

## Have you been programmed to hate or to be afraid from your other parent and their family?

Every year more children are being adversely affected by separation and divorce. Although many parents know how to cooperate with the other parent and respect their children's wishes, rights and freedoms, unfortunately many knowingly do not. Instead, some parents embark on a campaign to hurt the other parent by systematically destroying their own child's relationship with the other parent. Often, custodial parents start this destructive process when children are very young and easily influenced by the parent who has the most control over them.

### Below are some of the signs that would indicate that you have been brainwashed by a vindictive, hostile and abusive parent:

- You feel guilty or afraid to see or call your non-custodial parent because you know that your custodial parent would not like that even though you know the that other parent has never really done anything bad to you.
- Your custodial parent has always said mean things about your other parent to you and to others in the family which are intended to make the other parent look like a bad parent.
- Your custodial parent has told you never mention the other parent's name in the house and makes you afraid to even bring the subject up in the home.
- Your custodial parent has always been vague in answering questions about your other parent and the other parent's family.
- You've never been allowed to know the grandparent's on your other parent's side of the family.
- Your custodial parent tells you that they don't know where your other parent is or how to locate him/her and tell you that you would never

want to talk to or meet your other parent anyway

- You've been told you that one of the reasons why you can't see the other parent is because there is a court order that says you can't.
- Your custodial parent has no pictures of your other parent in your home and tells you that there are no pictures of the other parent.
- You are not allowed to communicate with your other parent on special occasions such as birthdays, father's or mother's day, special family gatherings, etc. Won't even let you send a card.
- Has denied you seeing your other parent in the past and now it has been so long that you feel intimidated or afraid to even ask your custodial parent anymore.
- Make up lies about the other parent, which you know from your own experience are not true.
- Will exhibit anger towards the other parent, even months or years after they have been separated from your other parent.
- Tell you that you cannot call the other parent on the phone.
- Won't reveal details of the court case between the parents even though you are old enough to be able to understand these matters.
- Your other parent has tried to send you gifts but the parent you live with won't let you take them. They tell you that this is not allowed by the courts.
- The custodial parent throws presents or cards from the other parent in the garbage.

**If any of the above describes the parent you live with then you are being unlawfully ABUSED!**

## What you should do to stop abuse and to find the truth for yourself.

- Attempt to make contact with your other parent. If you don't know how, then ask one of your teachers at school that you would like help to contact your other parent and that you want this to be kept confidential from the parent who has brainwashed and abused you for so long.
- If you know how to contact your other parent, then make contact with him/her. There is a good chance that your other parent loves you very much and has been hurt by what your custodial parent has done to destroy your relationship with them. Do the right thing and do not let the past mistakes of your custodial parent make you afraid to reach out to your other parent. Often you will find that they have been tried to reach you in the past but that the custodial parent has blocked them from contacting you.
- Refuse to be part of your custodial parents pattern of abuse. Tell your custodial parent that you will not tolerate their anger and hate any longer until such time as they change their behaviour and act more like a civilized and kind human being.
- If your custodial parent tries to physically punish you for seeking out the truth and denying your rights to know the truth, then call the police and have your parent charged with assault or abuse. If the authorities do not help you then run away to live with a friend to escape the abuse.
- Tell any parent who is acting in a hostile-aggressive manner that you are not going to put up with their childish and immature behaviour. Tell them to grow up and to treat your other parent with respect and dignity or you will consider living with the other parent.

You have the **RIGHT** to know the truth. You have the **RIGHT** to make up your decisions based on your values and beliefs. You have the **RIGHT** to know about the other parent and your heritage. You have the **RIGHT** not to be emotionally abused by your custodial parent!

## **GET INFORMED!**

**Every year in Canada** thousands of children are emotionally abused and their hearts broken by their own parents who act in a vindictive and hostile manner when dealing with the other parent. Most often, it is the custodial parent, who has been given power over the child by the courts, the one who exercises their revenge against the other parent by the use of hostile parenting techniques intended to alienate their children from their other spouse. The children, the non-custodial parent and their families often end up suffering a lifetime of grief. Grandparents are often denied the right to see their own grandchildren.

Children poisoned in an environment controlled by a vindictive and hostile parent grow up lacking many of the valuable life skills needed to be able to live cooperatively with others in the community. Vindictive and hostile parents are child abusers and quite often are the product of a similar environment during their own childhood. Once given the power over a child by the courts, they set out to destroy their child's relationship with the other parent. The cycle of abuse continues to the next generation.

**Remember.....Parents who destroy a child's relationship with another parent by alienating their children away from the other parent are nothing more than**

**CHILD ABUSERS!**

**Hostile parenting is far more disadvantageous to the formation of a child's relationship with teachers and siblings and the child's social behaviour than any other aspect of the family's background\*\***

\*\* Findings by Statistic's Canada' longitudinal study on children and published in their report called "Growing up in Canada"

**No child deserves to be abused and emotionally harmed for life by the actions of a hostile and alienating parent**

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For further information or help relating to hostile parenting please contact the organization listed below

**Have I been  
Brain  
Washed  
to hate and/or  
fear my own  
parent?**

*Information for teenagers of separated or divorced families who may have been programmed by their custodial parent to hate and/or to fear their other once-loved parent*

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