

DEALING WITH THE EFFECTS OF DIVORCE ON KIDS

A Guide to Dealing With Feelings of Vulnerability

VULNERABLE: capable of or susceptible to being wounded or hurt. (from dictionary.com)

A VULNERABLE GENERATION...Children of divorce are vulnerable. They are vulnerable emotionally, physically and spiritually. Emotionally they are vulnerable because of the overwhelming emotions which accompany the divorce of their parents. Physically they are vulnerable because they spend so much time alone and can become easy pray for predators. Spiritually they are vulnerable because the two people God put in their lives to reflect his love have called it quits, and they begin to question whether they can trust anyone or place their faith in anyone – including God. Children grow up looking to, and counting on, the adults in their life to create a safe and secure environment. In the face of divorce, they are left to fend for themselves. One of the most vulnerable times for a child of divorce comes as their parents begin to date and introduce new people into their lives, and often times into their homes.

“Children are vulnerable after a divorce and – especially if there is a history of abuse, addiction, or mental illness in the family – they can be easy prey for abusers. As we’ve seen, children of divorce are left alone much more often than other children are. Many are too accessible to adults with bad intentions, especially to men who enter the home as a mother’s boyfriend or new husband.” Elizabeth Marquardt Between Two Worlds

Scripture References About Vulnerability

Ps 5:11-12 Ps 104:5
 Ps 9:9-10 Ps 118:8
 Ps 10:17 Pr 4:23
 Ps 18:2 Is 40:11
 Ps 31:24 Mt 6:21
 Ps 34:18 Jn 14:27
 Ps 40:2-3 Rm 8:31
 Ps 55:12 2 Cr 10:4-5
 Ps 61:2 Hb 6:19
 Ps 91:4 Hb 11:1
 Ps 94:18-19 1 Pt 5:7-9

THE VULNERABILITIES OF THE CHILD OF DIVORCE

- ✓ Becoming a party to destructive parental battles.
- ✓ Lack of confidence and low self-esteem.
- ✓ Life-long vulnerability to the experience of loss.
- ✓ Emotional conflict.
- ✓ High levels of stress.
- ✓ Abuse and neglect.
- ✓ Feeling like they can be sent away from their home at any moment.

Type of Living Arrangement	Instances of Maltreatment per 1,000 Children	Risk Relative to Married Biological Parents
Parent With Cohabiting Partner	57.2	841.18%
Neither Parent	33.2	488.24%
Single Parent, No Partner	28.4	417.65%
Other Married Parents	24.4	358.82%
Cohabiting Biological Parents	23.5	345.59%
Married Biological Parents	6.8	100.00%

