

We are all affected by sexual abuse...

...take care of yourself first!

New stats

# Child Sexual Abuse Statistics

### → National

- $\boldsymbol{\circ}$  25% of girls are sexually abused before the age of 18.
- ${\tt @ 16-20\%}$  of boys are sexually abused before the age of
- o 33-50% of those who commit child sexual abuse are juveniles.

### 2011 Vermont Statistics

- 334 substantiated victims
  - 29% were ages 3-8
- 45% of abusers were juveniles

### Today . . . . Other parts of the country In Vermont, CFK is used √Virginia ✓ Nebraska √ Head Starts in several ✓Missouri regions ✓New York City ✓ Childcare providers ✓Baltimore √Iowa √ Home visitors √Connecticut ✓ Pre-schools ✓ Colorado √ K-2 classrooms ✓New Hampshire

✓ North Dakota

✓New Mexico ✓Massachusetts

# Care for Kids

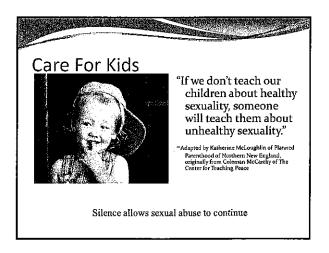
- Developed by the Leeds, Grenville & Lanark district health unit – Ontario, Canada
- http://www.healthunit.org/carekids

✓ Children's Advocacy

Centers

### TRAUMA-INFORMED APPROACH

"Dedicated to the children of Prescott who were sexually abused and had the courage to ask for help."



# **Answering Questions**

- Brief
- ⋄ Honest
- Developmentally appropriate

LAST Method



# Empathy

Build resilience

- Teach children to identify emotional cues
- Teach children to express emotions with words
- Prevent the development of abusive behaviors
  - Self-esteem
  - Nurturing skills

# Accountability

- Help children understand what they are and are not responsible for
- Avoid the development of cognitive distortions
- Teach Consent

# Themes & Messages Bodies

Our bodies are good and special
(and deserving of care and respect, including the
genitals.)

Boys and girls have some parts that are different, and many that are the same.

# Themes & Messages <u>Babies</u>

Babies need help with most things and deserve to be looked after.

Children, as they grow, learn to do more things by themselves, but they still need <u>some</u> help.



# Themes & Messages Feelings

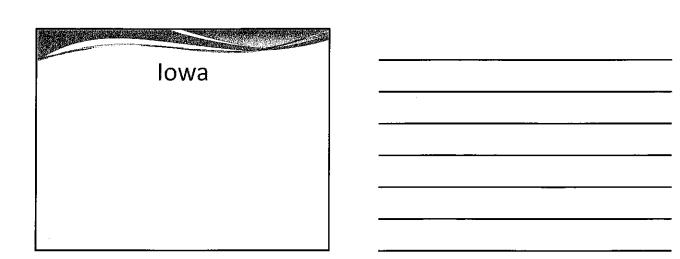
Everyone has all kinds of feelings.

When you're not sure what you're feeling, we call that "mixed up" (or confused).



# Parent Meeting Requirement of Care For Kids Held prior to implementing children's curriculum Objectives: Familiarize parents with themes, messages & activities Parents practice answering children's questions Calm fears/address concerns Involve parents/guardians as a crucial part of a child's safety team! Implementing Care For Kids Implementation is a process Training for child care professionals and teachers

implementing cure for Rids	
• Implementation is a process	
<ul> <li>Training for child care professionals and teachers</li> </ul>	
Skill-building workshop for parents and community members for message reinforcement –	
becoming "askable" adults	
Personal preparedness	



# Tutty (2000) Lessons learned Difficult concepts at later follow up Saying "no" to authority Trusted adults can be perpetrators Children aren't to blame Understood concepts immediately Saying no Not at fault Tell an adult Significant learning differences between 5-7 year olds and 8 and up Younger children need repetition and variety of teaching methods Renk, Liljequist, Steinberg, et al (2002) • Sex education needs to include descriptions of healthy sexuality, not just unhealthy behaviors Parents should provide education to children in home Children more likely to retain concepts with repeated opportunities for discussion • Parents rated themselves as best teachers of these concepts [Source: Prevention of Child Sexual Abuse, Are We Doing Enough?] Research on Adult Education

## Format of Sessions

(from PCA Iowa's Best Practices Guide)

- These key design issues should be considered when developing and/or implementing a child-focused sexual abuse prevention program
  - customize presentations to match children's age, developmental level, education, culture, and cognitive level
     when working with younger children, teach concrete, specific concepts and avoid abstract concepts

  - use <u>behavioral skills training</u> format: instruction, modeling, rehearsal, and feedback
  - use variety of presentation methods that engage children
  - Songs, videos, worksheets, discussion
     schedule <u>multiple sessions</u> in a year to repeat the information and offer more opportunities for practice
  - schedule programs for <u>multiple years</u> to reinforce knowledge and skill building

# Iowa's Implementation

- $\circ$  Search for new programs  $\Rightarrow$  PCA VT
- Kidnapping, rape and murder of Jetseta Gage (2005)
  - Legislative attention focused on punishment
  - · Advocacy results in new funding for prevention -
- Additional funds expanded adult education by more than 30 counties in one year

# Why Care for Kids?

- Age appropriate information
- Multiple sessions, multiple years
- · Away from "no, go, tell" and "good touch/bad touch" message
- \* Research-based
- Adult education!

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