wife responsible for the care of her family and home.

Alimony Helped Wives Who Stayed Home During Their Marriage to Survive After a Divorce Women who upheld the traditional roles of wife and mother did not work outside the home. Often, these women lacked the education and training needed to obtain a good job. After a divorce, these women were often forced to go out and try and find work in order to support themselves and their children. Unfortunately, they most often had to accept low-paying jobs. Moreover, when they worked, they had to pay for someone else to take care of their children. Women in these situations suffered horribly from divorce. Our legal system established alimony as a way of helping divorced women live a similar life to the one they had before their divorce. Unfortunately, alimony and child support payments cover only a small percentage of what it costs to support a family. As a result, alimony and child support payments do not always help divorced women and their children to maintain their standard of living.

Alimony Was Used to Punish Guilty Partner In the past, alimony was used as a means to punish the “guilty” person in a divorce. For example, a man who had a extramarital affair while married would usually be required to pay his former spouse a large sum in alimony each month. This requirement was the court’s way of saying to the husband, “If you play, you pay.”

Some States Do Not Allow Alimony Some states, such as Georgia, Louisiana, North Carolina or Virginia will not allow any alimony even if it is proven that a spouse has cheated on his or her partner. The state of Texas does not allow any alimony at all.

Men Now Can Receive Alimony If They Need Money More Than Their Former Wives New alimony laws have changed to reflect the current idea that men and women are equal. In all states, both husbands and wives are eligible to receive alimony. Alimony is based on an individual’s need—who needs money to learn how to support him or herself. If a woman makes more money than her husband, the court may require her to pay alimony to her former husband.

*Alimony Is
Rarely Given
Now*

Because more and more women have jobs outside the home, it is more uncommon for either a divorced husband or wife to receive alimony. In fact, studies show that alimony is paid only in 15% of all divorces.

*If Alimony Is
Awarded Now,
It is Usually for
a Short Period
of Time*

The length of time that alimony is awarded to a former spouse has also decreased. In the past, alimony was awarded to a former spouse until he or she married again or died. Nowadays, alimony is usually awarded for a limited period of 2 to 5 years. Alimony is usually not given when a marriage has lasted only a short time. Our court system supports the idea that both men and women who are healthy can work. If both people work, they are able to support themselves. Courts also believe that if a partner (usually a woman) has stayed home, raised her children, and taken care of her husband that she should be given money to help her obtain the training she needs to be able to take care of herself.

Important Terms

- Alimony:** Money paid monthly to a former spouse for a certain amount of time after the couple has obtained a divorce. Also known as maintenance or spousal support.
- Child Support:** Monthly payments to help pay for their children's living expenses.
- Custodial Parent:** The parent that the child lives with after a divorce.
- Non-custodial Parent:** The parent that visits the child after a divorce.
- Sole Custody:** A custody arrangement where a child of divorce lives with one parent who has sole legal responsibility for the care and supervision of the child
- Joint Physical Custody:**
A custody arrangement where a child of divorce lives with one parent for a certain period of time and then with the other parent for a certain period of time.
- Joint Legal Custody:** A custody arrangement where both divorced parents share legal responsibility for the care and supervision of their child.
- Split Custody:** A custody arrangement where each divorced partner receives custody of some of his/her children. Usually this means that the mother gets custody of daughters and the father gets custody of sons.
- Visitation:** The right of the non-custodial parent to visit the child and the right of the child to visit the parent he or she does not live with.

Exam No. 3**(100 points)**

True/False Questions: Write the letter T if the sentence is TRUE, and write the letter F if the sentence is FALSE. (2 points each)

- _____ 1. There are approximately one and a half million divorces each year in the United States.
- _____ 2. Women who are employed are more likely to ask for a divorce than women who do not have a paid job outside the home.
- _____ 3. The initiator of a divorce has more problems adjusting to the divorce than the person who does not want the marriage to end.
- _____ 4. Most divorced women receive alimony for the rest of their lives or until they remarry.
- _____ 5. New divorce laws focus on who is to blame for the divorce.
- _____ 6. Homosexual marriages are considered legal.
- _____ 7. Common-law marriages are recognized and given legal status in most states.
- _____ 8. After most divorces, the standard of living increases for the man and decreases for the woman.
- _____ 9. Equal distribution laws guarantee men and women a 50/50 split of assets and liabilities after a divorce.
- _____ 10. Mothers receive custody of their children in 75% of all custody cases.
- _____ 11. Approximately 50% of divorced fathers fail to pay the amount they owe for child support or they fail to pay on time.
- _____ 12. Common-law couples must obtain a legal divorce if they decide to end their relationship.
- _____ 13. Property acquired before a marriage is included in the division of property after a divorce.
- _____ 14. Studies show that older children adjust easier to their parents' divorce than younger children.
- _____ 15. Mediation costs the same amount of money as an adversarial divorce.

Fill in the Blanks: Read each of the sentences below and fill in all the blanks with the correct words. (2 points each)

1. Marriage is a legal contract between three parties: the _____, the _____, and the _____.
2. When an individual is married to more than one person at the same time, it is known as _____.
3. A divorce that involves the couple going to court with each of their lawyers is called an _____ divorce.
4. The amount of money a father or mother pays to the parent who has custody of their child is _____.
5. Scheduled time when a non-custodial parent is allowed to visit his or her child in order to maintain a relationship is called _____.
6. Under _____ divorce laws, a married couple had to show that there were adequate grounds or reasons for their divorce.
7. Marriages that occur without meeting the five requirements of legal marriages can be canceled or _____.
8. Two ways to distribute marital assets and liabilities after a couple divorces are _____ and _____.
9. In the state of New York, the Child Support Standard Act requires that the non-custodial parent pay _____ percent of his or her gross wages less FICA for one child, and _____ percent of his or her gross wages less FICA for two children.
10. Divorce laws that permit a couple to obtain a divorce based on differences that cannot be solved or worked out are called _____.
11. Three different types of child-custody arrangements are:
 - a. _____
 - b. _____
 - c. _____

Short Essay Questions: Read each question carefully. Give complete answers. You may continue your answers on another sheet of paper if you need more space.

1. Define the term marriage and list the five requirements for a marriage to be considered legal. (5 points)

2. Describe five changes in American society that have contributed to more divorces in our country today? (5 points)

3. Compare the rights and responsibilities of married people with the rights and responsibilities of couples who live together but are not legally married. (5 points)

4. Identify and discuss three common reasons couples give for divorce.
(5 points)

5. Identify three problems commonly experienced by divorced women.
(5 points)

6. Identify three problems commonly experienced by divorced men.
(5 points)

7. List five things that a divorcing couple can do to help their children adjust to their divorce. (5 points)

8. List the things a divorcing couple can do to avoid a bitter and expensive divorce for themselves. (5 points)

9. Explain the major differences between fault divorce and no-fault divorce. Then list some legal grounds (reasons) that couples can give for divorce. (8 points)