

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

CHILD ABUSE AND NEGLECT

DEFINITIONS – FEDERAL

NOTE: Definitions of child abuse and neglect can vary from state to state. For the most current information, see your State's laws regarding child abuse and neglect.

Physical abuse: Physical abuse is generally defined as any “nonaccidental physical injury to the child” and can include striking, kicking, burning, or biting the child, or any action that results in a physical impairment of the child.

Neglect: Neglect is frequently defined as failure of a parent or other person with responsibility for the child to provide food, clothing, shelter, medical care, or supervision to the degree that the child's health, safety, and well-being are threatened. Many States (e.g., Nevada) include failure to educate the child as required by law in their definition of neglect.

Sexual abuse: All States include sexual abuse in their definitions of child abuse. Some States refer in general terms to sexual abuse, while others specify various acts as sexual abuse. **Sexual exploitation** is an element of the definition of sexual abuse in most jurisdictions. Sexual exploitation includes allowing the child to engage in prostitution or in the production of child pornography. In many States (e.g., California), the definition of sexual abuse includes human trafficking, including sex trafficking or trafficking of children for sexual purposes.

Emotional abuse: Almost all States include **emotional maltreatment** in their definitions of abuse or neglect. Many States (e.g., Arizona, California, and Nevada) provide specific definitions of emotional abuse or mental injury to a child. Typical language used in these definitions is “injury to the psychological capacity or emotional stability of the child as evidenced by an observable or substantial change in behavior, emotional response, or cognition” and injury as evidenced by “anxiety, depression, withdrawal, or aggressive behavior”.

Parental substance abuse: Parental substance abuse is also included in definitions of abuse in some States. Circumstances include:

- Prenatal exposure of a child to harm due to the mother's use of an illegal substance (e.g., Arizona)
- Allowing a child to be present where chemicals or equipment for the manufacture of controlled substances are used or stored (e.g., Arizona)
- Use of a controlled substance by a caregiver that impairs the caregiver's ability to adequately care for the child (e.g., California)

Abandonment of a child: Many States (e.g., Arizona, California, and Nevada) include abandonment in their definitions of child abuse or neglect. In general, it is considered abandonment of the child when the parent's identity or whereabouts are unknown, the child has been left by the parent in circumstances in which the child suffers serious harm, or the parent has failed to maintain contact with the child or to provide reasonable support for a specified period of time.

Source: Child Welfare Information Gateway (2016). Definitions of child abuse and neglect. Washington, DC: U.S. Department of Health and Human Services, Children's Bureau. <https://www.childwelfare.gov/pubPDFs/define.pdf> (accessed October 8, 2017)

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

RISK FACTORS

Source: Centers for Disease Control (2017). Child Abuse and Neglect: Risk and Protective Factors. <https://www.cdc.gov/violenceprevention/childmaltreatment/riskprotectivefactors.html> (accessed February 26, 2018)

<p><u>Risk Factors for Victimization</u></p> <p>Individual Risk Factors</p> <ul style="list-style-type: none"> ○ Children younger than 4 years of age ○ Special needs that may increase caregiver burden (e.g., disabilities, mental health disorders, and chronic physical illnesses) 	<p><u>Risk Factors for Perpetration</u></p> <p>Individual Risk Factors</p> <ul style="list-style-type: none"> ○ Parents’ lack of understanding of children’s needs, child development and parenting skills ○ Parents’ history of child maltreatment in family of origin ○ Substance use and/or mental health disorders including depression in the family ○ Parental characteristics such as young age, low education, single parenthood, large number of dependent children, and low income ○ Nonbiological, transient caregivers in the home (e.g., mother’s male partner) ○ Parental thoughts and emotions that tend to support or justify maltreatment behaviors <p>Family Risk Factors</p> <ul style="list-style-type: none"> ○ Social isolation ○ Family disorganization, dissolution, and violence, including intimate partner violence ○ Parenting stress, poor parent-child relationships, and negative interactions <p>Community Risk Factors</p> <ul style="list-style-type: none"> ○ Community violence ○ Concentrated neighborhood disadvantage (e.g., high poverty and residential instability, high unemployment rates, and high density of alcohol outlets), and poor social connections
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INDICATORS OF CHILD ABUSE AND NEGLECT

Source: Child Welfare Information Gateway. (2013). What is child abuse and neglect? Recognizing the signs and symptoms. Washington, DC: U.S. Dept. of Health and Human Services, Children’s Bureau.

<p><u>Child Abuse/ Neglect</u> (The following signs may indicate child abuse or neglect.)</p> <p>The Child:</p> <ul style="list-style-type: none"> • Shows sudden changes in behavior or school performance • Has not received help for physical or medical issues brought to parents’ attention • Has learning problems (or difficulty concentrating) that cannot be attributed to specific physical or psychological causes 	<p><u>Physical Abuse</u></p> <p>Consider possibility of physical abuse if child:</p> <ul style="list-style-type: none"> • Has unexplained burns, bites, bruises, broken bones, or black eyes • Has fading bruises or other marks noticeable after an absence from school 	<p><u>Neglect</u></p> <p>Consider possibility of neglect if child:</p> <ul style="list-style-type: none"> • Is frequently absent from school • Begs or steals food or money • Lacks needed medical or dental care, immunizations, or glasses 	<p><u>Sexual Abuse</u></p> <p>Consider possibility of sexual abuse if child:</p> <ul style="list-style-type: none"> • Has difficulty walking, sitting • Suddenly refuses to change for gym or to participate in physical activities • Reports nightmares or bedwetting • Experiences a sudden change in appetite 	<p><u>Emotional Maltreatment</u></p> <p>Consider possibility of emotional abuse if child:</p> <ul style="list-style-type: none"> • Shows extremes in behavior, such as overly compliant or demanding behavior, extreme passivity, or aggression • Is either inappropriately adult (parenting other
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CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> Is always watchful, as though preparing for something bad to happen Lacks adult supervision Is overly compliant, passive, or withdrawn Is reluctant to be around someone Discloses maltreatment <p>The Parent:</p> <ul style="list-style-type: none"> Denies existence of—or blames child for—child’s problems in school or at home Asks teachers or other caregivers to use harsh discipline if child misbehaves Sees child as entirely bad, worthless, or burdensome Demands a level of physical or academic performance the child cannot achieve Looks primarily to child for care, attention, and satisfaction of emotional needs Shows little concern for child <p>This list may not be all the signs of abuse or neglect. Pay attention to other behaviors that may seem unusual or concerning.</p>	<ul style="list-style-type: none"> Seems frightened of the parents and protests or cries when it is time to go home Shrinks at the approach of adults Reports injury by a parent or another adult caregiver Abuses animals or pets <p>Consider possibility of physical abuse when parent or other adult caregiver:</p> <ul style="list-style-type: none"> Offers conflicting, unconvincing, or no explanation for child’s injury, or provides an explanation that is not consistent with the injury Describes the child as “evil” or in some other negative way Uses harsh physical discipline with child Has history of abuse as child Has history of abusing animals or pets 	<ul style="list-style-type: none"> Is consistently dirty, has severe body odor Lacks sufficient clothing for weather Abuses alcohol or other drugs States there is no one at home to provide care <p>Consider possibility of neglect if parent or adult caregiver:</p> <ul style="list-style-type: none"> Appears to be indifferent to child Seems apathetic or depressed Behaves irrationally or in bizarre manner Is abusing alcohol or other drugs 	<ul style="list-style-type: none"> Demonstrates bizarre, sophisticated, or unusual sexual knowledge or behavior Becomes pregnant or contracts a venereal disease, particularly if under age 14 Runs away Reports sexual abuse by a parent or another caregiver Attaches very quickly to strangers or new adults in their environment <p>Consider possibility of sexual abuse if parent or other adult caregiver:</p> <ul style="list-style-type: none"> Is unduly protective of child or severely limits child’s contact with other children, especially of the opposite sex Is secretive and isolated Is jealous or controlling with family members 	<p>children, for example) or inappropriately infantile (frequently rocking or head-banging, for example)</p> <ul style="list-style-type: none"> Is delayed in physical or emotional development Has attempted suicide Reports a lack of attachment to the parent <p>Consider possibility of emotional abuse if parent or other adult caregiver:</p> <ul style="list-style-type: none"> Constantly blames, belittles, or berates the child Is unconcerned about the child and refuses to consider offers of help for the child’s problems Overtly rejects the child
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ABUSE / NEGLECT OF VULNERABLE ADULTS (e.g., elder and dependent adults)

DEFINITIONS AND TYPES OF ABUSE AND NEGLECT

Source: National Adult Protective Services Association (NAPSA), napsa-now.org ; Centers for Medicare and Medicaid Services, CMS.gov

<p>Definitions:</p> <p>Abuse is a form of mistreatment by one individual to another.</p> <p>Neglect is a form of mistreatment by individuals resulting from inadequate attention, especially through</p>	<p>Common types of abuse:</p> <p>Physical abuse may include slapping, hitting, beating, bruising or causing someone physical pain, injury or suffering. Could also include confining an adult against the adult’s will (e.g., locking someone in a room or tying the adult to furniture).</p>	<p>Common types of neglect:</p> <p>Physical neglect includes failing to attend to medical, hygienic, nutrition, and dietary needs, such as dispensing medications, changing bandages, bathing, grooming, dressing, failure to provide food to maintain health.</p>	<p>Common forms of financial exploitation:</p> <p>Theft involves assets taken or used without knowledge, consent or authorization; may include deliberate misplacement, exploitation, or taking of cash, belongings, valuables, medications, and other personal property (aka. misappropriation of property).</p>
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CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<p>carelessness or disregard for the needs of others.</p> <p>Exploitation means taking advantage of a person for personal gain through the use of manipulation, intimidation, threats, or coercion.</p> <p>Financial exploitation occurs when a person misuses or takes the assets of a vulnerable adult for the abuser’s own personal benefit. This frequently occurs without the explicit knowledge or consent of a senior or disabled adult, depriving adult of vital financial resources for personal needs. Assets are commonly taken via forms of deception, false pretenses, coercion, harassment, duress and threats.</p> <p>Other safety concerns focus on instances of seniors or disabled adults suffering from self-neglect, hoarding or cluttering. Self-neglect is defined as self-care and/or living conditions that are potentially hazardous to the health, safety or well-being of adults.</p> <p>NOTE: Definitions vary from jurisdiction to jurisdiction. Contact your local adult protective services agency for additional information.</p>	<p>Emotional/mental abuse involves creating emotional pain, distress or anguish through use of threats, intimidation, or humiliation. Includes insults, yelling or threats of harm or isolation, use of photographs or audio/video recordings to humiliate, including through the use of social media, or other verbal or nonverbal actions, e.g., throwing objects or glaring to project fear/intimidation.</p> <p>Sexual abuse includes physical force, threats, or coercion to facilitate non-consensual touching, fondling, intercourse or other sexual activities. Particularly true with vulnerable adults who are unable to give consent or comprehend nature of actions.</p> <p>Isolation involves restricting visits from family and friends or preventing contact via telephone or mail.</p>	<p>Emotional neglect includes causing emotional pain, distress, or anguish by ignoring or belittling the needs of adults. Includes neglecting or discounting emotional well-being, as well as actions to isolate adults from others (involuntary seclusion).</p> <p>Abandonment involves deserting caregiving needs of an individual while neglecting to arrange sufficient care and support for duration of the absence.</p> <p>Financial neglect involves disregarding a person’s financial obligations, e.g., failing to pay rent or mortgage, medical insurance or invoices, utility and garbage bills, property taxes and assessments.</p> <p>Self-neglect includes failing to meet one’s own physical, psychological, social needs, which threatens one’s health, safety, and well-being. Includes failure to provide adequate food, clothing, shelter, and health care.</p>	<p>Fraud involves acts of dishonesty by persons entrusted to manage assets who demonstrate inappropriate carelessness or disregard for the needs of others; may include falsification of records, forgeries, unauthorized check-writing, and Ponzi-type financial schemes.</p> <p>Real Estate involves unauthorized sales or transfers changes to property title(s).</p> <p>Contractor includes building contractors or handymen who receive payment(s) for building repairs, but fail to initiate or complete project; may include invalid liens by contractors.</p> <p>Lottery scams involves payments (or transfer of funds) to collect unclaimed property or “prizes” from lotteries or sweepstakes.</p> <p>Mortgage includes financial products which are unaffordable or out-of-compliance with regulatory requirements; may include loans issued against property by unauthorized parties.</p> <p>Investment includes investments made without knowledge or consent; may include high-fee funds (front or back-loaded) or excessive trading activity to generate commissions for financial advisors.</p>
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RISK FACTORS FOR PERPETRATION

Source: Centers for Disease Control (CDC), <https://www.cdc.gov/violenceprevention/elderabuse/riskprotectivefactors.html> ; Centers for Medicare and Medicaid Services, [CMS.gov](https://www.cms.gov)

<p>Individual Level</p> <ul style="list-style-type: none"> ○ Current diagnosis of mental illness ○ Current abuse of alcohol ○ High levels of hostility 	<p>Relationship Level</p> <ul style="list-style-type: none"> ○ High financial and emotional dependence upon a vulnerable elder 	<p>Community Level</p> <ul style="list-style-type: none"> ○ Formal services, such as respite care for those providing care to elders, 	<p>Societal Level</p> <p>A culture where —</p> <ul style="list-style-type: none"> ○ There is high tolerance and acceptance of aggressive behavior
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CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> ○ Poor or inadequate preparation or training for care giving responsibilities, e.g., for elder persons with dementia ○ Assumption of caregiving responsibilities at an early age ○ Inadequate coping skills ○ Exposure to abuse as a child 	<ul style="list-style-type: none"> ○ Past experience of disruptive behavior ○ Lack of social support ○ Lack of formal support 	<p style="text-align: center;">are limited, inaccessible, or unavailable</p>	<ul style="list-style-type: none"> ○ Health care personnel, guardians, and other agents are given greater freedom in routine care provision and decision making ○ Family members are expected to care for elders without seeking help from others ○ Persons are encouraged to endure suffering or remain silent regarding their pains ○ There are negative beliefs about aging and elders
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NOTE: In addition to the above factors, there are also specific characteristics of **institutional settings** that can increase the risk for perpetration of vulnerable elders, including the following:

- Unsympathetic or negative attitudes toward residents, including prejudices to age, gender, culture, race, religion, sexual orientation, and disability
- Chronic staffing problems
- Lack of administrative oversight, staff burnout/frustration, and stressful working conditions

INDICATORS OF ABUSE / NEGLECT OF VULNERABLE ADULTS

Source: National Adult Protective Services Association (NAPSA), napsa-now.org; Centers for Medicare and Medicaid Services, CMS.gov

Indicators of abuse:	Indicators of neglect:	Indicators of financial exploitation:	Indicators of other safety concerns:
<ul style="list-style-type: none"> ○ Sudden inability to meet essential physical, psychological or social needs threatening health, safety or well-being ○ Disappearing from contact with neighbors, friends or family ○ Bruising or welts on the skin, especially those appearing on the face or lateral and anterior region of the arms (physically abused elders are much more likely to display bruises than seniors injured by accident) ○ Fingerprints or handprints visible on the face, neck, arms or wrists ○ Burns from scalding, cigarettes, or in shapes of objects such as an iron, or other injuries from an unknown source 	<ul style="list-style-type: none"> ○ Sudden inability to meet essential physical, psychological or social needs which threatens health, safety or well-being ○ Disappearing from contact with neighbors, friends or family ○ Appearing hungry, malnourished, or with a sudden weight loss ○ Appearing disoriented or confused ○ Suddenly appearing disheveled or wearing soiled clothing ○ Failing by caregiver(s) to arrive as scheduled — or disappearing without notice ○ Expressing feelings of hopelessness, worthlessness or insignificance 	<ul style="list-style-type: none"> ○ Termination of vital utilities such as telephone, water, electricity/gas, or garbage ○ Unpaid bills and liabilities despite adequate income ○ Oversight of finances surrendered to others without explanation or consent ○ Transferring assets to new “friends” assisting with finances ○ Checks written to “Cash” ○ Does not understand their* current finances, offers improbable explanations ○ Unexplained disappearance of cash, valuable objects, financial statements 	<ul style="list-style-type: none"> ○ Inadequate heating, plumbing or electrical service disconnected ○ Pathways unclear due to large amounts of clutter ○ Animal feces in home ○ Residence is extremely dirty, filled with garbage, or very poorly maintained ○ Not cashing monthly checks ○ Needing medical care, but not seeking or refusing ○ Lacking fresh food, possessing only spoiled food, or not eating ○ Refusing to allow visitors into residence ○ Giving away money inappropriately ○ Dressing inappropriately for existing weather conditions ○ Appearing disheveled, routinely in soiled and/or rumpled clothing ○ Appearing with strong odor of feces or urine

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> ○ Cuts, lacerations or puncture wounds ○ Sprains, fractures or dislocations ○ Internal injuries or vomiting ○ Appearing with torn, stained, bloody clothing ○ Appearing disheveled, in soiled clothing or inappropriately attired for climate ○ Appearing hungry, malnourished, disoriented or confused 	<ul style="list-style-type: none"> ○ Failing to take prescribed medications or nutritional supplements ○ Blaming self for problems arising with family or caregivers ○ Living in squalor or hazardous situations such as hoarding or cluttering 	<ul style="list-style-type: none"> ○ Unexplained or unauthorized changes to wills or other estate documents ○ Giving-away money or spending promiscuously ○ Appearance of property liens or foreclosure notices 	<ul style="list-style-type: none"> ○ Displaying matted or lice-infected hair ○ Appearing malnourished and/or dehydrated ○ Appearing inappropriately attired for climate ○ Living with serious untreated medical conditions and refusing treatment ○ Living in squalor, dilapidated building or other hazardous situations ○ Challenging to safely exit or enter residence due to hoarding/cluttering
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DOMESTIC VIOLENCE (DV) / INTIMATE PARTNER VIOLENCE (IPV)

DEFINITIONS

Source: National Domestic Violence Hotline, thehotline.org

Domestic violence (DV) [also called **intimate partner violence (IPV)**, domestic abuse, and relationship abuse] is a pattern of behaviors used by one partner to maintain power and control over another partner in an intimate relationship. Domestic violence does not discriminate. Anyone of any race, age, sexual orientation, religion or gender can be a victim – or perpetrator – of domestic violence. It can happen to people who are married, living together or who are dating. It affects people of all socioeconomic backgrounds and education levels. Domestic violence includes behaviors that physically harm, arouse fear, prevent a partner from doing what they* wish or force them to behave in ways they do not want. It includes the use of physical and sexual violence, threats and intimidation, emotional abuse and economic deprivation. Many of these different forms of domestic violence/abuse can be occurring at any one time within the same intimate relationship.

Gaslighting is a term that comes from the 1938 stage play *Gas Light*, in which a husband attempts to drive his wife crazy by dimming the lights (which were powered by gas) in their home, and then he denies that the light changed when his wife points it out. It is an extremely effective form of emotional abuse that causes a victim to question their own feelings, instincts, and sanity, which gives the abusive partner a lot of power (and we know that abuse is about power and control). Once an abusive partner has broken down the victim’s ability to trust their own perceptions, the victim is more likely to stay in the abusive relationship. There are a variety of gaslighting techniques that an abusive partner might use. For more information, visit thehotline.org.

RISK FACTORS FOR VICTIMIZATION & PERPETRATION

Source: CDC, <https://www.cdc.gov/violenceprevention/intimatepartnerviolence/riskprotectivefactors.html>

Individual Risk Factors

- Low self-esteem
- Low income
- Low academic achievement
- Young age
- Aggressive or delinquent behavior as a youth

Relationship Factors

- Marital conflict-fights, tension, and other struggles
- Marital instability-divorces or separations
- Dominance and control of the relationship by one partner over the other
- Economic stress
- Unhealthy family relationships and interactions

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> • Heavy alcohol or drug use • Depression • Anger and hostility • Antisocial personality traits • Borderline personality traits • Prior history of being physically abusive • Having few friends and being isolated from people • Unemployment • Emotional dependence and insecurity • Belief in strict gender roles (e.g., male dominance and aggression in relationships) • Desire for power and control in relationships • Perpetuating psychological aggression • Being a victim of physical or psychological abuse (consistently one of the strongest predictors of perpetration) • History of experiencing poor parenting as a child • History of experiencing physical discipline as a child 	<p>Community Factors</p> <ul style="list-style-type: none"> • Poverty and associated factors (e.g., overcrowding) • Low social capital-lack of institutions, relationships, and norms that shape a community’s social interactions • Weak community sanctions against IPV (e.g., unwillingness of neighbors to intervene in situations where they witness violence) <p>Societal Factors</p> <ul style="list-style-type: none"> • Traditional gender norms (e.g., women should stay at home, not enter workforce, and be submissive; men support the family and make the decisions)
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WARNING SIGNS

Source: National Domestic Violence Hotline, thehotline.org/

Some signs of an abusive relationship include a partner who:

- Tells their partner that they can never do anything right
- Shows extreme jealousy of their partner’s friends and time spent away
- Keeps their partner or discourages their partner from seeing friends or family members
- Insults, demeans, or shames their partner with put-downs
- Controls every penny spent in the household
- Takes their partner’s money or refuses to give them money for necessary expenses
- Looks at their partner or acts in ways that scares their partner

(Continued):

- Controls who their partner sees, where they go, or what they do
- Prevents their partner from making their own decisions
- Tells their partner that they are a bad parent or threatens to harm or take away their children
- Prevents their partner from working or attending school
- Destroys their partner’s property or threatens to hurt or kill their pets
- Intimidates their partner with guns, knives or other weapons
- Pressures their partner to have sex when they don’t want to or do things sexually that they’re not comfortable with

Physical or Emotional Abuse

A person may be experiencing physical abuse if their partner has done any of the following tactics of abuse:

Sexual Abuse/Coercion and Reproductive Coercion

Sexually abusive methods of retaining power and control include an abusive partner:

- Forcing their partner to dress in a sexual way

Financial and Digital Abuse

Economic or financial abuse is when an abusive partner extends their power and control into the area of

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> • Pulling their hair, punching, slapping, kicking, biting or choking them • Forbidding them from eating or sleeping • Hurting them with weapons • Preventing them from calling the police or seeking medical attention • Harming their children • Abandoning them in unfamiliar places • Driving recklessly or dangerously when they're in the car with them • Forcing them to use drugs or alcohol (especially if they have had a substance abuse problem in the past) <p>A person may be in an emotionally/verbally abusive relationship if their partner exerts control through:</p> <ul style="list-style-type: none"> • Calling them names, insulting them or continually criticizing them • Refusing to trust them, acting jealous or possessive • Trying to isolate them from family/friends • Monitoring where they go, who they call and who they spend time with • Demanding to know where they are every minute • Trapping them in their home or preventing them from leaving • Using weapons to threaten to hurt them • Punishing them by withholding affection • Threatening to hurt them, their children, their family or their pets • Damaging their property when they're angry (throwing objects, punching walls, kicking doors, etc.) • Humiliating them, blaming them for abuse 	<ul style="list-style-type: none"> • Insulting their partner in sexual ways or by calling them sexual names • Forcing or manipulating their partner into having sex or performing sexual acts • Holding their partner down during sex • Demanding sex when their partner is sick, tired or after hurting them • Hurting their partner with weapons/objects during sex • Involving other people in sexual activities with their partner against their will • Ignoring their partner's feelings regarding sex • Forcing their partner to watch pornography • Purposefully trying to pass on a sexually transmitted disease to their partner <p>Sexual coercion</p> <p>Sexual coercion lies on the 'continuum' of sexually aggressive behavior. It can vary from being persuaded, to being forced to have contact. It can be verbal and emotional, in the form of statements that make their partner feel pressure, guilt, or shame. Their partner can also be made to feel forced through more subtle actions. For example, an abusive partner:</p> <ul style="list-style-type: none"> • Making their partner feel like they owe them — ex. Because they're in a relationship, because they've had sex before, because they spent money on them or bought them a gift • Giving their partner drugs and alcohol to "loosen up" their inhibitions • Playing on the fact that they're in a relationship, saying things such as: "Sex is the way to prove your love for me," "If I don't get sex from you, I'll get it somewhere else" • Reacting negatively with sadness, anger or resentment if their partner says no or doesn't immediately agree to something • Continuing to pressure their partner after they say no 	<p>finances. This abuse can take different forms, including an abusive partner:</p> <ul style="list-style-type: none"> • Giving an allowance and closely watching how their partner spends it or demanding receipts for purchases • Placing their partner's paycheck in their bank account and denying the partner access to it • Preventing their partner from viewing or having access to their bank accounts • Forbidding their partner to work or limiting the hours that their partner can work • Maxing out credit cards in their partner's name without permission or not paying bills on their credit cards, which could ruin their partner's credit score • Stealing money from partner or partner's family/friends • Using funds from children's savings accounts without their partner's permission • Living in their partner's home but refusing to work or contribute to the household • Making their partner give their tax returns or confiscating their joint tax returns • Refusing to give their partner money to pay for necessities/shared expenses like food, clothing, transportation, or medical care and medicine <p>Digital abuse is the use of technologies such as texting and social networking to bully, harass, stalk or intimidate a partner. Often this behavior is a form of verbal or emotional abuse perpetrated online. A person may be experiencing digital abuse if their partner:</p> <ul style="list-style-type: none"> • Tells them who they can or can't be friends with on Facebook and other sites • Sends them negative, insulting or even threatening emails, Facebook messages, tweets, DMs or other messages online • Uses sites like Facebook, Twitter, foursquare and others to keep constant tabs on them • Puts them down in their status updates • Sends them unwanted, explicit pictures and demands that they send some in return
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CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> • Gaslighting • Accusing them of cheating, being jealous of their outside relationships • Serially cheating on them and then blaming them for the behavior • Cheating on them intentionally to hurt them and then threatening to do it again • Cheating to prove that they are more desired, worthy, etc. than they are • Attempting to control their appearance: what they wear, their makeup, etc. • Telling them that they will never find anyone better 	<ul style="list-style-type: none"> • Making their partner feel threatened or afraid of what might happen if they say no • Trying to normalize sexual expectations: ex. “I need it, I’m a man” <p>Even if an abuser isn’t forcing their partner to do sexual acts against their will, being made to feel <i>obligated</i> is coercion in itself. Dating someone, being in a relationship, or being married never means that a person owes their partner intimacy of any kind.</p>	<ul style="list-style-type: none"> • Pressures them to send explicit videos • Steals or insists on being given their passwords • Constantly texts them, makes them feel like they can’t be separated from their phone for fear they will be punished • Looks through their phone frequently, checks up on their pictures, texts and outgoing calls • Tags them unkindly in pictures on Instagram, Tumblr, etc. • Uses any kind of technology (such as spyware or GPS in a car or on a phone) to monitor them
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Reproductive coercion is a form of power and control where one partner strips the other of the ability to control their own reproductive system. It is sometimes difficult to identify this coercion because other forms of abuse are often occurring simultaneously.

Reproductive coercion can be exerted in many ways:

- Refusing to use a condom or other type of birth control
- Breaking or removing a condom during intercourse
- Lying about their methods of birth control (ex. lying about having a vasectomy, lying about being on the pill)
- Refusing to “pull out” if that is the agreed upon method of birth control
- Forcing a partner to not use any birth control (ex. the pill, condom, shot, ring, etc.)
- Removing birth control methods (ex. rings, IUDs, contraceptive patches)
- Sabotaging birth control methods (ex. poking holes in condoms, tampering with pills or flushing them down the toilet)
- Withholding finances needed to purchase birth control, monitoring a partner’s menstrual cycles
- Forcing pregnancy and not supporting a partner’s decision about when or if the partner want to have a child
- Forcing a partner to get an abortion, or preventing a partner from getting one
- Threatening a partner or acting violent if the partner doesn’t comply with their wishes to either end or continue a pregnancy
- Continually keeping a partner pregnant (getting the partner pregnant again shortly after the partner gives birth)

Reproductive coercion can also come in the form of pressure, guilt and shame from an abusive partner. Some examples are if a partner is constantly talking about having children or making their partner feel guilty for not having or wanting children with them — especially if the partner already has kids with someone else.

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

SEXUAL VIOLENCE

DEFINITIONS

Source: Rape Abuse & Incest National Network (RAINN), rainn.org

Sexual violence is an all-encompassing, non-legal term that refers to crimes like sexual assault, rape, and sexual abuse. Please note that the legal definition of crimes vary from state to state. There are often other crimes and forms of violence that arise jointly with crimes like sexual assault.

Sexual violence includes sexual assault, child sexual abuse, sexual assault of men and boys, intimate partner sexual violence, incest, drug-facilitated sexual assault, sexual harassment, stalking, sexual abuse or exploitation by medical or other professionals, sexual abuse of elder or vulnerable adults, prisoner rape, and so on.

WARNING SIGNS

Source: RAINN, rainn.org/

College Age Adults

Sexual violence, like many other crimes, can occur on college campuses and at locations frequented by college students.

It's not easy to come forward. In seven out of 10 cases of sexual assault, the perpetrator is someone the victim knows. This can make it more difficult for someone to be open about sexual assault, particularly if the perpetrator is part of a friend group, a classmate, or someone who is well liked by other peers. No matter who the alleged perpetrator is, the survivor deserves support and care.

Warning signs that a college-age adult may have been sexually assaulted

Some of the warning signs for sexual assault in college-age adults may be caused by events that are unrelated, e.g., being away from home for the first time. It's

Teens

Studies show that ages 12-34 are the highest risk years for crimes of sexual violence, and that females ages 16-19 are four times more likely than the general population to be victims of these crimes.

Signs that a teen may have been sexually abused

Some of the warning signs that a teen has been sexually assaulted or abused can easily blend in with the everyday struggles teens face as they learn how to relate to their bodies, peers, and environments. If something doesn't seem right, trust your instincts. It's better to ask and be wrong than to let a teen struggle with the effects of sexual assault. Remind the teen that if they come to you, you will believe them—and that if something happened, it is not their fault.

If you notice the following warning signs in a teen, it's worth reaching out to them.

- Unusual weight gain or weight loss
- Unhealthy eating patterns, like a loss of appetite or excessive eating

Young Children

Every 8 minutes, government authorities respond to another report of child sexual abuse. Child sexual abuse can include sexual contact with a child, but it may also include other actions, like exposing oneself, sharing obscene images, or taking inappropriate photos or videos of a child. These crimes can have a serious impact on the life and development of a child, and can continue to impact the survivor later in life. Learning the warning signs of child sexual abuse is often the first step to protecting a child that is in danger. If you can spot sexual abuse, you can stop it.

Signs that a child may have been sexually abused

It's not always easy to spot sexual abuse because perpetrators often take steps to hide their actions. Some signs are easier to spot than others. For instance, some warning signs might be noticed by a caretaker or parent, and are often red flags that the child needs medical attention. Listen to your instincts.

Physical warning signs:

- Sexually transmitted infections (STIs)

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<p>better to ask and be wrong than to let the person struggle alone.</p> <p>If you notice these warning signs in a college-age adult, it's worth reaching out:</p> <ul style="list-style-type: none"> • Signs of depression, such as persistent sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities, or feeling “down” • Self-harming behaviors, thoughts of suicide, or suicidal behaviors • Low self-esteem • Sexually transmitted infections (STIs) • Anxiety or worry about situations that did not seem to cause anxiety in past • Avoiding specific situations or places • Falling grades or withdrawing from classes • Increase in drug or alcohol use <p>Warning signs that could lead to a sexual assault</p> <p>The majority of sexual assaults are committed by someone the victim knows, e.g., a friend, family member, acquaintance, or partner. Often, abusive partners will try to cut the victim off from support systems. As someone outside of the relationship, you have the potential to notice warning signs that someone may be in an abusive relationship or at risk for sexual assault.</p> <p>Some warning signs include:</p> <ul style="list-style-type: none"> • Withdrawing from other relationships or activities, for example, spending less time with friends, leaving sports teams, or dropping classes 	<ul style="list-style-type: none"> • Signs of physical abuse, such as bruises • Sexually transmitted infections (STIs) or other genital infections • Signs of depression, such as persistent sadness, lack of energy, changes in sleep or appetite, withdrawing from normal activities, or feeling “down” • Anxiety or worry • Falling grades • Changes in self-care, e.g., paying less attention to hygiene, appearance, or fashion than normal • Self-harming behavior • Expressing thoughts about suicide or suicide behavior • Drinking or drug use <p>Warning signs that a teen may be in an abusive relationship</p> <p>It can be challenging for teens, who are new to dating, to recognize that sexual assault and abuse may be part of an abusive relationship. As someone outside of the relationship, you have the potential to notice warning signs that someone may be in abusive relationship or at risk for sexual assault.</p> <p>Look for signs that a teen’s boyfriend, girlfriend, or partner has done or said the following:</p> <ul style="list-style-type: none"> • Tries to get them to engage in sexual activity that they aren’t ready for • Sexually assaults them or coerces them into unwanted sexual activity • Refuses to use contraception or protection against STIs during sexual activity • Hits them or physically harms them in any way • Doesn’t want them spending time with friends or family • Makes threats or controls their actions • Uses drugs or alcohol to create situations where their judgement is impaired or compromises their ability to say "yes" or "no" 	<ul style="list-style-type: none"> • Signs of trauma to the genital area, such as unexplained bleeding, bruising, or blood on the sheets • Behavioral signs: • Sexual behavior that is inappropriate for the child’s age • Bedwetting or soiling the bed, if the child has already outgrown these behaviors • Not wanting to be left alone with certain people or being afraid to be away from primary caregivers, especially if this is a new behavior • Tries to avoid removing clothing to change or bathe • Emotional signs: • Excessive talk about or knowledge of sexual topics • Resuming behaviors that they had grown out of, such as thumbsucking • Nightmares or fear of being alone at night • Excessive worry or fearfulness <p>Signs that an adult may be hurting a child</p> <p>Keeping children safe can be challenging since many perpetrators who sexually abuse children are in positions of trust—93 percent of child sexual assault victims know the perpetrator. Be cautious of an adult who spend time with children and exhibits the following behaviors:</p> <ul style="list-style-type: none"> • Does not respect boundaries or listen when someone tells them “no” • Engages in touching that a child or child’s parents/guardians have indicated is unwanted • Tries to be a child’s friend rather than filling an adult role in the child’s life • Does not seem to have age-appropriate relationships • Talks with children about their personal problems or relationships • Spends time alone with children outside of their role in the child’s life or makes up excuses to be alone with the child
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<ul style="list-style-type: none"> • Saying that their* partner doesn't want them to engage in social activities or is limiting their contact with others • Disclosing that sexual assault has happened before • Any mention of a partner trying to limit their contraceptive options or refusing to use safer sexual practices, such as refusing to use condoms or not wanting them to use birth control • Mentioning that their partner is pressuring them to do things that make them uncomfortable • Signs that a partner is controlling their means of communication, such as answering their phone or text messages or intruding into private conversations • Visible signs of physical abuse, such as bruises or black eyes 		<ul style="list-style-type: none"> • Expresses unusual interest in child's sexual development, such as commenting on sexual characteristics or sexualizing normal behaviors • Gives a child gifts without occasion or reason • Spends a lot of time with a child <p>Taking action isn't easy, but it's important</p> <p>It's not always easy to identify child sexual abuse—and it can be even more challenging to step in if you suspect something isn't right. If a child tells you that someone makes them uncomfortable, even if they can't tell you anything specific, listen. Report all concerns of child abuse or neglect, including child sexual abuse, as required or permitted by law and regulation.</p>
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Using technology to hurt others

College-age adults and teens may also experience sexual harassment or other unwanted behaviors through technology and online interactions. Some people use technology—such as digital photos, videos, apps, and social media—to engage in harassing, unsolicited, or non-consensual sexual interactions. It can leave the person on the other end feeling manipulated, unsafe, and exposed, like when someone forwards a text, photo, or “sext” intended only for the original recipient. The laws pertaining to these situations vary from state to state and platform to platform, and they are evolving rapidly.

RISK FACTORS FOR PERPETRATION

Source: CDC, <https://www.cdc.gov/violenceprevention/sexualviolence/riskprotectivefactors.html>

Individual Risk Factors	Relationship Factors	Community Factors
<ul style="list-style-type: none"> • Alcohol or drug use • Delinquency • Lack of empathy • General aggressiveness and acceptance of violence 	<ul style="list-style-type: none"> • Family environment characterized by physical violence and conflict • Childhood history of physical, sexual, or emotional abuse • Emotionally unsupportive family environment 	<ul style="list-style-type: none"> • Poverty • Lack of employment opportunities • Lack of institutional support from police and judicial system

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

<ul style="list-style-type: none"> • Early sexual initiation • Coercive sexual fantasies • Preference for impersonal sex and sexual risk-taking • Exposure to sexually explicit material • Hostility towards women • Adherence to traditional gender role norms • Hyper-masculinity • Suicidal behavior • Prior sexual victimization or perpetration 	<ul style="list-style-type: none"> • Poor parent-child relationships, particularly with fathers • Association with sexually aggressive, hypermasculine, and delinquent peers • Involvement in a violent or abusive intimate relationship 	<ul style="list-style-type: none"> • General tolerance of sexual violence within the community • Weak community sanctions against sexual violence perpetrators <p>Societal Factors</p> <ul style="list-style-type: none"> • Societal norms that support sexual violence • Societal norms that support male superiority and sexual entitlement • Societal norms that maintain women’s inferiority and sexual submissiveness • Weak laws and policies related to sexual violence and gender equity • High levels of crime and other forms of violence
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HUMAN TRAFFICKING

DEFINITIONS – FEDERAL

Source: National Human Trafficking Hotline, [humantraffickinghotline.org](https://www.humantraffickinghotline.org)

Human trafficking, or trafficking in persons, is a crime involving the exploitation of someone for the purposes of compelled labor or a commercial sex act through the use of force, fraud, or coercion. Human trafficking affects individuals across the world, including here in the United States. Human trafficking affects every community in the United States across age, gender, ethnicity, and socio-economic backgrounds. Please note that the legal definition of this crime can vary by state.

As defined by the U.S. Federal Trafficking Victims Protection Act, victims of human trafficking can be divided into three populations:

- Children under the age of 18 induced into commercial sex
- Adults (age 18 or over) induced into commercial sex through force, fraud, or coercion
- Children and adults induced to perform labor or services through force, fraud, or coercion

Sex trafficking is the recruitment, harboring, transportation, provision, obtaining, patronizing, or soliciting of a person for the purposes of a commercial sex act, in which the commercial sex act is induced by force, fraud, or coercion, or in which the person induced to perform the act is under 18 years of age (22 USC § 7102).

Labor trafficking is the recruitment, harboring, transportation, provision, or obtaining of a person for labor or services, through the use of force, fraud, or coercion for the purposes of subjection to involuntary servitude, peonage, debt bondage, or slavery (22 USC § 7102).

Commercial sex act is any sex act on account of which anything of value is given to or received by any person. The term “anything of value” can include, for example, money, drugs, and survival needs like food and shelter.

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RISK FACTORS

Source: National Human Trafficking Hotline, [humantraffickinghotline.org](https://www.humantraffickinghotline.org)

The victims of this crime in the U.S. are men and women, adults and children, and foreign nationals and U.S. citizens. Human trafficking victims have been identified in cities, suburbs, and rural areas in all 50 states, and in Washington, D.C. They are made to work or provide commercial sex in legal and legitimate business settings as well as underground markets. Some victims are hidden behind locked doors in brothels and factories. In other cases, victims are in plain view.

There is no single profile for trafficking victims; trafficking occurs to adults and minors in rural, suburban, or urban communities across the country. Victims of human trafficking have diverse socio-economic backgrounds, varied levels of education, and may be documented or undocumented immigrants. Traffickers target victims using tailored methods of recruitment and control they find to be effective in compelling that individual into forced labor or commercial sex.

While human trafficking spans all demographics, there are some circumstances or vulnerabilities that lead to a higher susceptibility to victimization.

Runaway and homeless youth are vulnerable to trafficking. Runaway and homeless youth lack a strong supportive network and often runaway to unfamiliar environments. They are often approached by traffickers at transportation hubs, shelters or other public spaces. Traffickers pretend to be a boyfriend/significant other, using affection and manipulation to elicit commercial sex or services.

Foreign nationals who are trafficked within the United States face unique challenges that may leave them more susceptible to exploitation. Recruiters located in home countries frequently require such large recruitment and travel fees that victims become highly indebted to the recruiters and traffickers. These fees are inflated far beyond cost in order to create economic instability and dependency on the new employer or trafficker. Traffickers leverage the non-portability of many work visas as well as the lack of familiarity with surroundings, laws and rights, language fluency, and cultural understanding in order to control and manipulate victims.

Individuals who have experienced violence and trauma in the past are more vulnerable to future exploitation, as the psychological effect of trauma is often long-lasting and challenging to overcome. Victims of domestic violence, sexual assault, war and conflict or social discrimination may be targeted by traffickers, who recognize the vulnerabilities left by these prior abuses. Violence and abuse may be normalized or beliefs of shame or unworthiness lead to future susceptibility.

INDICATORS – AMERICAN HOSPITAL ASSOCIATION

Source: American Hospital Association, [10 Red Flags That Your Patient Could Be A Victim of Human Trafficking](https://www.aha.org/topics/human-trafficking)

- Clinical history and oral history don't match up
- Oral history is scripted, memorized, or mechanical
- Someone with the patient exerts an unusual amount of control over the visit
- Patient appears fearful, anxious, depressed, submissive, hypervigilant, or paranoid
- Patient is concerned about being arrested or jailed

- Patient is concerned for their* family's safety
- Evidence that care has been lacking for prior or existing conditions
- Tattoos or insignias indicative of ownership
- Occupational-type injuries or physical ailments linked to their work
- Sexually transmitted infections (STIs)

For additional information and resources from the American Hospital Association, see this link: <https://www.aha.org/topics/human-trafficking>

CommonSpirit Health – Definitions, Risk Factors, and Indicators Associated with Abuse, Neglect, and Violence

INDICATORS – NATIONAL HUMAN TRAFFICKING HOTLINE

Source: National Human Trafficking Hotline, humantraffickinghotline.org

The following is a list of potential red flags and indicators of human trafficking to help you recognize the signs. This list is not exhaustive and represents only a selection of possible indicators. Also, the red flags in this list may not be present in all trafficking cases and are not cumulative.

Common Work and Living Conditions:

- Is not free to leave or come and go as he/she wishes
- Is in the commercial sex industry and has a pimp/manager
- Is unpaid, paid very little, or paid only through tips
- Works excessively long and/or unusual hours
- Is not allowed breaks or suffers under unusual restrictions at work
- Owes a large debt and is unable to pay it off
- Was recruited through false promises concerning the nature and conditions of their work
- High security measures exist in the work and/or living locations (e.g. opaque windows, boarded up windows, bars on windows, barbed wire, security cameras, etc.)

Poor Mental Health or Abnormal Behavior:

- Is fearful, anxious, depressed, submissive, tense, or nervous/paranoid
- Exhibits unusually fearful or anxious behavior after bringing up law enforcement
- Avoids eye contact

Poor Physical Health:

- Lacks medical care and/or is denied medical services by employer
- Appears malnourished or shows signs of repeated exposure to harmful chemicals
- Shows signs of physical and/or sexual abuse, physical restraint, confinement, or torture

Lack of Control:

- Has few or no personal possessions
- Is not in control of their own money, no financial records, or bank account
- Is not in control of their own identification documents (ID or passport)
- Is not allowed or able to speak for themselves (a third party may insist on being present and/or translating)

Other:

- Claims of just visiting and inability to clarify home/address
- Lack of knowledge of whereabouts and/or of what city they are in
- Loss of sense of time
- Has numerous inconsistencies in their story

Note: Per federal law, any minor under the age of 18 engaging in commercial sex is a victim of sex trafficking, regardless of the presence of force, fraud, or coercion.

For more information about general indicators, health indicators, and health consequences of labor and sex trafficking, see this resource:

https://humantraffickinghotline.org/sites/default/files/What%20to%20Look%20for%20during%20a%20Medical%20Exam%20-%20FINAL%20-%20202-16-16_0.pdf

*The use of “they/their” in lieu of “s/he” is meant to be inclusive of all genders that experience abuse, neglect, and violence.

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