

# enditnow<sup>®</sup> Emphasis Day

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“Love Protects: Healing the Wounds of Emotional Abuse”

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Children’s Ministries, Education, Family Ministries, Health Ministries  
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## About the Author

**Linda Mei Lin Koh, Ed.D.**, is the Director of General Conference Children’s Ministries. Her doctoral degree in Educational Psychology and Counseling, in addition to her forty-six years of teach and church departmental experience, has equipped her for this ministry. Koh enjoys working with children and has developed resources to help nurture their faith. She also writes for the *Adventist Review*, *Adventist World*, *Elder’s Digest*, *Vibrant Life*, *Kids Ministry Ideas*, and other church publications. Koh is married and has two grown sons and six grandchildren.

Dr. Koh wrote the sermon and seminar for **enditnow** Emphasis Day.

- “Love Protects: Healing the Wounds of Emotional Abuse” (sermon)
- “Bullying Tips for Parents, Teachers and Church Leaders” (seminar slides)

## Outline of Service

Call to worship:

Scripture: 1 Corinthians 13:7

Hymn of praise: #101 "Children of the Heavenly Father"

Pastoral prayer:

Children's story: "Love One Another"

Call for the offering:

Offertory music:

Responsive reading: #827 "The Christian Home"

Special music:

Sermon: "Love Protects: Healing the Wounds of Emotional Abuse"

Hymn of response: #656 "O Perfect Love"

Closing prayer:

## Responsive Reading

### #827 “The Christian Home”

Never have grudges against others,  
or lose your temper, or raise your  
voice to anybody,  
or call each other names,  
or allow any sort of spitefulness.

**Be friends with one another,  
and kind,  
forgiving each other as readily as  
God forgave you in Christ.**

Try, then to imitate God,  
as children of his that he loves  
and follow Christ by loving as he loved you,  
giving himself up in our place  
as a fragrant offering  
and a sacrifice to God.

**Among you there must be  
not even a mention  
of fornication or impurity in any of  
its forms, or promiscuity;  
this would be hardly become the saints!**

There must be no coarseness,  
or salacious talk and jokes—  
all this is wrong for you;  
raise your voices in thanksgiving instead.

**You were darkness once,  
but now you are light in the Lord:  
be like children of light.**

Sing the words and tunes of the  
Psalms and hymns when you are together,  
and go on singing and chanting to  
the Lord in your hearts,

**so that always and everywhere  
you are giving thanks to God who is  
our Father In the name of our Lord  
Jesus Christ.**

—Ephesians 4 and 5, *Jerusalem Bible*

## Children's Story

### **LOVE ONE ANOTHER** **By Linda Mei Lin Koh, Ed.D.**

One day nine-year-old Richy was busy building his Lego set when mom called from the kitchen.

"Richy, can you push your brother out for his Sunday walk? It's sunny now," asked mom as she walked into the living room to see an almost completed Lego fighter plane on the floor.

"Okay, mom, just give me a minute more," begged Richy.

"Sure, but don't wait too long," said mom with a twinkle in her eye.

You see, Richy's brother Zach had an accident a year ago when he fell off his dirt bike and he could never walk again. He could move around only on a wheelchair.

Soon Richy was out pushing his brother Zach around the park as they enjoyed the beautiful sunshine. Zach stopped to pick some bright yellow leaves that had fallen onto the ground. They raced around the park like two excited boys just out for recess. It was amazing how fast Richy could maneuver the wheelchair!

"Look, look, Richy! Catch that blue butterfly for me," shouted Zach excitedly as he stretched out his hand to grab it.

"Watch out!" yelled Richy as he tried to grab Zach's hand. But it was too late. Zach rolled off his wheelchair and landed on the ground. His shirt was all wet with dirt.

"Don't move, Zach, let me help you up," said Richy as he tried lifting Zach back onto his wheel chair.

He tried and tried, but no matter how hard he tried to pull and lift, he just couldn't do it. He gave it one more try, but to no avail. Zach was just too heavy for him!

"Zach, don't move, I'll run and get help!" Richy assured his brother as he started to run toward home, all the time turning his head back to make sure his little brother was in no danger.

"Mom, Mom, please come quick," yelled Richy as he panted for breath.

“Zach fell off his wheelchair and I can’t lift him up. It was my fault,” said Richy as his eyes began to fill up with tears.

Mom and Richy ran as quickly as they could back to the park and there was Zach still lying on the wet soil by his wheelchair. Both mom and Richy lifted Zach back into the wheelchair. Richy took out his handy to wipe off the dirt and sand from his little brother’s hands and legs.

“I’m so sorry, Zach,” Richy apologized, “I should be more careful looking out for you.”

“It’s not your fault, Richy. I was just too excited catching butterflies,” replied Zach with a smile as he reached out his hand to hold Richy’s hand.

“Thanks, Richy for being such a loving brother,” said mom with a big smile.

Jesus said, “This is my commandment, that you love one another as I have loved you,” (John 15:12).

## Sermon

### **LOVE PROTECTS: Healing the Wounds of Emotional Abuse** **By Linda Mei Lin Koh, Ed.D.**

#### **Scripture**

[Love] “always protects, always trusts, always hopes, always perseveres” (1 Corinthians 13:7, NIV).

#### **Introduction**

What do you think is the key word in this verse? The repetition might give it away. What’s the key word?

ALWAYS.

If you are reading the King James Version, you see “always” is translated as “all things.” All things. All things. All things. All things.

In other words, all the time. Always, Love Protects. This has been God’s desire for families since the beginning of all things.

God designed our homes to be places of heaven on earth where love is present and family members help and support each other. Snapshots of love, kindness, and care among its members are the positive qualities that reflect God’s protective love for us His children.

Ellen G. White supports this concept in *The Adventist Home* where she writes, “Home should be made all that the word implies. It should be a little heaven on earth, a place where the affections are cultivated instead of being studiously repressed. Our happiness depends upon this cultivation of love, sympathy, and true courtesy to one another” (p. 15.3).

Unfortunately, many homes and even churches have become a place of fear, pain, and sorrow. In fact, statistics in North America show that more than 3 million child abuse allegations are made to law enforcement officers each year, involving more than 6 million children.<sup>1</sup>

It is estimated that 1 in 5 places of worship in North America have reported allegations of child sexual abuse in their ministries. Every 10 seconds a child abuse incident is reported in North America. What a distressing reality! The statistics that I am about to share with you continue to paint this sad picture.

In 2013, U.S. National Abuse Statistics revealed that:

- 702,000 child victims of abuse and neglect were reported. This is a rate of 9.2 victims per 1,000 children in the U.S.
- 3.2 million cases of child abuse were investigated.
- 1,580 children died from abuse and neglect in the U.S. This is a rate of more than four children dying every day as the result of child abuse.

Maybe you think that evil is happening only in North America. No! Not at all! Child abuse is happening everywhere in the world. It is a worldwide problem that needs our attention if we want to make a difference in our homes and churches.

The African country of Malawi studied the problem of violence against children and published a report in March 2015. The study states that:

- Violence is experienced by 2 out of every 3 Malawians during childhood.
- Before reaching their eighteenth birthday, 1 in every 5 girls are sexually abused.
- Nearly 2 out of every 3 boys suffer physical violence before the age of 18.
- In fact, violence against children has become a social norm in most communities across the country.<sup>2</sup>

Dream a little . . . Think about one or two children you know well. What are some of the hopes, dreams, and goals you have for their future?

#### **Consider This . . .**

- How would your hopes, dreams, and goals for these children be affected if they experienced abuse and violence?
- How would the family be affected?
- How would the church be affected?
  - Other children and youth?
  - Adults and church leadership?
- How would the community be affected?

The most heartbreaking part is that violence against children leaves detrimental effects on the victims. Such children are more likely to suffer from mental distress, indulge in smoking and alcohol abuse, contract Sexually Transmitted Infections (STIs) and engage in self-harming behaviors.

#### **What is Emotional Abuse?**

But today I want to address ONE kind of abuse that goes unnoticed, but it is just as deadly as physical. It is equally detrimental to the victim's health and wellbeing. It happens in every community, regardless of race, religion, language, and social economic status. It is equally detrimental to victim's emotional wellbeing. I am speaking of EMOTIONAL ABUSE! This is a battering which doesn't leave evidence like those bruises of physical battering.

Emotional abuse is also referred to as "psychological maltreatment." It can have long-term consequences for children and lead to a wide range of problems in adulthood. According to Brenda Branson and Paula Silva, "the perpetrator uses intimidation, humiliation, isolation and fear to diminish their victim's sense of self and sanity."<sup>3</sup>

Most people tend to minimize the effects of emotional abuse because they don't seem to be as obvious as those caused by physical or sexual abuse. However, it is indeed the silent killer in Christian families and marriages.

Emotional abuse can include:

- Ignoring
- Rejecting
- Isolating
- Verbally assaulting
- Exploiting or corrupting
- Terrorizing
- Neglecting the child

Verbally belittling and shaming your child, calling your child “hopeless,” “good for nothing,” or threatening him, or bullying her is just as destructive for the child as physical abuse. Neglecting your children, ignoring him, and not giving love and care for her interferes with your child’s growth. Sometimes children are deprived of food, prevented from socializing and playing with other children, or denied adequate medical care when they are sick.

We may not be able to detect abuse easily, but the hidden scars can be manifested in observed behaviors—behavior which include poor self-esteem, insecurity, destructive behavior, angry acts, withdrawal, etc. When children experience abuse, their emotional growth is stifled.

But children are resilient. Being able to discuss and guide children through a recovery process is crucial to their success. It is often the first step toward healing. In most cases, once their safety is assured, children can overcome the effects of trauma through professional counseling or other supportive interventions.

### **Possible Signs of Emotional Abuse**

When describing child emotional abuse, obvious physical symptoms of abuse or neglect will not be observed, but signs in a child’s actions and emotions can be spotted. Some of them are:

- Unusual fears (of certain people, of going home, etc.)
- Aggressive or withdrawn behavior
- Craving for attention (inappropriate relations with adults/peers)
- Lack of concentration
- Hunger, begging for food, stealing
- Frequent tardiness or absence from school
- Sudden under-achievement
- Looking ill-cared for and unhappy
- Dirty and poorly groomed (particularly young children)
- Poor condition of clothing or not suited to the weather
- Lingering health problems or injuries

### **Why Does It Happen?**

Some parents may emotionally and psychologically harm their children because of stress, anger, poor parental skills, isolation, and inappropriate expectations of their children. It may be that the parents or

caregivers themselves were emotionally abused themselves as children. For marriage partners, the abusive spouse often wants to maintain power and control.

### **Biblical Perspective**

Unfortunately, many abuses happen during moments of anger. The Bible is very clear about the dangers of an angry person. Proverbs 22:24 counsels us, “Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared” (NIV). Proverbs 29:22 tells us, “An angry person stirs up conflict, and a hot-tempered person commits many sins” (NIV).

While anger is an important part of our God-given human emotional package, however, don’t let it carry you into sin. Flying into a rage and beating your child or hurting your spouse is not acceptable. James wrote “Everyone should be quick to listen, slow to speak and slow to become angry” (1:19, NIV). James is saying, “Don’t be quick-tempered.”

Solomon wrote one of the great principles of balanced living: “He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city” (Proverbs 16:32, NKJV).

While all our feeling capacities have been altered by sin, Scripture is clear about controlling our anger. Even when we experience injustices in our lives, we must not vent our anger in an improper way. It is the purpose of the gospel to bring about a restoration, a healing of emotions, so that anger against injustice and evil fulfills God’s intention.

Apostle Paul advises believers to “Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you” (Ephesians 4:31, 32, NIV). So, anger and sin can be and should be separated.

Ellen G. White supports the concept of proper anger as appropriate for Christians:

“It is true *there is an indignation that is justifiable, even in the followers of Christ*. When they see that God is dishonored, and His service brought into disrepute, when they see the innocent oppressed, a righteous indignation stirs the soul. *Such anger, born of sensitive morals, is not a sin*. But those who at any supposed provocation feel at liberty to indulge anger or resentment are opening their heart to Satan. Bitterness and animosity must be banished from the soul if we would be in harmony with heaven” (*The Desire of Ages*, p. 310.4, emphasis supplied).

Ellen White reminds us that “evil speaking is a twofold curse, falling more heavily upon the speaker than upon the hearer” (*Testimonies for the Church, Vol. 5*, p. 176.2). Again, she says, “Harsh, angry words are not of heavenly origin” (*Child Guidance*, p. 246.2). 1 Peter 3:1 does teach wives to be submissive to their husbands so that they *may* win them to Christ by their behavior. But it does *not* teach that they must allow themselves to be verbally or physically abused.

It is not God’s will for us to be abusive verbally simply because we are angry. Those angry and critical words will destroy your children’s confidence and self-esteem. In a marriage relationship, showing anger and yelling at your spouse, or ignoring her or him have a similar devastating effect on the spouse’s self-esteem. Being submissive in a marriage relationship in Ephesians 5:22 does not mean allowing yourself to be verbally abused by your spouse.

The Bible strongly advocates the practical side of caring and mutuality in Christ. The relational ties that bind us together are to receive high priority in a protective way.

The Bible also offers clear principles that, if followed, will reflect the protecting love all children need to live a healthy emotional life.

John 15:12 counsels us to “love one another.” In the final analysis, the goal of the Christian life is LOVE. The measure of our maturity is our love for God and our love for others. If we fail in our love, we have missed what it means to be a Christian.

The Word of God expresses this fundamental principle in various ways. Listen to a few descriptions of how we love one another.

- Give preference to one another (Romans 12:10).
- Serve one another (Galatians 5:13).
- Bear with one another (Ephesians 4:2).
- Forgive one another (Colossians 3:13).
- Comfort and edify one another (1 Thessalonians 5:11).
- Keep no record of wrongs (1 Corinthians 13:5).
- Relieve the oppressed, work for justice (Isaiah 58:9-12).

These precepts empower the way we live out the love He designed for you and me and our families. When we reflect upon these qualities, we understand that since the very beginning, God’s plan was to develop families that reflected His character. And what is His character? Love. This is God’s highest ideal for us—to reflect His character of love.

He wants us to love one another as He loves us. And not just to love our families, but to love all of God’s children. To the watching society, Christians are God’s advertisement and living demonstration for how families can best live together and create a better society. This is not impossible! It can be achieved. Everything in life can be learned. The good news is that loving one another as God loves us can be learned.

### **What is an Appropriate Church Response?**

As we sit here today, this relevant question needs to be answered: What is an appropriate response for the church when addressing the challenge of emotional abuse within its congregation? How do we learn to love one another? How do we lead and guide others in the process? Here are a few suggestions that can be helpful, particularly, for pastors and professionals who assist church members dealing with the difficult problem of emotional abuse and the need for developing healthy relationships:

- Speak out against violence and abuse of children, women, and the elderly.
- Preach sermons about healthy relationships.
- Provide training for parents and families on how to develop healthy relationships.
- Train men to better understand their biblical role in marriage by providing balanced teaching on Ephesians 5:22-28.
- Train parents how to control their anger and words when disciplining their children.
- Show compassion to victims of emotional abuse—and foster a compassionate atmosphere within the church.

- Listen to the victim’s story to understand the situation.
- Refer the victim and abuser to a professional counselor who is experienced with abuse recovery.
- Connect victims to support groups, prayer partners, etc.
- Provide a safe place for women and children in crisis.
- Act immediately if you suspect or know of abuse. If you recognize signs of emotional abuse, it’s best to investigate and know for sure.

Another consequence resulting from the abuse of children requires the close attention of church members. Emotional abuse affects spiritual development. Dr. Tim Clinton, President of the American Association of Christian Counselors, says the impact of emotional abuse can wreak havoc on one’s spiritual life. “It’s tough to believe in the fidelity of God, if all you are experiencing is ongoing abuse in your life.”

The Seventh-day Adventist Church adopted a Statement on Family Violence in October 1996 at their Annual Council. This Statement is our corporate stand against abuse and violence in any form; and our moral responsibility is to stop it from happening within our families, churches, and schools.

As a united spiritual family, we can do more to impact the lives of our children for the better.

### **What Is Our Individual Response Today?**

Jesus said, “By this all will know that you are My disciples, if you have *love* for one another” (John 13:35, NKJV, emphasis supplied). Yes, if we are to live as children of the light, **we must illuminate the darkness** where violence occurs in our midst. **We must care for one another**, even when it would be easier to remain silent and uninvolved.

The wise king urged us, “Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy” (Proverbs 31:8, 9, NKJV).

Speak and act like Jesus. Fill your mind with godly thoughts. Feed your heart with good things. “For the mouth speaks what the heart is full of” (Luke 6:45, NIV). Brothers and sisters, treat your children kindly and lovingly. Encourage rather than severely damage their self-esteem. Spouses, treat your wife or your husband with love and patience. Be respectful and give them honor.

“Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy—meditate on these things. The things which you have learned and received and heard and saw in me, these do, and the God of peace will be with you” (Philippians 4:8, 9, NKJV).

### **Conclusion**

When Ira Gillett, missionary to East Africa, returned home to report on his activities overseas, he related an interesting phenomenon. Repeatedly, Gillett noticed groups of Africans walked past government hospitals and traveled many extra miles to receive medical treatment at the missionary compound. One day he asked a group of patients why they walked the extra distance when the same medicines and

treatments were available at government clinics. The reply: “The medicines may be the same but the hands are different.”<sup>6</sup>

That kind of love makes a difference. That’s the virtue of love incarnated. Christ has no hands, but our hands; no feet, but our feet. We are His ambassadors, representing Him to the world. And when we love as He loves us, it will make the difference. People will notice.

To live as Jesus lived is to love as He loves. Christ-like love for one another is indispensable for our Christian journey. May God equip us and bless us. Amen!

### **Sermon Footnotes**

<sup>1</sup>Child Abuse Statistics & Facts. ChildHelp.org. Accessed on August 3, 2015.  
<https://www.childhelp.org/child-abuse-statistics/>.

<sup>2</sup>Malawi, 24 March 2015: New study reveals a violence against children widespread.  
[www.unicef.org/esaro/5440\\_mlw2015\\_new-study.html](http://www.unicef.org/esaro/5440_mlw2015_new-study.html).

<sup>3</sup>Brenda Branson and Paula Silva, *Pastor’s Guide—Dealing with Domestic Violence*, a publication of FOCUS Ministries Inc., available online at [www.focusministries.org](http://www.focusministries.org).

<sup>4</sup>Australian Institute of Health and Welfare 2013, *Child protection Australia: 2011-12*. Child Welfare series no. 55. Cat. no. CWS 43. Canberra: AIHW. Last viewed 29 May 2014, <[www.aihw.gov.au](http://www.aihw.gov.au)>.

<sup>5</sup>*Ibid.*

<sup>6</sup><http://www.moreillustrations.com/illustrations/kindness%204.html>.

## Seminar

### **BULLYING** **Tips for Parents, Teachers, and Church Leaders** **By Linda Mei Lin Koh, Ed.D.** **General Conference Children's Ministries**

#### **B-U-L-L-Y-I-N-G**

- Why do we need to talk about this?
- Is bullying real?
- Is it happening?
- What is bullying?

#### **BULLYING?**

- Is it real?
- Is it happening?
- WHERE?
- WHEN?
- HOW?

#### **WHAT IS BULLYING?**

- Bullying is repeated verbal, physical, social or psychological aggressive behavior by a person.
- Bullying is aggressive behavior by a person or group directed towards a less powerful person or group that is intended to cause harm, distress, or fear.
- Bullying is scaring or hurting—on purpose—another person who cannot defend himself or herself.

#### **WHAT ARE THE TYPES OF BULLYING?**

- Verbal bullying
- Physical bullying
- Social bullying
- Cyber bullying

#### **VERBAL BULLYING**

Verbal bullying is making reference to one's culture, ethnicity, race, religion, gender, or looks.

It includes:

- Name calling
- Joking
- Sarcastic remarks
- Teasing
- Constant criticism
- Displaying offensive posters
- Spreading rumors/Gossiping

## **PHYSICAL BULLYING**

- Hitting
- Poking
- Pinching
- Chasing
- Shoving
- Coercing
- Destroying or stealing belongings
- Unwanted sexual touching

## **SOCIAL BULLYING**

- Mobbing or ganging together
- Scapegoating or blaming others for punishment
- Excluding others from a group
- Humiliating others with public gestures intended to put down others

## **CYBER BULLYING**

Cyber bullying is using internet, phones, or computers for text messaging or social media to:

- Intimidate
- Put down
- Spread rumors
- Make fun of someone

## **IS BULLYING REALLY A PROBLEM?**

- How do we know the magnitude of the negative impact of bullying?
- What are the negative consequences of this behavior?

Knowing STATISTICS will open our eyes to the true magnitude of the problem.

## **WHAT DO STATISTICS SAY ABOUT BULLYING?**

A survey in 2014 of more than 3,600 young people in 36 schools and colleges across the UK highlights the current climate of bullying among teenagers, ages 13-18.

- 45% Experienced bullying before 18 years old.
- 26% Experienced bullying on a daily basis.
- 36% Bullied for personal appearance, body size, shape and weight.
- 51% Never told anybody that they were bullied.
- 34% Bullied for prejudice/race, religious, disability, cultural discrimination.
- 63% Bullied for disability, extremely excluded socially.
- 61% Physically attacked.
- 30% Gone self-harm as a result of bullying.
- 10% Attempted suicide as a result of bullying.
- 83% Confirmed bullying affected self-esteem.
- 56% Confirmed bullying affected their studies.

## **WHAT DO STATISTICS SAY ABOUT STATES WITH HIGH FREQUENCY OF BULLYING?**

- Rank 1 California
- Rank 2 New York

- Rank 3 Illinois
- Rank 4 Pennsylvania
- Rank 5 Washington

Bullying is aggressive behavior is habitual and involves an imbalance of power which may be social power and/or physical power. The victim of bullying is sometimes referred as a “target.”  
 —Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center.

**WHAT DO STATISTICS SAY ABOUT BULLYING?**

- 37% Teens who report being bullied while at school.
- 17% Students who bully others often.
- 20% Made fun of by a bully.
- 10% Rumors or gossip spread about them.
- 20% Physically bullied.
- 6% Threatened.
- 5% Excluded from activities.
- 4% Coerced into doing something they did not want to do.

**WHAT DO STATISTICS SAY ABOUT THE FREQUENCY OF BULLYING**

- 85% Percent of bullying that occurred inside the school.
- 11% Percent of bullying that occurred on school grounds, bus, or on their way.
- 29% Percent of victims that reported the bullying to someone at school.
- 2 in 3 Victims who were bullied once or twice in the school year.
- 1 in 5 Victims who were bullied once or twice a week.
- 1 in 10 Victims who were bullied daily or several times a week.
- 44% Percent of middle schools that reported bullying problems.
- 4% had personal belongings destroyed by bullies.

—Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center.

**WHAT DO STATISTICS SAY ABOUT CYBER-BULLYING?**

- 20% Elementary schools that reported bullying problems.
- 20% High schools that reported bullying problems.
- 10% Percent of middle and high school students who have had hate terms used against them.
- 7% Percent of students who avoided school or certain places because they were afraid of being harmed in some way.
- 8% Percent of teen weapon injuries that took place at school.
- 52% Percent of students who reported being cyber-bullied.
- 33% Percent of teens who have experience cyber threats online.
- 25% Percent of teens who have been bullied repeatedly through their cellphones or the Internet.
- 52% Percent of teens who do not tell their parents when cyber-bullying occurs.
- 11% Percent of teens who have had embarrassing or damaging pictures taken of themselves without their permission, often with cell phone cameras.

—Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center.

### **WHAT DO STATISTICS SAY ABOUT THE TYPES OF VICTIMS?**

- Homosexual and bisexual teens are more likely to report bullying than heterosexual teens.
- Students with disabilities are more likely to be the victims of bullying.
- Females are more often the victims of bullying than males.
- Males are more likely to experience physical or verbal bullying.
- Females are more likely to experience social or psychological bullying.
- Females and white students reported the most incidents of being the victims of bullying.

—Bureau of Justice Statistics, US Department of Health and Human Services, Cyberbullying Research Center.

### **WHAT DO STATISTICS SAY ABOUT BULLYING?**

The survey on the school lives of LGBTs, the first large-scale study undertaken in Japan, found that 68 percent of the 609 respondents experienced bullying in elementary, junior high or high school.

22% Bullied by teachers

43% Bullied for more than one year

32% Thought of committing suicide

22% Injured themselves by cutting their wrist

—[www.japantimes.co.jp/news/2014/08/national/lgbt-bullying-rife-in-schools-survey/#.U-aUH](http://www.japantimes.co.jp/news/2014/08/national/lgbt-bullying-rife-in-schools-survey/#.U-aUH)

### **WHAT DO STATISTICS SAY ABOUT BULLYING?**

#### **SOUTH AFRICA**

A survey in 2013 in South Africa polled 2,064 students, ages 13 to 21, and 1,015 family members, ages 18 to 34.

68% Students worried about being assaulted with a weapon.

78% Students worried about being attacked.

#### **BY RACE**

69% Whites

54% Blacks

#### **BY GENDER**

63% males

71% females

#### **BULLYING WEAPONS**

52% Teasing and insults

26% Pushed, hit, or beaten

16% By email, cellphones, social media

45% Believed bullies to have guns and knives

—[www.timeslive.co.za/local/2013/01/24/57-of-sa-children-claim-to-have-been-bullied-at-school](http://www.timeslive.co.za/local/2013/01/24/57-of-sa-children-claim-to-have-been-bullied-at-school)

#### **KENYA**

Africa Women and Child, May 2007, Kenya

63% Students reported being beaten up or hit.

64% Students reported being blackmailed or threatened.

71% Students reported being called bad, nasty names.  
68% Students reported tricks were played on them.  
72% Students who had lies told about them.

#### **BY GENDER**

60% Female  
67% Male

#### **BY SCHOOLS**

70% experienced one form of bullying in national schools  
60% experienced one form of bullying in private schools

#### **VICTIM BULLIES**

30% Bullied by person older than them.  
10% Bullied by person younger than them.

—[www.awcfs.org/new/index.php/features/education/238-bullying-in-kenyan-schools-higher-than-world-rate#sthash.o4JlnMqQ.dpuf](http://www.awcfs.org/new/index.php/features/education/238-bullying-in-kenyan-schools-higher-than-world-rate#sthash.o4JlnMqQ.dpuf)

#### **WHO WILL BE THE FUTURE OF THE CHURCH?**

Who will be the church of tomorrow?

**Challenges are real.**

**WHAT IS OUR ROLE** in creating a bully-free environment?

#### **WHAT PARENTS, TEACHERS AND CHURCH LEADERS CAN DO**

**AWARENESS** is very important.

Response to bullying needs to be **PREVENTIVE** and **PROACTIVE**.

#### **The Adventist Home**

“The Adventist home is a home where Seventh-day Adventist standards and practices are lived and taught, a place to which Seventh-day Adventist fathers and mothers are commissioned by Christ to go and make Christians of the members of the households. And in order to perform that tasks well, ...look for all help they can possibly find.”

“..she has touched upon every phase of the home, and offers specific instruction on many problems which gives so much concern to thoughtful and often anxious parents today.

..before she died she indicated her desire to get out “a book for Christian parents” that would define “ the mother’s duty and influence over her children.”

“This book, *The Adventist Home*, handbook or manual for busy parents, ideal pattern of what home can and should become” (*Adventist Home*, p. 5).

#### **WHAT ARE THE SIGNS OF BULLYING?**

- Coming home with damaged or missing clothes, without money they should have, or with scratches and bruises.
- Having trouble with homework for no apparent reason.
- Using a different route between home and school.
- Feeling irritable, easily upset or particularly emotional.

### **WHAT ARE THE EFFECTS OF BULLYING?**

- Feel lonely, unhappy, and frightened.
- Feel unsafe.
- Feel something is wrong with them.
- Lose confidence.
- May not want to go to school.
- May feel sick.

### **BULLYING LONG-TERM CONSEQUENCES PHYSICAL AND PSYCHOLOGICAL**

- Shyness
- Stomachaches
- Headaches
- Panic attacks
- Sleeplessness
- Sleeping too long
- Being exhausted
- Having nightmares

### **BULLYING IS PRIMITIVE**

#### **WHAT PARENTS CAN DO**

Bully-free your home.

School is just an extension of our home. If children are bullied at home, they become bullies or they continue to be bullied at school. Re-learn your home discipline styles.

Create a BULLY-FREE ZONE.

Bully-Free your home.

“Purity in speech and true Christian courtesy should be constantly practiced. Teach the children and youth to respect themselves [and others], to be true to God, true to principle; teach them to respect and obey the law of God” (*Adventist Home*, p. 16.3).

Begin with SELF to create a BULLY-FREE ZONE.

Bully-Free your home.

“Every one of us knows that conditions in society are but a reflection of conditions in the homes of the nation. We likewise know that a change in the home is mirrored in a changed society” (*Adventist Home*, p. 6.3).

Begin at HOME to create a BULLY-FREE ZONE.

#### **WHAT PARENTS, TEACHERS, CHURCH LEADERS CAN DO**

**B** – Be aware of the signs and symptoms of bullying in the behavior of the child being bullied.

**U** – Understand that the bully and the bullied both need help; they are both victims.

**L** – Listen, listen, listen! Let them tell stories.

**L** – Log every incident reported. Let the child keep a diary.

**Y** – Yoke them into the Hands of the Almighty through prayer constantly.

#### **WHAT PARENTS, TEACHERS, CHURCH LEADERS CAN DO**

- F – Find new friends for your children where they can find genuine connection.
- R – Report to parents, school administrators, and organization that can help.
- E – Express your love and concern to your children and other children in a higher level.
- E – Educate all persons involved and concerned.

#### **WHAT PARENTS CAN DO**

- Z – Zero-tolerance to bullying be the aim from home to school and everywhere.
- O – Organize parent coalition—no bully clubs—there’s credibility in a united group/effort to express your concern.
- N – Never, never give up! Keep on fighting for our children’s rights, the right way. Never encourage your child to retaliate physically.
- E – Expose and dispose of the bullying tactics.

#### **LET’S CREATE A BULLY-FREE ENVIRONMENT**

##### **TRAIN YOUR CHILDREN TODAY**

- Lead to stop bullying in our homes, in our schools, in our churches.
- Build a caring, secure, safe, peaceful church of tomorrow!

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## Official Statement

**STATEMENT ON FAMILY VIOLENCE**  
**Released by the World Church of Seventh-day Adventists**  
**October 1, 1996**

Family violence involves an assault of any kind—verbal, physical, emotional, sexual, or active or passive neglect—that is committed by one person or persons against another within a family, whether they are married, related, living together or apart, or divorced. Current international research indicates that family violence is a global problem. It occurs between individuals of all ages and nationalities, at all socioeconomic levels, and in families from all types of religious and non-religious backgrounds. The overall rate of incidence has been found to be similar for city, suburban, and rural communities.

Family violence manifests itself in a number of ways. For example, it may be a physical attack on one's spouse. Emotional assaults such as verbal threats, episodes of rage, depreciation of character, and unrealistic demands for perfection are also abuse. It may take the form of physical coercion and violence within the marital sexual relationship, or the threat of violence through the use of intimidating verbal or nonverbal behavior. It includes behavior such as incest and the mistreatment or neglect of underage children by a parent or another guardian that results in injury or harm. Violence against the elderly may be seen in physical, psychological, sexual, verbal, material, and medical abuse or neglect.

The Bible clearly indicates that the distinguishing mark of Christian believers is the quality of their human relationships in the church and in the family. It is in the spirit of Christ to love and accept, to seek to affirm and build others up, rather than to abuse or tear one another down. There is no room among Christ's followers for tyrannical control and the abuse of power or authority. Motivated by their love for Christ, His disciples are called to show respect and concern for the welfare of others, to accept males and females as equals, and to acknowledge that every person has a right to respect and dignity. Failure to relate to others in this way violates their personhood and devalues human beings created and redeemed by God.

The apostle Paul refers to the church as “the household of faith” which functions as an extended family, offering acceptance, understanding, and comfort to all, especially to those who are hurting or disadvantaged. Scripture portrays the church as a family in which personal and spiritual growth can occur as feelings of betrayal, rejection, and grief give way to feelings of forgiveness, trust, and wholeness. The Bible also speaks of the Christian's personal responsibility to protect his or her body temple from desecration because it is the dwelling place of God.

Regrettably, family violence occurs in many Christian homes. It can never be condoned. It severely affects the lives of all involved and often results in long term distorted perceptions of God, self, and others.

It is our belief that the Church has a responsibility—

1. To care for those involved in family violence and to respond to their needs by:
  - a. Listening to and accepting those suffering from abuse, loving and affirming them as persons of value and worth.

- b. Highlighting the injustices of abuse and speaking out in defense of victims both within the community of faith and in society.
  - c. Providing a caring, supportive ministry to families affected by violence and abuse, seeking to enable both victims and perpetrators to access counseling with Seventh-day Adventist professionals where available or other professional resources in the community.
  - d. Encouraging the training and placement of licensed Seventh-day Adventist professional services for both church members and the surrounding communities.
  - e. Offering a ministry of reconciliation when the perpetrator's repentance makes possible the contemplation of forgiveness and restoration in relationships. Repentance always includes acceptance of full responsibility for the wrongs committed, willingness to make restitution in every way possible, and changes in behavior to eliminate the abuse.
  - f. Focusing the light of the gospel on the nature of husband-wife, parent-child, and other close relationships, and empowering individuals and families to grow toward God's ideals in their lives together.
  - g. Guarding against the ostracism of either victims or perpetrators within the family or church community, while firmly holding perpetrators responsible for their actions.
2. To strengthen family life by:
- a. Providing family life education which is grace-oriented and includes a biblical understanding of the mutuality, equality, and respect indispensable to Christian relationships.
  - b. Increasing understanding of the factors that contribute to family violence.
  - c. Developing ways to prevent abuse and violence and the recurring cycle often observed within families and across generations.
  - d. Rectifying commonly held religious and cultural beliefs which may be used to justify or cover up family violence. For example, while parents are instructed by God to redemptively correct their children, this responsibility does not give license for the use of harsh, punitive disciplinary measures.
3. To accept our moral responsibility to be alert and responsive to abuse within the families of our congregations and our communities, and to declare that such abusive behavior is a violation of Seventh-day Adventist Christian standards. Any indications or reports of abuse must not be minimized but seriously considered. For church members to remain indifferent and unresponsive is to condone, perpetuate, and possibly extend family violence.

If we are to live as children of the light, we must illuminate the darkness where family violence occurs in our midst. We must care for one another, even when it would be easier to remain uninvolved.

(The above statement is informed by principles expressed in the following scriptural passages: Exodus 20:12; Matthew 7:12; 20:25-28; Mark 9:33-45; John 13:34; Romans 12:10, 13; 1 Corinthians 6:19; Galatians 3:28; Ephesians 5:2, 3, 21-27; 6:1-4; Colossians 3:12-14; 1 Thessalonians 5:11; 1 Timothy 5:5-8.)

This statement was voted by the General Conference of Seventh-day Adventists Administrative Committee (ADCOM) on August 27, 1996, and was sent for consideration by the Annual Council in San Jose, Costa Rica, October 1-10, 1996.

## Brochure contents

### **THERE'S NO EXCUSE FOR ABUSE Relationship and Dating Violence**

Distributed by Women's Healing and Empowerment Network  
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[www.whennetwork.com](http://www.whennetwork.com)  
© 2016 Mable C. Dunbar, Ph.D., L.P.C.

*Women's Ministries suggests presenting this newest brochure in the **enditnow** series, "Relationship and Dating Violence." The PDF file to print the brochure and the accompanying PowerPoint slides are attached separately to this sermon packet.*

#### **DEFINITION AND CHARACTERISTICS**

Teen dating abuse is a pattern of abusive behavior used to have power and control over another person. It can be:

- Any kind of physical violence or threat of physical violence to gain control.
- Emotional or mental abuse, such as playing mind games, making you feel crazy, constantly texting you, or constantly putting you down or criticizing you.
- Destroying your homework.
- Deciding the school activities in which you can participate.
- Sexual abuse, including making you do something you don't want to do, or making you feel badly about yourself sexually. Threatening to rape you.

#### **SOME EFFECTS OF RELATIONSHIP AND DATING VIOLENCE**

- Abusing Self (cutting)
- Poor communication skills
- Nightmares
- Scared
- Inability to concentrate
- Insomnia
- Withdrawal
- Anger
- Promiscuity
- Paranoia
- Insomnia
- Shame
- Aggression
- Loss of self-confidence
- Difficulty in making decisions

- Eating disorders
- Depression
- Guilt
- Anxiety

## STATISTICS

Teens who abuse their girlfriends or boyfriends do the same things as adults who abuse their partners. Teen dating violence is just as serious as adult domestic violence. And it's common.

- Approximately 1 in 5 female high school students report being physically and/or sexually abused by a dating partner. —Jay G. Silverman, PhD; Anita Raj, PhD; Lorelei A. Mucci, MPH; and Jeanne E. Hathaway, MD, MPH, "Dating Violence Against Adolescent Girls and Associated Substance Use, Unhealthy Weight Control, Sexual Risk Behavior, Pregnancy, and Suicidality," *Journal of the American Medical Association*, Vol. 286, No. 5, (2001).
- Teen dating violence runs across race, gender, and socioeconomic lines. Both males and females are victims, but boys and girls are abusive in different ways:
  - Girls are more likely to yell, threaten to hurt themselves, pinch, slap, scratch, or kick.
  - Boys injure girls more severely and frequently.
  - Some teen victims experience violence occasionally.
  - Others are abused more often...sometimes daily. —"Teen Victim Project," National Center for Victims of Crime, <http://www.ncvc.org>.
- Young people, ages 12 to 19, experience the highest rates of rape and sexual assault. Teenagers, ages 18 and 19, experience the highest rates of stalking. Approximately 1 in 3 adolescent girls in the U.S. is a victim of physical, emotional or verbal abuse from a dating partner. — [www.futureswithoutviolence.org](http://www.futureswithoutviolence.org).
- Intimate partner violence among adolescents is associated with increased risk of substance use, unhealthy weight control behaviors, sexual risk behaviors, pregnancy, and suicide. —Molidor, Tolman, & Kober, (2000).

Abusive relationships have good times and bad times. What makes dating violence so confusing is that love is mixed with the abuse. This can make it hard to tell if you are being abused. If you're not sure, see the warning signs checklist. You deserve to be treated in a loving, respectful way all the time by your boyfriend or girlfriend.

## MYTHS AND ATTITUDES

### THE ABUSER

- "A guy needs to be in control of the relationship."
- "Some girls ask for it, that's why they stay."
- "The girl is to blame when the guy hits her."
- "When a guy gets angry, he can't help it."
- "It's understandable to hit her; maybe next time she'll learn not to make me angry."

## **THE VICTIM**

- "I love him. I'm the only one who can help him."
- "I shouldn't have nagged him."
- "It was my fault he got angry."
- "If I change, he'll change"

## **DATING VIOLENCE QUIZ**

### **ARE YOU ABUSIVE?**

1. Do you constantly check on your partner and accuse her or him of being with other people?
2. Are you extremely jealous or possessive?
3. Have you hit, kicked, shoved, or thrown things at your partner?
4. Have you threatened your partner or broken things in your partner's presence?
5. Have you forced your partner to have sex with you or intimidated your partner so that he or she is afraid to say no?
6. Have you threatened to hurt your partner?
7. Have you threatened to hurt yourself if your partner breaks up with you?

If one or more of the above questions applies to your behavior, realize that you are inflicting physical, emotional, verbal, or sexual abuse on your partner. If you can recognize that what you are doing is wrong, then:

1. You do have to take responsibility for your actions.
2. You can't blame your behavior on your partner or others.
3. You can change the way you act if you get supportive counseling.
4. You can go to the nearest counseling center.
5. You need to do something about it as soon as possible. If not, it's going to get worse, and your violence will increase.
6. You might be breaking the law with your abusive behavior

## **DATING VIOLENCE QUIZ**

### **ARE YOU BEING ABUSED?**

1. Are you frightened by your partner's temper?
2. Are you afraid to disagree with your partner?
3. Are you constantly apologizing for your partner's behavior, especially when he or she has treated you badly?
4. Do you have to justify every place you go, everything you do?
5. Does your partner constantly put you down and then say he or she loves you?
6. Have you ever been hit, kicked, shoved, or had things thrown at you?
7. Do you not see family or friends or do things just because of your partner's jealousy?
8. Have you been forced into having sex when you didn't want to?
9. Are you afraid to break up because your partner has threatened to hurt you himself/herself?
10. Do you feel less confident about yourself when you're with him or her?
11. Do you feel scared or worried about doing or saying "the wrong thing"?
12. Do you find yourself changing your behavior out of fear or to avoid a fight?

If one or more of the above questions applies to your relationship, you are being abused and you can make choices. You can:

1. End the relationship and choose not to see your partner.
2. Get help from someone you trust, preferably an adult.
3. Go to your counseling center at school.
4. Call your local domestic violence program.

### WARNING SIGNS CHECKLIST

( ) **Jealousy** — Intense envy and almost paranoia can lead to isolation of the victim. Example: Girlfriend cannot notice, look at, or speak to another male; cannot go out alone or with friends.

( ) **Home Life** — Has experienced violence or witnessed abusive situations in the home as a child. Example: Father abuses mother; brother abuses wife or girlfriend; abused as child by parent or siblings.

( ) **Hates Mother** — Strong negative feelings toward mother; talks harshly or degrades mother or women in general.

( ) **Quick Temper, Low Impulse Control** — Will strike out using violence quickly; easily provoked to anger; uses a lot of physical aggression to solve problems.

( ) **Substance Abuse** — Uses alcohol and / or drugs regularly. Example: Abusing person claims, "I wouldn't have done it if I hadn't been drunk." Victim excuses behavior, "He only hits me when he's been drinking."

( ) **Rigid Role Expectations** — Fantasy approach to life, women fit into only one role: dependent, submissive, compliant; men fit only one role: boss, decision maker, dominant, macho.

( ) **Controlling** — Completely rules the relationship; other person's point of view not important; his opinions, attitudes, beliefs must always prevail.

( ) **Dictatorial** — Wants absolute control. Example: Dictates victim's dress, make-up, hair style, choice of friends, etc.

( ) **Displaced Aggression** — Consciously or unconsciously finding fault with something that is not related to the problem at hand. Example: Abuser feels angry because of something that happens at school, work or home, then hits his girlfriend.

( ) **Hitting Walls, Throwing Objects, Name Calling** — Gestures that usually lead to physical violence.

( ) **Jekyll-Hyde (Dual) Personality** — Extreme mood swings.

( ) **Low Self-Esteem** — Poor self-image; putting others down helps him/her feel better about himself/herself.

### YOUR RIGHTS IN A DATING RELATIONSHIP

You have the right to . . .

- Express your opinions and have them be respected.
- Have your needs be as important as your partner's needs.
- Grow as an individual in your own way.
- Change your mind.
- Not take responsibility for your partner's behavior.
- Not be physically, sexually, or emotionally abused.

- Break up with someone you are afraid of.
- Be happy and healthy.

Talk to your parents or another adult family member, a school counselor or teacher, or call the National Domestic Violence Hotline at 1-800-799-SAFE (1-800-799-7233) or the National Teen Dating Abuse Hotline at 1-866-331-9474.

Remember, you're not alone. Talking to someone can help. Without help, the violence will most likely get worse.

**FOR FURTHER INFORMATION**

[womensministries@gc.adventist.org](mailto:womensministries@gc.adventist.org)

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

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

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## Optional Children's Activity

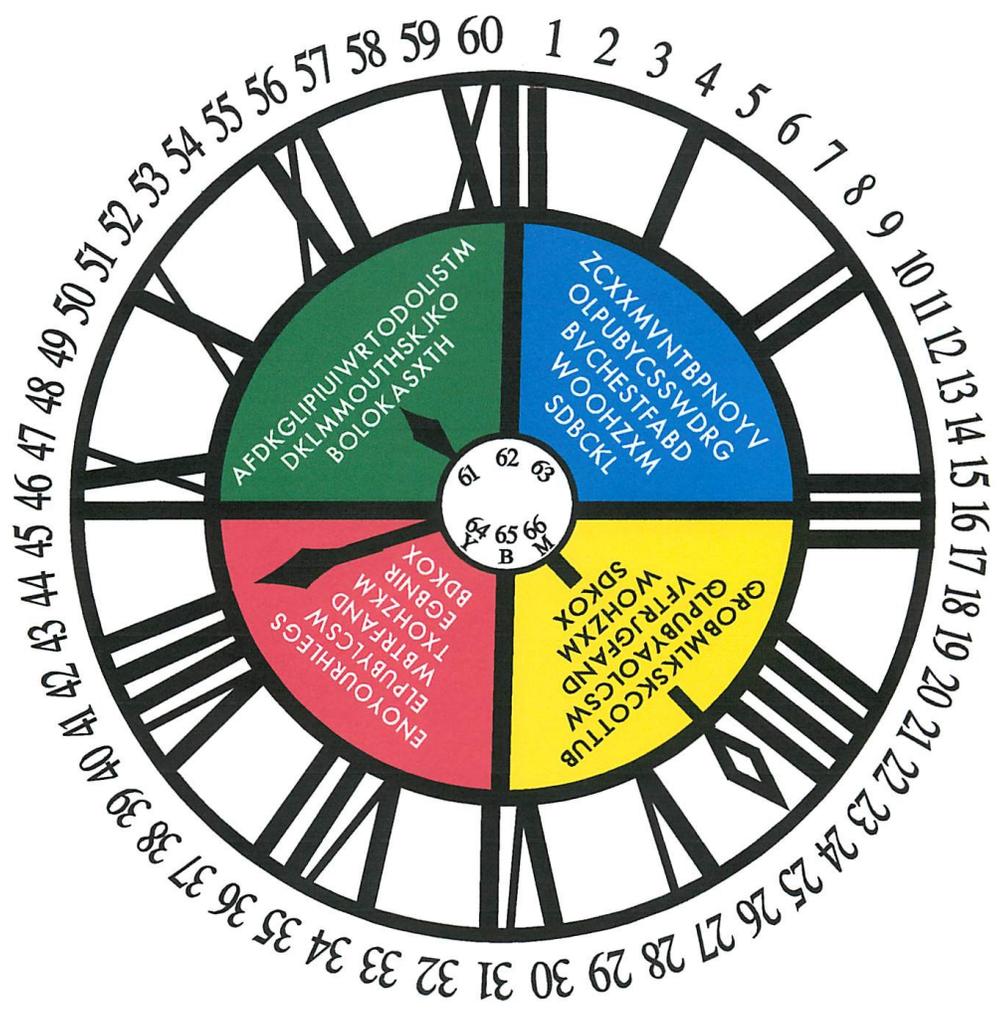
### **TIME TO END CHILD ABUSE**

By Saustin Sampson Mfuné

This activity is created for children ages 6 and above. It is based on information written by Adventist Risk Management of the General Conference of Seventh-day Adventists.

#### **Worksheet and instructions**

Below is a clock. Hidden in this clock are several activities on child abuse. To find the answers to the activities, just follow the instructions.



There are four personal areas or zones on your body which nobody should touch. And these four personal zones are represented by the four colors on the clock. To find these areas, go to the colored areas. And hidden in the mumble jumble of the letters is the name of your body part which nobody should touch. There is one zone hidden in each color. While 3 of the personal areas are one word, one is a three-word sentence. You will have to go clockwise, anticlockwise, backwards and all other directions to find your answers. To help you, the beginning letter of the name of the body part has been given - M, C, B. And the name of the area also begins with letter B. When somebody touches one or more of these personal zones, it is called abuse. Your body belongs to you.

What you should know is that a child abuser does look like a dangerous animal or some alien creature from space. They are normal and decent looking people. And to find out some of the people who are involved in child abuse, do the activities below. Read the sentence below and it will give you a clue as to what the word is. If you find it difficult to figure out the word, ask an adult to help you. Write your answer on the lines provided above the numbers. Then transfer your letters to the corresponding numbers on the clock numbered 1 to 60. The first one has been done for you. And you will be surprised to know some of the people who abuse children. And this will show you that anyone can be a child abuser.

1. People drink it. Sometimes it is iced and sometimes it is a hot beverage + c + what belongs to a girl. Tea+c+hers:-

SOME T E A C H E R S  
 \_\_\_\_\_  
 1 2 3 4 5 6 7 8

2. Remove *allel* from the end of the word which describes two lines extending in the same direction at the same distance and not meeting + an abbreviation of the title given to a doctor who deals with the diseases of the nose, throat and ear. The title begins with letter "E" and ends with letter "S".

SOME \_\_\_\_\_  
 9 10 11 12 13 14 15

3. Delete "y" from the name of a race which you pass a baton stick to your teammate + t + what remains after you remove an apostrophe from the abbreviation of *I have* +s

SOME \_\_\_\_\_  
 16 17 18 19 20 21 22 23 24

4. Minus a day from the 6<sup>th</sup> day of the week + ends

SOME \_\_\_\_\_.  
25 26 27 28 29 30 31

5. (*This has two words*) The first word is:- Someone who finds a path. The second word is:- the name of Jacob's daughter but without an "h" at the end (Genesis 29:16) + ders

SOME \_\_\_\_\_  
32 33 34 35 36 37 38 39 40 41  
\_\_\_\_\_  
42 43 44 45 46 47 48

6. The name we give to those who go to school. The word begins with an "S" and ends with an "S."

SOME \_\_\_\_\_.  
49 50 51 52 53 54 55 56

7. Unscramble the letters below to find a title of people who minister to people in churches.

Sort ASP \_\_\_\_\_.

SOME \_\_\_\_\_.  
57 58 59 60 61 62 63

Now, transfer the letters to the corresponding number on the clock. On the center of the clock that's where you find numbers 61 to 66 plus letters "Y" "B" and "M".

#### HOW FREQUENTLY CHILD ABUSE IS REPORTED IN NORTH AMERICA.

To find out how frequently child abuse incidents are reported in the United States of America and Canada, do the exercise below.

---

2 22 53 47 64 60 6 38 15 12 4 61 29 30 48 19

---

4 35 21 42 52 58 65 51 24 28 27 54 4 37 29 53 13 50 27 56

---

62 2 32 61 26 50 6 39 27 13 20 1 46 51 38 37 55 40 30

---

49 34 3 55 17 63 61 25 58 66 12 26 37 4 44 44 29 39

---

4 19 54 10 52 33

Wow! That's scary. Let's do some math. If the math will be difficult for you, ask someone to help you. Now, with the information learned above, how many incidents are reported every minute? \_\_\_\_\_. What about every hour? \_\_\_\_\_. What about every day? \_\_\_\_\_. What about every month? Let's use a month which has 30 days. \_\_\_\_\_. And what about a year? (365 days) \_\_\_\_\_. That's a huge figure.

You can help to stop child abuse. And how do you do it? If anyone touches you in one of your personal zones, run away from that person and report right away to an adult you trust.