

Chapter 1 : Reasons Why Children Lie about Sexual Abuse | Wallin & Klarich

From ages 5 to 10, kids gradually develop an understanding of what it means to lie.

Why Does My Child Lie? First, understand what lying is. Lying is the act of deliberately not telling the truth on order to gain illicit freedom or some other gain. It is commonly done in three ways. By falsifying information, swearing one truth when the contrary is true. By withholding information, presenting part of the truth, but not the whole. By manipulating information, misleading understanding by implying one truth to draw attention away from another. There are many motivations behind why child children lie. A few of the more common causes are listed below. To get to do the forbidden To escape consequences of wrongdoing. To compensate for feeling inadequate by creating a false image to impress other people. To pretend that make-believe is real. To deny the reality of painful feelings or actual events. To outsmart adults by fooling them with dishonesty. To self-protect from the threat of interpersonal harm. To conceal a source of guilt or shame. To create secrecy in order to enable addiction. Whatever the reason, parents need to treat lying seriously. The quality of family life depends as much as anything on the quality of communication, and lying can erode that quality to devastating effect. There is no trust without truth. There is no intimacy without honesty. There is no safety without sincerity. And there is no such thing as a small lie because when parents overlook one lie they only encourage the telling of another. So, when a child lies, what might parents helpfully do? Our online divorce solution could save you thousands. Take our short quiz to see if you qualify. Loading Loading Loading 1. Explain the high costs of lying so the child understands the risks that go with dishonesty. Declare how it feels to be lied to so the child understands how loving relationships can be emotionally affected. Apply some symbolic reparation – a task the child must do that he or she would not ordinarily have to do, to work the offense off. Insist on a full discussion about the lying – why it occurred, how the child could have chosen differently so that lying did not occur, what the child is going to do to prevent further lying, and what the child may need from the parents in order to make future truth telling easier to do. Declare that lying in the family will always be treated as a serious offense. Finally, parents need to declare that they intend to reinstate trust and the expectation of truth in order to give the child a chance to resume an honest relationship and to not drive themselves crazy with distrust. Are you currently thinking about divorce? Wevorce is dedicated to changing divorce for good. Learn more about how we can help.

Chapter 2 : About Your Privacy on this Site

An occasional lie about homework, chores or toothbrushing, while aggravating, is not unusual at this age. The best response usually is to simply express your displeasure. But if a tween lies chronically, he might need professional assistance to sort things out.

Lying and Children No. Parents have an important role to play in helping their children learn about honesty and dishonesty. Lying that is probably not a serious problem: Young children ages often make up stories and tell tall tales. This is normal activity because they enjoy hearing stories and making up stories for fun. These young children may blur the distinction between reality and fantasy. An older child or adolescent may tell a lie to be self-serving e. Parents should respond to isolated instances of lying by talking with their child about the importance of truthfulness, honesty, and trust. While honest communication is important, learning to explain how one feels in a way that also shows concern for the other person is also an important skill. Many adolescents may lie to protect their privacy or to help them feel psychologically separate and independent from their parents e. Lying that may indicate emotional problems: Some children who can tell the difference between a truth and a lie tell elaborate stories which appear believable. Children or adolescents usually relate these stories with enthusiasm because they receive a lot of attention as they tell the lie. Other children or adolescents, who otherwise seem responsible, fall into a pattern of repetitive lying. They often feel that lying is the easiest way to deal with the demands of parents, teachers, and friends. These children are usually not trying to be bad or malicious, but the repetitive pattern of lying becomes a bad habit. Other adolescents may frequently use lying to cover up another serious problem. For example, an adolescent with a serious drug or alcohol problem will lie repeatedly to hide the truth about where they have been, who they were with, what they were doing, and where their money went. They often feel bad about lying but worry about getting in serious trouble if they tell the truth. There are also children and adolescents who are not bothered by lying or taking advantage of others unless they get caught. What to do if your child or adolescent lies: Parents are the most important role models for their children. When a child or adolescent lies, parents should take some time to have a serious discussion about: Evaluation by a child and adolescent psychiatrist may help the child and parents understand and then replace the lying behavior with more honest communication and trust. Your support will help us continue to produce and distribute Facts for Families, as well as other vital mental health information, free of charge. You may also mail in your contribution. Box , Washington, DC The American Academy of Child and Adolescent Psychiatry AACAP represents over 9, child and adolescent psychiatrists who are physicians with at least five years of additional training beyond medical school in general adult and child and adolescent psychiatry. Hard copies of Facts sheets may be reproduced for personal or educational use without written permission, but cannot be included in material presented for sale or profit. Facts sheets may not be reproduced, duplicated or posted on any other website without written consent from AACAP. If you need immediate assistance, please dial

Chapter 3 : Why Do Children Lie? Understanding Child Behavior | Bright Horizons®

What's going on in a child's mind when they lie to their parents? James: Say you're driving on the interstate and the speed limit is 65 mph. You know that if you drive 65 mph on the interstate, that's the slowest anyone drives, and people fly by you, honk at you and call you names.

What might be the reason for lying? What needs might the child be attempting to meet? Are there certain situations in which this behavior seems to occur? Should I gather more information about the situation before I react? Are my actions encouraging the child to lie? Are the rules too strict? Do I tell lies in front of the child? In response to the reason for lying, consider doing one or more of the following: Explain how lying affects trust and how hard it is for people who live together to get along without trust. Assist the child in meeting underlying needs without addressing the lie. Ignore the lie and show appreciation when the child does not lie to meet a specific need. Use an I-message to share your feelings about his or her behavior and to describe the effects of it on you and others. Set rules and be consistent in enforcing them if the child is testing your response to certain behaviors. Focus on solutions to problems instead of blame. Use consequences related to the original wrongdoing. Remember that who the child is now is not who he or she will be forever. Remember that children will behave as they are expected to. Set an example in telling the truth. Talk about times when it may have been difficult for you to tell the truth, but you decided it was more important to deal with the consequences and to maintain your self-respect. Let children know they are unconditionally loved. Show appreciation when the child tells the truth. For example, "Thanks for telling me the truth. I know it must be hard. I like the courage you show in being willing to face the consequences. I know you can handle them and learn from them too. Look at lying as a developmental phenomenon. Be certain the child understands that you do not accept lying and the reasons why. Rather than focusing on trapping the child in a lie, develop a trusting relationship by focusing on the reason for the lie. Build and help maintain the conditions for positive self-esteem. Establish and clearly communicate expectations, limits and rules and make sure you enforce them. Content used with permission from the Child Welfare League of America, www. The EAP is not responsible for the availability, accuracy, or content of those outside resources or sites, nor does it endorse them. This site is not an attempt to provide any counseling or other type of intervention. In case of emergency, please call or your local hospital emergency service. This content was last modified on:

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Lying is a skill all children learn. It is a tool for avoiding blame or punishment, and for shoring up a poor self-image. While all children lie, some do it much more than others.

When your child lies to you, it hurts. As parents, it makes us angry and we take it personally. We feel like we can never trust our child again. Why does lying cause such anger, pain and worry for parents? Parents are understandably very afraid of their children getting hurt and getting into trouble, but they have very little protection against these things as they send their kids out into the world. Parents should hold their kids responsible for lying. But the mistake parents make is when they start to blame the kid for lying. So you go 75 miles an hour and a policeman stops you. Jones, how fast were you driving? Because they understand that driving fast is forbidden. They know lying is forbidden. Not the way that parents see it as hurtful. But who does it hurt? I can handle it. The outcome is a dishonest situation. When you get to adolescence, of course, the stakes get much higher. But the thinking remains the same. The first thing you have to do is be careful of is giving lies too much power. Honesty is important, but if you communicate that too strongly to your children, they will use that to have power over you. The second thing to remember is that you have to understand the power of the culture that kids go into. I think parents have to deal with lying the way a cop deals with speeding. Look at it the same way with your child. There should simply be consequences for that. The first time you lie, you go to bed an hour early. The second time, you lose your phone. It should be something that the kid feels. You lose your phone for twenty four hours. You lose your phone for two days. You lose computer time or TV time. The consequence should be about the lying. If you lie to me, you lose both. Parents should not get into the morality of it. Make it a technical issue. You broke the law. You broke the rules. These are your consequences. He hands me my ticket and he drives away. Approach the consequences for lying the same way. Discuss it in a structured way: You know how much lying hurts me. Compliance is the way to solve it. Talk about it after things have cooled down, not in the heat of the moment. Explain what will happen if he lies again.

Show Comments 33 You must log in to leave a comment. Create one for free! Responses to questions posted on EmpoweringParents. We cannot diagnose disorders or offer recommendations on which treatment plan is best for your family. Please seek the support of local resources as needed. If you need immediate assistance, or if you and your family are in crisis, please contact a qualified mental health provider in your area, or contact your statewide crisis hotline. We value your opinions and encourage you to add your comments to this discussion. We ask that you refrain from discussing topics of a political or religious nature. Having had severe behavioral problems himself as a child, he was inspired to focus on behavioral management professionally. Together with his wife, Janet Lehman, he developed an approach to managing children and teens that challenges them to solve their own problems without hiding behind disrespectful, obnoxious or abusive behavior. Empowering Parents now brings this insightful and impactful program directly to homes around the globe.

Why kids lie Most parents think children lie to get something they want, avoid a consequence or get out of something they don't want to do. These are common motivations, but there are also some less obvious reasons why kids might not tell the truth " or at least the whole truth.

But, as much as we hate to admit it, we all do it in some form or another. And children are some of the biggest offenders. Why Do Children Lie? Children are concrete thinkers. Some lies are simply accepted, even encouraged i. Children receive mixed messages. Beyond the fact that children are just learning social norms which are incredibly complicated, the world including parents often models a little bending of the truth i. In fact, many times children get shushed for being too honest i. And television shows and movies very often depict the main characters plotting and scheming and not having many consequences. In fact, a laugh track usually makes the dishonest behavior seem funny rather than inappropriate. Have you ever hoped you could change something just by wishing it so? They think wishful thinking really works. They believe in super-heroes, unicorns, and their ability to change the facts. Young children with active imaginations are actually developing their cognitive abilities. But, imaginative or pretend play requires some suspending of the truth. One reason for children lying is because they are engaging in imaginative play when they say or do something less than honest. Although this can be very frustrating, it helps children learn about the world and themselves, as well as develop important social skills. How you, and the world, respond to their truth-bending is how children will learn about honesty. Spend time talking about honesty and what it means to help influence child behavior. Point out examples in books, real-life, and in their behavior. Differentiate between fantasy and reality. Around age four or five, children are cognitively able to think this through. However, there are effective ways to discipline and teach your children if they are lying. Often natural consequences i. If you lie in front of your children try hard not to , address the lie and explain your rationale. Know that the rationale you provide will serve as a lesson for your children. Be a role model. If you lie, they will too. If you cheat, they will too. A few dogs might eat some homework in the meantime, but children will eventually learn the difference between truth and lies and understand the complicated social rules around them.

Chapter 6 : Why Kids Lie & What to Do about It | Empowering Parents

When your child is being dishonest, try to understand what made him feel that he couldn't be honest with you. Instead of calling him out about the lie, try, "That sounds like a bit of a story to me."

What worries me most is how smooth he is. What can we do to stop this before he turns into a con artist? Yes, we want our children to be honest, especially with us. Most kids most of the time want to figure it out. They get it that there are social rules. They watch us adults constantly to see what they are supposed to do and how they are supposed to negotiate their world. The need for truth-telling and the ability to understand the concept of lying are things that kids grow into as they grow. From birth to 3, kids are in a highly confusing world where they are dependent on adults for their very survival. They take their cue from our tone of voice. They just want to make things feel safe again. Children from ages 3 to 7 are still figuring out the difference between fantasy and reality. They create imaginary worlds in their play. We adults often find it cute and participate in the fantasies. Many of us have set a place at the dinner table for the imaginary friend. We encourage belief in the tooth fairy and Santa. From ages 5 to 10, kids gradually develop an understanding of what it means to lie. They want to be on the side of truth and justice. Kids being kids, they will also monitor one another and us. They know perfectly well when they are stretching the truth or outright lying. Other reasons kick in that are just as compelling as developmental understanding. Other reasons for lying: Social issues overlap with developmental ones. The older kids get, the more likely one or more of these reasons factors in: Sometimes kids lie without thinking and then dig themselves in deeper. He knows he did. You know he did. He knows you know he did. Maybe it was the wind that opened the door. The truth gets more and more tangled. The mom is getting more and more angry. Now there are three problems: Related to those unthinking lies are the lies of fear. No one likes to be yelled at, hit, or confined to quarters. Is it a lie to say you are? As a way to fit in. Kids who are less than sure about their standing in the cliques and crowds of middle and high school sometimes fall in with less than upstanding peers. They lie about lying. Parental limits that are too strict. Lie and they do get to be normal teens but they feel horrible about the lying. Monkey see, monkey do. And sometimes, rarely, lying is an indication of an emerging mental illness like conduct disorder or pathological lying. Usually there is more than one symptom besides the lying. These are the kids who often become so adept at it, they lie whether they need to or not. When a Child Lies Pages: Marie Hartwell-Walker is licensed as both a psychologist and marriage and family counselor. She specializes in couples and family therapy and parent education. She is author of the insightful parenting e-book, *Tending the Family Heart*. Check out her book, *Unlocking the Secrets of Self-Esteem*. When a Child Lies. Retrieved on November 11, , from <https://www.mariehartwell.com/when-a-child-lies/>

Chapter 7 : Why Children Lie

Why Kids Lie Any lies kids tell, should not go unacknowledged. If a parent reacts like a powder keg when there is a problem then a child will learn to lie just to protect themselves from.

It is a tool for avoiding blame or punishment, and for shoring up a poor self-image. While all children lie, some do it much more than others. Psychologists who study lying have found patterns that help predict which children will lie the most. The key difference appears to be the emotional well-being of the child. Even so, repeated lying can be a sign of several underlying problems, each of which requires a different response from parents. The most common reasons for lying, particularly among younger children, is a fear of punishment. This is especially true when the punishment is severe or the parents have unrealistically high expectations for their children. For example, a colleague told me about a family she had been counseling. The child was handling the situation the best way she knew how. Given her limited abilities and powerlessness within the family, lying was actually an adaptive response. Older school-age children will also lie to enhance their self-esteem and social status. But repeated lies about social status are a sign of trouble. They tell you that the child has a bad attitude about himself. Ask yourself why he might be feeling humiliated or worthless. Is he being ignored? Has he been the butt of jokes, or been belittled? For older children, chronic lying is often a rebellion against restrictions. Preteens no longer feel they must tell their parents everything they do; they may respond with a lie to what they perceive as an intrusive question. As they grow older, children realize that the greatest control they can have is the control of information. Generally, the more intrusive or overinvolved parents are, the more likely it is that preadolescents will lie by omitting information. Often they do this blatantly, as if to emphasize their growing need for privacy. This is especially true if the child is acting out in other ways, such as stealing or committing vandalism. You should pay particular attention if the victims of the thefts or other petty crimes are other family members. Often this is a cry for help that is much louder than his words alone could be. Creating this crisis was the only way the child could think of to reunite his parents, if only for the moment. While his motivations were unconscious, his actions addressed his strong needs. All articles appearing here originally were published on www. Retrieved on November 11, , from <https>:

Chapter 8 : Lying and Children

Depending on your child's age, blurred lines of reality, wishful thinking, experimenting with boundaries or all of the above can be reasons why kids lie. Sending children to their room won't help them understand what went wrong or how to correct their behavior.

Even though the prosecution is required to prove that the defendant is guilty beyond a reasonable doubt, when an individual is accused of child sexual assault, there is a tremendous amount of antagonism against the accused. Most people assume that person is guilty, and the defendant is often placed in a position where he or she must prove that the alleged incident did not occur. We work diligently to ensure that jurors see the facts as they are, without being tainted by pre-conceived prejudices or viewpoints. Why would a child lie about sexual abuse? Sometimes, children lie about sexual abuse. Call an experienced criminal defense attorney to help you with your case. Children sometimes make up allegations of sexual abuse because they are looking for attention. When they are encouraged by adults or goaded to supply more details, it often leads to additional fabrication. Also, it is difficult for many people to accept that a child would lie about something as serious as being sexually abused or molested. However, children often do not realize the gravity of making an allegation of sexual misconduct. For example, Chaneya Kelly, who is now 24 years old, told police when she was 9 years old that her father had raped her. Her father, Daryl Kelly, was convicted by a jury of multiple counts of rape and serious sexual assault. He was sentenced to 20 to 40 years in prison and barred from any contact with his children. Sixteen years after her father was sent to prison, Kelly stated that she made up the story to avoid being beaten by her mother. She was protecting her mother from the possibility of being beaten by her father. However, in some cases, the reasons why a child is falsely accusing an adult of child molestation is not as clear. Our experienced sex crimes attorneys have been successfully defending clients accused of child sexual abuse for more than 35 years. During this time, we have noticed a few common reasons why children decide to lie about being sexually abused or molested. Here are some of the most common reasons: A child who is angry at his or her parent, teacher, relative, coach or someone else may decide to accuse that person of sexual abuse in order to get back at that person. The child could be mad at his parents for getting a divorce or angry at a teacher for giving him detention. Children do not often fully comprehend the severity of a child abuse accusation and may falsely accuse someone of this in anger. A child could also lie about sexual abuse to get back at someone who has wronged them in his or her eyes. For a child, it could be something as simple as a teacher giving the child an F on a test or a coach not giving him or her as much playing time as he or she wants. The approval of others, especially parental figures, is important to children. A child may lie about one parent to get the approval of another parent. He or she may also fabricate a story to win the approval of his or her friends or peers. Young children are often unable to understand sexual activity and it is also not easy for them to vocalize the experience. If a child starts by vocalizing an incident that an adult confuses with sexual abuse, the child may be encouraged to tell a fabricated story. However, it could be an incident where the child is just going along with what the adult is saying or describing something he or she may have seen on TV or movies. It is important to note that, in many cases, these reasons for making false accusations of child molestation may come from another source. For example, the mother may convince the child to make false child molestation accusations so that she can easily win custody over the child. It may also be indirect. Rather than the mother actually telling the child to make the accusation, the child could hear the mother badmouthing the father and decide that his or her father is a bad person. Conversely, the mother may convince the child that the abuse actually happened. Children are impressionable and will lie if they think they are doing the right thing. Child molestation is a serious criminal offense in California. A conviction for child sexual abuse carries harsh punishment that could impact you for the rest of your life. You could be ordered to spend time in prison, pay hefty fines, and required to register as a sex offender for the rest of your life if you are convicted. That is why it is crucial that you get an experienced California sex crime defense lawyer on your side early on in the process. We will fight hard to ensure that the facts come out in your case and to help accomplish a positive outcome. We will get through this together. For over thirty years, Stephen Klarich has been handling criminal

cases and matters involving sex offenses.

Chapter 9 : When a Child Lies

With some shrewd police work (and some expert insight), you can get to the bottom of why the children in your life have been known to lie, cheat, and Delinquent behavior is normalâ€”here's why your children are committing petty crimes.

In fact, we all do it to some degree. Consider how adults use lies in their daily lives: I believe that with kids, lying is a faulty problemâ€”solving skill. Here are a few of the reasons why kids lie. To establish identity One of the ways kids use lying is to establish an identity and to connect with peers, even if that identity is false. Lying can also be a response to peer pressure. To individuate from parents Sometimes teens use lying to keep parts of their lives separate from their parents. Another reason children lie is when they perceive the house rules and restrictions to be too tight. So she wears it outside the house, then lies to you about it. To get attention When your child is little and the lies are inconsequential, this behavior may just be his way of getting a little attention. I think as adults, we learn how to say things more carefully; we all know how to minimize hurt. Lying is a first step toward learning how to say something more carefully. To avoid trouble Most kids lie at one time or another to get out of trouble. This gets to the whole point about picking your battles. So pick your battles. And again, that often depends on the developmental age of your child. A fourâ€”yearâ€”old is going to make up big whopping stories as a way to be creative and begin to figure out their world. Sevenâ€” and eightâ€”yearâ€”olds are going to do some of that as well, but they may have more black and white thinking. I think you can let those kinds of things slide or just gently correct your child. The important part for you as a parent is to address the behavior behind the lie. The bottom line is that your anger and frustration about the lie is not going to help your child change his behavior. What that means is that they need better skills, and you can respond as a parent by helping them work on their ability to problem solve. How to Address Lying: Here are some things to keep in mind: Plan ahead of time: When this issue came up with our son, my husband James and I planned out what we were going to say, how we were going to react emotionally, and even where we were going to sit. We decided we were going to be neutral and that we would be as unemotional as possible. We made a decision about what the problem behaviors we wanted to address were. We did almost all of this ahead of time. When you catch your child lying , remember that lecturing is not going to be helpful. Kids just tune that out. There will be a consequence for that behavior. Keep it very focused and simple for your child; concentrate on the behavior. And then tell him that you want to hear what was happening that made him feel he needed to lie. You are not looking for an excuse for the lie, but rather to identify the problem your child was having that they used lying to solve. Be direct and specific. This is just ineffective. Keep the door open: You want to create a safe environment for him to tell you during that intervention or that first conversation. Create this environment by being neutral and not attacking him. Instead, send him to his room so you can calm down. Talk with your spouse or a trusted friend or family member and come up with a game plan. Allow yourself time to think about it. So give yourself a little time to plan this out. Just state what you saw, and what is obvious. You may not know the reason behind it, but eventually your child might fill you in on it. Again, simply state the behaviors that you saw. You were falling asleep at the kitchen table this morning at breakfast. But you told us that you were home all night. Remember, state what you believe based on the facts you have. Do it without arguing, just say it matterâ€”ofâ€”factly. Often that just feeds on itself, and the lies become more and more abundantâ€”and absurd. Acknowledge the lie, but give the consequence for the behavior, not for the lie. Realize that most kids are not going to lie forever and ever. There is a very small percentage of kids who lie chronically. In all my years in working with adolescents, there were very, very few kids that I met who lied chronically for no reason. Your child really does know right from wrong, but sometimes he overrides the truth. But just remember, your child is trying to solve a problem in an ineffective way. Our job is to teach them how to face their problems head on, and to coach them through these confusing years. Over time, I believe they will learn to do that without lying. Show Comments 20 You must log in to leave a comment. Create one for free! Responses to questions posted on EmpoweringParents. We cannot diagnose disorders or offer recommendations on which treatment plan is best for your family. Please seek the support of local resources as needed. If you need immediate assistance, or if you and your family are

in crisis, please contact a qualified mental health provider in your area, or contact your statewide crisis hotline. We value your opinions and encourage you to add your comments to this discussion. We ask that you refrain from discussing topics of a political or religious nature. A veteran social worker, she specializes in child behavior issues “ ranging from anger management and oppositional defiance to more serious criminal behavior in teens. In addition, Janet gained a personal understanding of child learning and behavior challenges from her son, who struggled with learning disabilities in school.