

The Quest to End Corporal Punishment: A Tale of Two Cities

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Outline

- Introductions: Our Story
- Corporal Punishment: What Does the Research Say?
- Children's Human Rights
- Dane County DA's Office Corporal Punishment Initiative
- Otto Bremer Trust Center for Safe and Healthy Children: The No Hit Zone
- Wrap up/Discussion

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Then and...



Now...

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In Homes

“Several recent studies reveal that the majority of parents in the United States continue to physically punish their children. By the time children reach the fifth grade, 80% have been physically punished.”

Gershoff, E.T. (2008)



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Definition

According to the Gershoff's report, "Corporal or Physical Punishment is the use of physical force with the intention of causing the child to experience bodily pain or discomfort so as to correct or punish the child's behavior."

Gershoff, E. T. (2008). *Report on Physical Punishment in the United States: What Research Tells Us About Its Effects on Children*. Columbia, OH: Center for Effective Discipline.



A full copy of the 2008 report on Physical Punishment in the United States is available for download at www.phoenixchildrens.com

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Elizabeth Gershoff and Murray Straus

<https://www.youtube.com/watch?v=zEp5KQkvzbY>



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RESEARCH ON CORPORAL PUNISHMENT



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2016 Meta-Analysis Update

Elizabeth Gershoff

- The risk of harm from spanking has recently been confirmed by experts at the University of Texas Austin and the University of Michigan.
- The research looked at five decades of research involving 160,000 children.
- “Our research shows that spanking is linked with the same negative child outcomes as abuse, just to a slightly lesser degree

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Adverse Childhood Experiences

- Emotional/Verbal Abuse
- Physical Abuse
- Sexual Abuse
- Negative Attachment
- Neglect
- Divorce/Abandonment
- Domestic Violence Exposure
- Alcoholic Parent
- Mentally Ill Parent
- Incarcerated Parent



Risk of Detrimental Outcomes

- Immediate Defiance
- Low Moral Internalization
- Child Aggression
- Child Antisocial Behavior
- External Behavior Problems
- Internal Behavior Problems
- Mental Health Problems
- Child Alcohol or Substance Abuse

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Risk of Detrimental Outcomes Cont'd

- Negative Parent Child Relationship
- Impaired Cognitive Ability
- Low Self-Esteem
- Low Self-Regulation
- Victim of Physical Abuse
- Adult Anti-Social Behavior
- Adult Mental Health Problems
- Adult Substance Abuse Problems
- Adult Support for Physical Punishment

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Physical Discipline

In addition to showing that the use of physical punishment fails to achieve parents' intended goals, research has confirmed that physical punishment puts children at greater risk for a range of unintended negative consequences, including:

Impaired Mental Health

Poor Quality of Parent-Child Relationships

Adult Aggression and Anti-social Behavior

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Holden Research

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Dr. Martin Teicher– Harvard University Impact on Early Brain Development

<https://vimeo.com/65768339>



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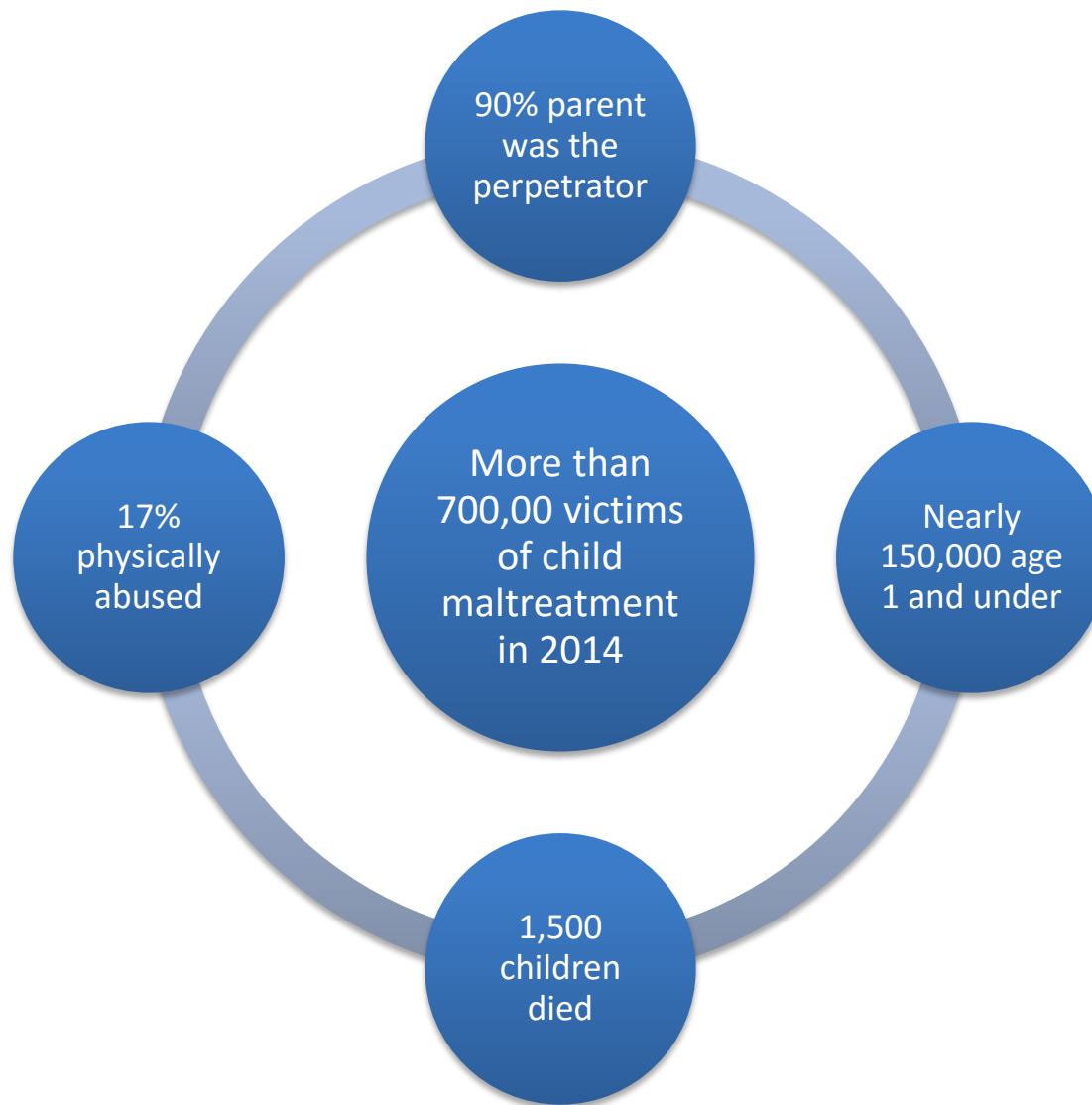
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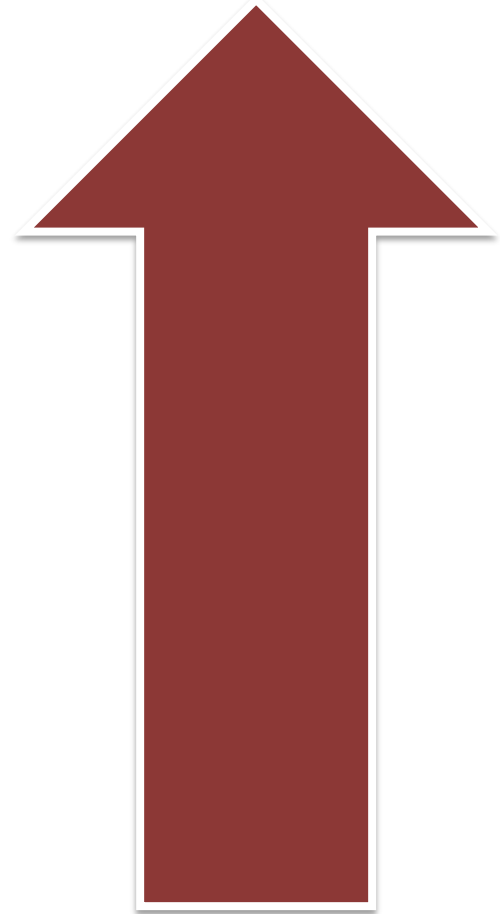
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More Likely to Use Physical Discipline If...

- Experiencing stress, mental health symptoms, or diminished emotional well-being
- Frustrated or aggravated with their children
- Under 30 years of age
- Parenting a preschooler
- Disciplining a child whose misbehavior involves hurting someone else or putting themselves in danger
- Socially disadvantaged, in that they have low income, low education, or live in a disadvantaged neighborhood



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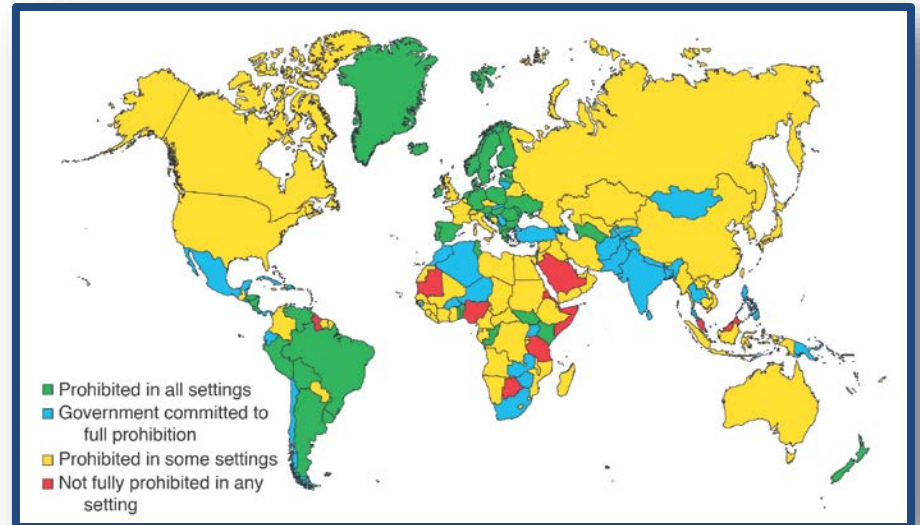
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UN Convention on the Rights of the Child

- CDC identifies child maltreatment as a public health concern.
- UN Convention in 2006 called for all countries to enact legislation against physical violence.
- To date, 48 countries have banned physical punishment, starting with Sweden (1979) and most recently Benin, Ireland and Peru in 2015.
- 1948 – United Nations – Universal Declaration of Human Rights
- 1989 – Convention on the Rights of the Child – Children are human beings with rights to basic human dignity
- As of today – all but one country has ratified these rights



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Article 19 (Protection from all forms of violence):

Children have the right to be protected from being hurt and mistreated, physically or mentally. Governments should ensure that children are properly cared for and protect them from violence, abuse and neglect by their parents, or anyone else who looks after them. In terms of discipline, the Convention does not specify what forms of punishment parents should use. **However, any form of discipline involving violence is unacceptable.**



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Prevention Initiatives

- A report released by the Centers for Disease Control and Prevention called for “public engagement and education campaigns and legislative approaches to reduce corporal punishment.”
- The World Health Organization recommends the use of No Hit Zones as a way to implement education and awareness-raising campaigns to end corporal punishment within the hospital setting.

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Mississippi School Board Video

<https://www.youtube.com/watch?v=-pz1B67USd8&feature=youtu.be>



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Dane County District Attorney's Office Corporal Punishment Initiative

- Conferences and Trainings
 - 2014 and 2015 Cultural Context of CP
- Deferred Prosecution Program- Jan 2013
 - Parents who utilize CP / 4 tiers
- Public Service Message
 - Radio, conferences, DA website, US Alliance to End Hitting of Children
- No Hit Zone – first government office, September 2014

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Human Video

<https://www.youtube.com/watch?v=afvN6se3Yug&app=desktop>



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Public Service Announcement

https://www.countyofdane.com/DA/audio/US_Alliance_PSA.mp3



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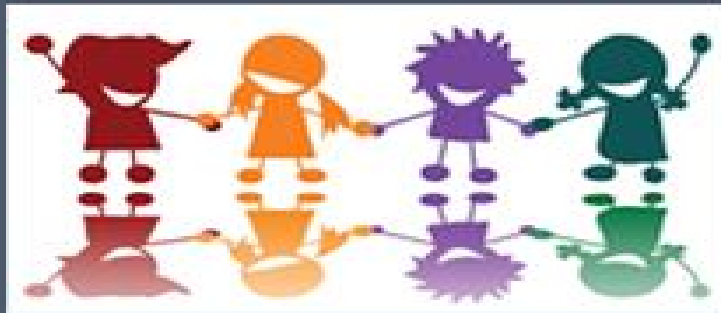
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NO HIT ZONE

Reinforcing a culture of safety through awareness and education



WWW.COUNTYOFDANE.COM/DA

DANE
COUNTY
DISTRICT
ATTORNEY'S
OFFICE

215 S. Hamilton St.
Madison, WI 53703



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HOW WE STARTED AND WHY



- Visitors experiencing heightened emotions and lower frustration tolerance
- Adult and child responses to heightened emotions and potential challenging situations
- Staff guidelines and tools

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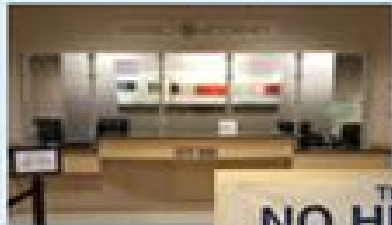


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HISTORY OF NO HIT ZONE

- 2005 - Rainbow Babies - University Hospital of Cleveland

- Hospital based No Hit Zones



GUNDERSEN
NATIONAL CHILD
PROTECTION TRAINING CENTER



- Non-hospital based No Hit Zones

- Implementation resources

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PURPOSE AND DEFINITION

■ PURPOSE:

- To create and reinforce an environment of safety and comfort for all victims, witnesses, associated family members, professionals and staff who engage with the District Attorney's Office

■ DEFINITION:

- An environment in which no adult shall hit another adult, no adult shall hit a child, no child shall hit an adult, and no child shall hit another child

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ELEMENTS OF DA'S OFFICE NO HIT ZONE

- Signs
- Brochures
- No Hit Zone magnets
- DA's Office website
- Distraction packets



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Online Resources:

Report an Injury: Mandated in the law
www.dane-county.gov/off/pd/

3 Steps to More Effective Parenting

www.dane-county.gov/off/pd/parenting
www.dane-county.gov/off/pd/parenting

Discipline Ages 0-18 www.dane-county.gov/off/pd/parenting

Discipline Without Spanking www.dane-county.gov/off/pd/parenting

Resources for Parenting from the CDC
www.cdc.gov/ncjvl/ltr/2004_01_06_01.html

The Center for Effective Discipline—Printed support materials www.dane-county.gov/off/pd/parenting

Strong Father, Mom, and The Kids www.dane-county.gov/off/pd/parenting

Play N'Go www.dane-county.gov/off/pd/parenting

Local Resources:

Center for Families www.dane-county.gov/off/pd/parenting

Family Resource Center www.dane-county.gov/off/pd/parenting

Family Service Madison www.dane-county.gov/off/pd/parenting

Office of Child Care and Family Resources @ UW www.dane-county.gov/off/pd/parenting

The WellNow Project www.dane-county.gov/off/pd/parenting

UW Health www.dane-county.gov/off/pd/parenting



Dane County DA's Office
215 E. Hamilton Street, Room 3000
Madison, WI 53702
(608)266-4022



The No Hit Zone is designed to promote a safer visit and early intervention for all members of the public visiting the DA's Office.

NO HIT ZONE

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District Attorney's Office
www.countyofdane.com/da



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What is A No Hit Zone?

The Dane County District Attorney's Office is a No Hit Zone. This initiative is an extension of public health and safety policies that serve to promote wellness in our community. This means that we do not allow hitting of any kind by adults or children. Including parents hitting or spanking children as part of discipline.

Why is the Dane County District Attorney's Office a No Hit Zone?

Research linking the Dane County District Attorney's Office to often stressed and unstable behaviors of young children, including those feelings and gut nerves at risk of engaging in physical punishment. Our goal is to promote a non-violent environment for everyone. Our hope is that this initiative will grow to include communities and families throughout Dane County in an effort to reduce the overall use of physical punishment and the proven negative outcomes including future involvement in the criminal justice system.

Did you Know?

- 1) Physical punishment does not improve behavior in the long-term. It actually leads to more defiant and aggressive behavior.
- 2) Hitting or spanking teaches children to use violence to solve problems.
- 3) Using violence as punishment leads to children being angry in school and having the ability to concentrate.
- 4) Children who experience physical punishment are more likely to become involved in delinquency and violent behavior.
- 5) Children who experience or are witness to the use of discipline and injury.
- 6) Spanking children as children leads to physical and mental health problems in adults.
- 7) Children who have been physically punished may have difficulty forming healthy relationships and may not be able to trust other people.
- 8) Parents who use physical punishment with their children are at nine times greater risk of physically abusing their child.

Source: U.S. Dept. of Justice, Bureau of the Census, *Child Abuse and Neglect: A National Curriculum*, 1997. <http://www.fda.gov/oc/ohrt/childabuseandneglect.htm>

Source: *Children, Family, Health & Society* by David P. Farrington, University of Minnesota, 2005. <http://www.fda.gov/oc/ohrt/childabuseandneglect.htm>

Tools parents can use

- It's normal for children to get bored waiting. Bring their favorite toy or activity to keep them occupied.
- Talk to your child and explain why they are asked to behave a certain way. Have realistic expectations.
- Listen to your child.
- Give your child lots of descriptive praise for good behaviors.
- Teach your child how to resolve conflict without violence.
- Do something for yourself each day to reduce stress.
- Set clear limits on your child's behavior, give clear instructions about what's ok for
- Ask for help if you need it.

We ask everyone who works at or visits the Dane County District Attorney's Office to respect the No Hit Zone policy and encourage everyone to avoid hitting others, especially children, in their daily lives.

**Special thanks to the community of Dane County for lowering their support and materials for supporting no hit zones.

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3-6 years

7-10 years



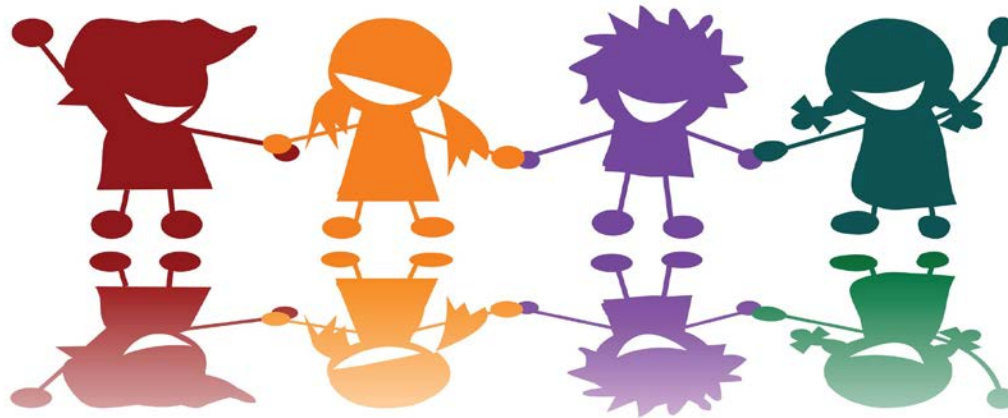
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No Hit Zone at the University of Minnesota Masonic Children's Hospital



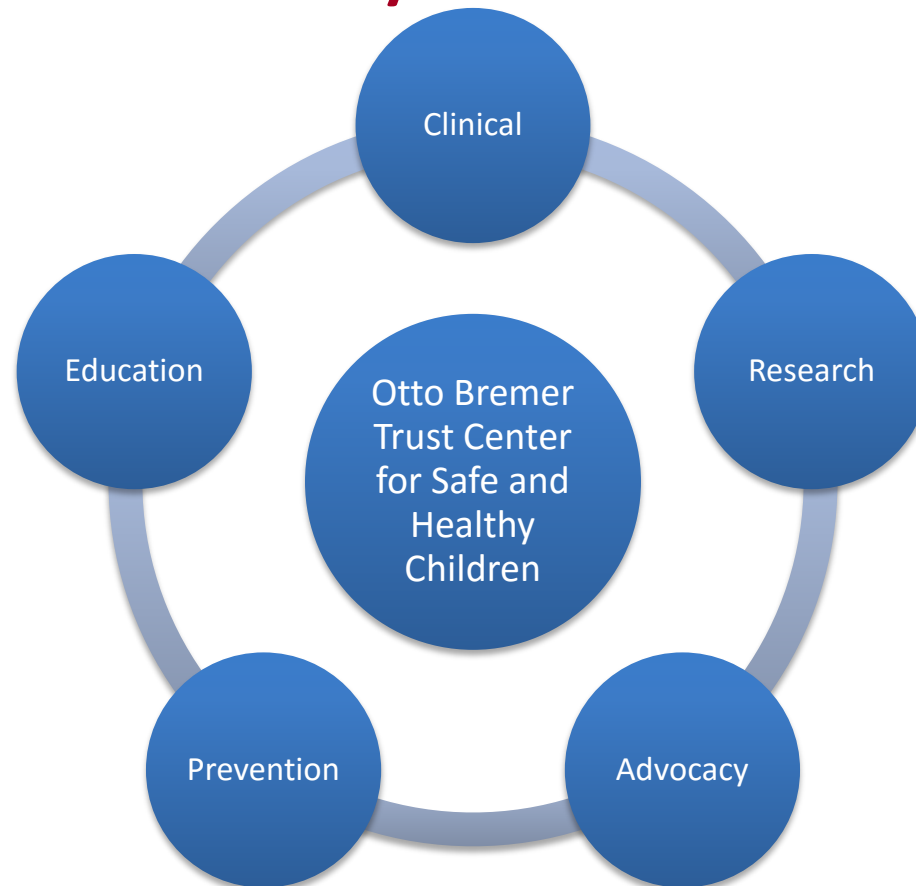
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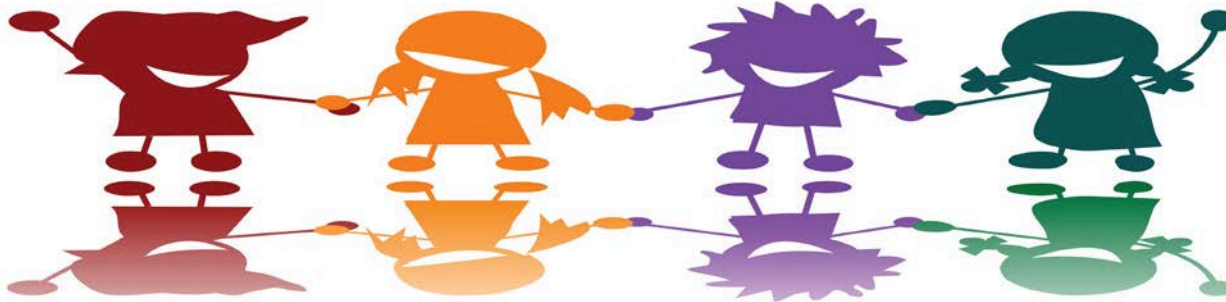
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No Hit Zone Video



<https://vimeo.com/172793522>

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Objectives

- Promote safety, prevention and education of physical violence.
- Contribute to a healthier, safer, nonviolent environment for children and their families by eliminating physical violence.
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- Contribute to a healthier, safer, nonviolent environment for children and their families by eliminating physical violence.

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History

2005, Introduced at Rainbow Babies in Cleveland, OH

Spread to several other sites across the country:

- Kosair Children's Hospital in Louisville KY
- Dane County District Attorney's Office in Madison WI
- Children's Mercy Hospital in Kansas City MO
- Gunderson Health System (La Crosse, Winona, & several other cities in WI, IA, MN)
- University of Michigan Women's Hospital & C.S. Mott Children's Hospital
- Riley Hospital in Indianapolis IN
- Florida, California, etc.

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Why a No Hit Zone

- Families at UMMCH often experience high levels of:
 - Stress
 - Anxiety
 - Fear
 - Uncertainty
 - Confusion
 - Lower frustration tolerance, especially when faced with perceived problematic behaviors by their children.
- When adults are in a stressful situation, they may become:
 - Angry
 - Raise their voice
 - Hit a child or another adult

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Why a No Hit Zone Cont'd

- No clear guidelines for what staff should do when encountering a situation such as this.
- Help staff at UMMCH by providing them with tools.
- Physical punishment can lead to more aggressive behaviors that may be considered child abuse.
- Working to prevent physical punishment could prevent child abuse.
- Parents report that they want pediatricians to talk about discipline strategies with them during office visits.

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No Hit Zone Elements

- Posters
- Parent Resources
 - Brochures
 - GetWellNetwork & other technology
- Healthcare Provider Resources
 - LMS/NetLearning
 - In-person trainings
 - Brochures, etc. `

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NO HIT ZONE KEEPING EVERY FAMILY SAFE

University of Minnesota Masonic Children's Hospital is joining a national campaign to end physical punishment called the No Hit Zone.

A No Hit Zone is an environment in which:

- No adult shall hit another adult
- No adult shall hit a child
- No child shall hit an adult
- No child shall hit another child

If you have questions or would like more information, please speak with your child's healthcare provider.

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KEEPING EVERY FAMILY SAFE



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Parenting is hard

We encourage you to:

- Listen and talk with your child
- Let your child know what behaviors you expect
- Understand what behaviors to expect based on your child's age and developmental level

Strategies for Effective Discipline

The goal of discipline is to guide and teach children age appropriate behaviors. Discipline helps children understand what you expect, how to behave, and what happens when they misbehave. Discipline helps children be in control of their own behavior. Most efforts should be focused on nurturing your child. Children learn best when they know they are loved and supported.

- Catch them being good. Praise and reward them for good behavior.
- Focus on the positive things your child does.
- Be realistic. Expect your child to act like a child.
- Be prepared. Anticipate and plan for situations and your child's behavior.
- Be clear. Give clear expectations and explain them to your child.
- Be consistent. Build structure and routine for your child. Follow through with discipline.
- Give verbal warnings. Allow them time to correct the bad behavior.
- Be a good role model. Children learn by watching you.

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Resources Local

Walk-In Clinic
<http://www.walkin.org/> or 612-870-0565 x 100

Greater Minneapolis Crisis Nursery
<http://crisisnursery.org/our-programs> or 763-691-0100

Minnesota Parents Know
<http://parentsknow.state.mn.us/parentsknow/Newborn/>

Minneapolis Early Childhood Family Education
<http://ecfe.mpls.k12.mn.us/>

National

American Academy of Pediatrics: Effective Discipline Guide
<http://www2.aap.org/sections/scam/practicing/safety/Modules/EffectiveDiscipline/EffectiveDiscipline.pdf>

Gundersen Center for Effective Discipline
<http://www.gundersenhealth.org/ncptc/center-for-effective-discipline/discipline-at-home>

visit mhealth.org for more information.



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Credit

Content was created with support from:

- Kosair Children's Medical Center
- Rainbow Babies & Children's Hospital, Cleveland Ohio
- C.S. Mott Children's Hospital, Ann Arbor, Mich.
- Riley Hospital for Children, Indianapolis, Indiana

Questions

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Discipline helps children understand what you expect, how to behave, and what happens when they misbehave. The goal of discipline is to guide and teach children age-appropriate behaviors.

Use this guide to help you in your determination of age-appropriate behaviors.

	Baby Birth-18months	Toddler 18 months-3 years	Preschool 3-5 years	Grade School 5-11 years	Pre-Teen and Teenager 11-18 years
Developmental stage	<ul style="list-style-type: none"> Learn through all their senses Use their mouths to explore Cries to communicate needs 	<ul style="list-style-type: none"> Explore, run, climb, taste, & touch Test limits to learn self-control Follow simple directions Tantrums are normal 	<ul style="list-style-type: none"> Have great imaginations Learning how to share, know right vs. wrong & follow simple rules 	<ul style="list-style-type: none"> Developing logical thinking & want to know the reasons for things Ask lots of questions Greater independence but need parent support in learning how to problem solve 	<ul style="list-style-type: none"> Establishing sense of personal identity Challenge family values & rules Are influenced by friends Starting to form intimate relationships Becoming more responsible & independent
Recommended discipline	<ul style="list-style-type: none"> Put unsafe things out of your baby's reach Never spank or shake your baby If baby is crying, check diaper, try burping, feeding, swaddling or rocking You cannot spoil a baby! Hold & love your baby often 	<ul style="list-style-type: none"> Distract and redirect towards appropriate play Use positive reinforcement to encourage good behavior Respond to tantrums by ignoring them (make sure they are in safe space) or respond calmly 	<ul style="list-style-type: none"> Help child take a break or a "time out." Use 1 min. for each year of child's age Use simple explanations & instructions Maintain a regular routine 	<ul style="list-style-type: none"> Set clear expectations Allow more independence Take away a privilege for misbehaving Express disappointment in problem behavior Praise good behaviors 	<ul style="list-style-type: none"> Set clear rules and consequences for breaking them Be consistent! Take the time to listen to their viewpoints & ideas Use logical & reasonable consequences – be sure the 'punishment fits the crime'

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No Hit Zone Policy

PURPOSE

The purpose of this policy is to create and reinforce an environment of comfort and safety for all patients, families and staff.

DEFINITION

A No Hit Zone is an environment in which no adult shall hit a child, no adult shall hit another adult, no child shall hit an adult, and no child shall hit another child.

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No Hit Zone Policy

POLICY STATEMENTS

When hitting is observed, it is everyone's responsibility to intervene and communicate hospital policy.

PROCEDURE

All staff will be made aware of hospital policy that is in place to ensure and reinforce an environment of comfort and safety.

Staff will identify and respond to situations that compromise the safe environment utilizing the education they are provided. If appropriate, additional intervention will be provided by appropriate staff dependent on the level of severity.

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“Someday, maybe, there will exist a well-informed, well considered and yet fervent public conviction that the most deadly of all possible sins is the mutilation of a child’s spirit.”

--Erik Erickson

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