

IV. APPENDICES AND FORMS

A. Definitions

Abuse of power: Improper use of authority by someone who has more authority than those with whom they are interacting.

Child Abuse: Any physical injury, physical neglect, emotional injury, or sexual act inflicted upon a child.

Domestic Violence: Violent or aggressive behavior within the home, typically involving the violent abuse of a partner.

Emotional Abuse: Attempting to control a person through the use of derogatory language, threats, intimidation, frequent insults/put-downs, manipulation, and gaslighting (intentionally undermining someone's reality). This may be spoken and/or unspoken cruelty.

Grooming: Grooming behaviors can take place online or in-person. People who use grooming behaviors are often trusted people in the community and in their victim's life. Grooming takes place in many different forms, but tends to follow similar patterns:

- **Victim selection:** Finding possible victims who are easy to access or more vulnerable.
- **Gaining access and isolating victims:** Abusers will find ways to isolate minors and separate them from others.
- **Trust development and keeping secrets:** Abusers will work to gain trust through special attention, gift-giving, and sharing of secrets.
- **Desensitization to touch and discussion of sexual topics:** Abusers will start out with "harmless" physical touch (hugging, wrestling, tickling, etc.) in order to move toward more sexual touch (massages, touching of private areas, etc.). Abusers may also discuss sexual relationships or topics to introduce opportunities for more sexual contact.
- **Attempt by abusers to make their behavior seem natural:** In order to avoid raising suspicion. Look for signs in relationships that include secrecy, undue influence or control, or pushes personal boundaries.

This list was taken from RAINN, *Grooming: Know the Warning Signs*. You can learn more from their article here: <https://www.rainn.org/news/grooming-know-warning-signs>

Harassment: Any repeated or continuing uninvited actions.

- **Sexual:** Unwelcome sexual advances, requests for sexual favors, and/or verbal or physical conduct or written communication of an intimidating, hostile, inappropriate, or offensive nature.
- **Verbal:** Harsh or insulting language directed at a person. The most common way verbal abuse is used is in an attempt to control behaviors,

thoughts, or feelings of another human being. Verbal abuse/harassment can also be subtle and there can be non-verbal abuse/harassment as well.

- **Media:** Harassment directed at a person or group through text, social media, email, or other electronic communication.

Incest: Sexual relations between people who are too closely related to marry each other (parent, child, sibling, grandparent, uncle/aunt, etc.)

Marital Rape: Sexual relations with one's partner without their consent. Consent needs to be given each time people engage in sexual relations.

Neglect: Endangering a person's health, welfare, or safety through negligence -- failure or threatened failure to meet their needs.

Non-consensual sexual contact: When a person, however slight, touches any part of someone else's body without their consent and/or by force. Sexual contact includes touching the breast, buttock, groin, or genitals or is any other bodily contact done in a sexual manner.

Physical Abuse: Infliction of physical harm or the causation of a child's deterioration. This may include, but shall not be limited to, maltreatment or exploiting a child to the extent the child's health is endangered.

Retraumatization: A conscience or unconscious reminder of past trauma that results in re-experiencing the initial trauma event. It can be triggered by a situation, an attitude or expression, or by certain environments that replicate the dynamics of the original trauma.

Sexual Abuse: When any person is forced, tricked, persuaded, enticed, or coerced into any sexual contact or interaction for the sexual stimulation of the abuser, or another person.

Sexual Assault: Any type of sexual contact or behavior that occurs without the consent of the recipient. This includes when a person is forced, coerced, or manipulated into any unwanted sexual activity. The recipient reserves the right to change their mind at any point, even if they previously said yes. The absence of "no" does not equal "yes". Each sexual encounter should include an enthusiastic "yes" by all involved.

Sexual Violence: Any sexual act or attempt to obtain sexual act or unwanted sexual comments or acts that are directed against a person's sexuality using coercion by anyone.

Spiritual Abuse: Any attempt to exert power and/or control over someone using religion, faith, or beliefs. This can also happen when sexual abuse is mishandled in the church. In *The Subtle Power of Spiritual Abuse*, David Johnson and Jeff VanVonderen describe spiritual abuse with the following:

It's possible to become so determined to defend a spiritual place of authority, a doctrine or a way of doing things that you wound and abuse anyone who

questions, or disagrees, or doesn't 'behave' spiritually the way you want them to. When your words and actions tear down another, or attack or weaken a person's standing as a Christian – to gratify you, your position or your beliefs while at the same time weakening or harming another – that is spiritual abuse.

Stalking: Engaging in a course of conduct (i.e. repetitive and/or menacing pursuit, following or interference with the peace and/or safety) at a specific individual that would cause a reasonable person to fear for their safety or the safety of others and suffers substantial, emotional stress.

Trigger: Anything that might cause a person to recall a traumatic experience and put them back into the original event. This can then cause people to experience overwhelming emotions, physical symptoms, or thoughts. Triggers can happen on a subconscious level and people may not realize they are being triggered right away or why they may be feeling the way they are feeling.

Trauma: The emotional and physical harm resulting from violent conflict, natural disasters or societal structures. It can affect individuals, families, communities and societies and can fuel continuing cycles of violence and prevent sustainable rebuilding. Trauma affects the body, brain, beliefs and behaviors of individuals, communities and societies. Here are a few examples of trauma, but there are many different kinds of trauma that are not covered below.

- Acute trauma: Is a powerful experience (e.g. natural disaster), but it has a time limit.
- Chronic trauma: Happens over a long period of time (e.g. poverty, racism, abuse), and there is no safe place to go.
- Communal trauma: Shared by a group of people (e.g. natural disasters, pandemics).
- Complex trauma: Occurs over a long period of time and there is no safe place to retreat (e.g. caregivers are abusers).

Trauma Informed: Realizes the widespread impact of trauma and understands the potential path for recovery. Recognizes the signs and symptoms of trauma in clients, families, staff, and others involved with the system. Being trauma informed will require constant attention, caring awareness, sensitivity, and a cultural change at the organizational level. Centers for Disease Control and Prevention recommends incorporating these 6 guiding principles when taking a trauma informed approach: safety, trustworthy and transparency, peer support, collaboration and mutuality, empowerment voice and choice, and cultural, historical, and gender issues.