Child Sexual Abuse and Exploitation Prevention Programs: A review of current child-focused programs for use in schools and youth serving organizations

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Presentation Objectives

By the end of this presentation, you will be able to:

• Understand why sexual abuse and exploitation prevention training is important for adults (professionals and parents) and children.

• Identify steps for developing a prevention plan.

• List two-three prevention programs that would be suitable for the youth that you serve.

• Consider how you might implement a program within your own school, organization, or community.

• Consider how you might support a local school, organization, or community in implementing a program.
Why Prevention?

- Exposure to Adverse Childhood Experiences (ACEs) lead to depression, substance abuse, poor school performance and falling grades, inappropriate sexual behaviors, eating disorders, and poor interpersonal relationships.
- 325,000 children are at risk of becoming victims of commercial sexual exploitation each year.

Dube et al., 2005; Estes & Weiner, 2002, 2003, 2005; Darkness to Light
Signs seen in Schools

Child Sexual Abuse is likely the most prevalent health problem children face with the most serious array of consequences. School systems are affected in a significant way, even if it is not always obvious. Physical signs are not common among children and teens who have been sexually abused. Emotional & behavioral signs and changes are more common; many observed in schools on a daily basis:

- Child labeled as "the bad student"
- Depression, anxiety, fear, aggression
- Hyperarousal and difficulty concentrating
- Sexual behavior & non-age-appropriate language
- Substance and alcohol abuse
- Self-inflicted harm & suicide ideation
- Runaway behavior
- Decreased school performance & drop out
Definitions – Sexual Violence Continuum

• Sexual Violence is ‘any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, or acts to traffic or to otherwise directed against a person’s sexually using coercion, by any person regardless of their relationship to the victim, in any setting.’

• Examples of sexual violence include:
  – child sexual abuse
  – rape
  – sexual assault
  – internet based sexual crimes
  – commercial sexual exploitation of children
  – sexual bullying
  – statutory rape
  – sex trafficking
  – ritualistic sexual abuse
Turn and Talk to a Partner (3-4 mins)

- Discuss prevention strategies that exist within your school, organization, or community.
- How do you determine the effectiveness of these prevention efforts?
Protective Environment for Children

Includes:

• Diverse people engaged with community in promoting healthy relationships
• Schools that teach about healthy relationships, body safety and sexuality
• Peers, families and school staff respond effectively to unhealthy or problematic behavior
• Families and/or important figures provide caring, open and encouraging environment
• Willingness and ability to actively respond to suspected abuse or exploitation
Strategies for Primary Prevention

- Training for all adults who work with children and youth is essential.
- Youth-serving organizations should have appropriate screening, child protection policies to include a code of conduct and reporting procedures.
- Protecting children requires an environment where children understand body safety, healthy relationships, appropriate boundaries and how to identify and talk with safe adults.
Prevention Training for Adults

• Mandated Reporter Training
  – CHOA Webinars and in-person training
  – Prevent Child Abuse Georgia
    • [http://abuse.publichealth.gsu.edu/free-online-mandated-reporting/](http://abuse.publichealth.gsu.edu/free-online-mandated-reporting/)
    – [www.prosolutionstraining.com/content/?id=16](http://www.prosolutionstraining.com/content/?id=16)

• Darkness to Light’s Stewards of Children
  – Evidence-based child sexual abuse prevention
  – Facilitator-led or online
As of August 2017...

1,500+ facilitators have been trained

109,000+ adults have received training in Stewards of Children
Age Appropriate Teaching Examples

• Teach students:
  – Proper names for all body parts (K-2)
  – Setting and maintaining boundaries (3-4)
  – Non-violent and non-verbal communications skills (5-6)
  – Dynamics of healthy versus unhealthy relationships (7-8)
  – Clear and accurate information about the concept of consent (9-12)
Making a Prevention Plan

• Assess community needs and establish capacity-building and prevention goals
• Prioritize target population(s) and identify implementation tools
• Create a logic model and timeline
• Design an evaluation plan
“Quick Write” Activity (2 mins)

- What other agencies/organizations and resources are you aware of in your community?
- How can you be a resource to schools and other youth serving organizations in your community?
- What are your next steps in developing and/or expanding upon your prevention plan?
Georgia Statewide Human Trafficking Task Force

- Led by the Georgia Criminal Justice Coordinating Council
- Addresses the 5 elements of the human trafficking continuum:
  - Vulnerability → Recruitment → Exploitation → Withdrawal → Reintegration
- Eight Work Groups consisting of federal, state, and local government agencies, law enforcement, and judicial representatives — to victim service providers, business leaders, educators, and advocacy groups.

| WORK GROUP TWO: Youth Aware and Safe | Population: Youth and their parents/guardians; as well as schools and youth-serving organizations. | Factors: Lack of awareness of child sexual abuse and child sexual exploitation prevention strategies and curricula. | Goals: 
Primary Goal: Reducing vulnerability of youth by increasing their awareness and knowledge on how to keep themselves safe through child sexual abuse and child sexual exploitation prevention curricula delivered in schools and youth-serving organizations. 
Secondary Goal: Increasing awareness of parents/guardians on how to protect their children from child sexual abuse/exploitation. |
Work Group 2: Youth Aware & Safe

2015-2016 FOCUS: School-aged youth prevention education
2015-2016 PROJECT: Youth-focused program analysis
2015-2016 OBJECTIVE: Gaining a better understanding of child sexual abuse and child sexual exploitation prevention programs currently being implemented.

Children’s Healthcare of Atlanta

Prevent Child Abuse Georgia

Georgia Division of Family and Children Services

Georgia Center for Child Advocacy
Principles of Prevention

- Comprehensive
- Varied Teaching Methods
- Sufficient Dosage
- Theory Driven, Evidence-Based
- Positive Relationships
- Appropriately Timed
- Socio-Culturally Relevant
- Outcome Evaluation
- Well-Trained Staff
- Encourage Parental Involvement

Program Analysis: “At a Glance”

- Identified and reviewed 25 programs:
  - K – 5 (elementary-aged) and 6 – 12 (middle and high school-aged)

- The rubric process revealed seven programs that rose to the top based upon the principles of prevention

- Conducted an in-depth review of the seven recommended programs including in-person observations of program delivery within the classroom setting.
  - When classroom observations were not available in Georgia, program developers delivered mock presentations to the work group members.
Child-focused Programs Highlighted

- Speak Up Be Safe: Child Help USA
- Child Safety Matters: Monique Burr Foundation
- Second Step, Child Protection Unit: Committee For Children
- Healthy Relationship Project: Prevent Child Abuse Vermont
- Think First & Stay Safe: Child Lures Prevention
- Teen Lures TV News Cast School Program: Teen Lures Prevention
- Not A #Number: Love 146
Speak Up Be Safe

• Organization: Child Help USA
• Target: K-6 (now has 7-12 and athletics, not reviewed)

Summary
• 5 Safety Rules
• Updated version of Good Touch, Bad Touch
• Excellent Resources for Teachers, Administrators, Parents
• Resources and interactive web support for teachers via online platform with on-demand facilitator training and support
• Builds on skill set each year; developmentally appropriate
• Covers overall safety from all forms of abuse, bullying and internet safety.
Child Safety Matters

• Organization: Monique Burr Foundation for Children
• Target Audience: K-6 Child Safety Matters (7-8 Teen Safety Matters, not reviewed)

Summary
• Developmentally appropriate
• Very interactive and engaging for kids (videos, rap, poetry, games)
• 2 modules per grade level, builds on concepts each year
• Tools for parents, teachers
• In-person training of trainers
• Updated each year
• There’s an app for that (for parents)
Second Step – Child Protection Unit

- Organization: Committee For Children
- Target Audience: K-5th grade

**Summary**
- CPU is an additional unit for schools already implementing the Second Step safety and social skills curriculum
- Teaches students how to recognize, report, and refuse unsafe situations and touches
- Include a robust training for administrators and program leaders
  - Online training modules
    - Lesson plans
    - Talking points
    - Research
    - Family materials
    - Interactive activities
    - Materials for use and display in classroom
- Includes take home activities for student to do with caregiver
Think First & Stay Safe

• Organization: Child Lures Prevention
• Target Audience: Pre-K – 6th Grade

Summary
• Built upon identifying and nurturing healthy social relationships
• Pre-K - Grade 2 curriculum – 7 interactive lessons
• Grades 3-6 curriculum – 4 interactive lessons
• Builds on skills/information each year to reinforce
• Covers all forms of abuse and bullying
Healthy Relationships Project

• Organization: Prevent Child Abuse Vermont
• Target Audience: PreK – 8th Grade

Summary
• Care for Kids – PreK - 2
  – 6 units: asking for help, feelings, bodies, babies, asking for permission, wrap-up - Delivered via a circle time, a book, an activity or craft
• We Care Elementary – Grades 3-6
  – 6 lessons at each grade level, focusing on different topics related to healthy relationships
• Sexual Abuse Free Environment for Teens (SAFE-T) – Grades 7&8
  – 10 lessons : includes healthy relationships, sexual harassment, sexually abusive behaviors
Teen Lures TV News Cast

• Organization: Child Lures Prevention
• Target Audience: 7-12th Grade
• The goal is to bring about peer to peer conversations regarding sexual crimes against teens.
• Provides an opportunity for middle and high school students to actively participate in prevention efforts
• Consists of 10 video News Clips each with a corresponding Anchor Script
• Newscasts can be augmented with corresponding classroom lesson plans
  • Lesson Plans include: Authority Lure, Assistance Lure, Ego/Fame Lure, e-Lure, Name Lure, Games Lure, Emergency Lure, Affection Lure, Trafficking Lure and Pet Lure
• Supplemental Support Materials: “Let’s Talk Teens Handbook” for parents, pre/post tests, and access to program support coordinators to assist with implementation and evaluation.
Organization: Love 146
Target Audience: Youth ages 12 – 18

- Interactive and reflective five-lesson human trafficking and commercial sexual exploitation of children (CSEC) prevention curriculum

- Guides youth to explore their own vulnerabilities, considers how a trafficker might use those vulnerabilities to exploit them (recruitment tactics), and develop skills to navigate potential and existing exploitative situations

- Focuses on respect, empathy, individual strengths, and the relationship between personal and societal pressures that increases vulnerabilities

- Youth also identify healthy support systems, and learn how to access community resources when exploitive situations occur

- Can be used in schools, child welfare and juvenile justice agencies, or other youth-serving organizations either independently or integrated it in the context of current prevention efforts
Other Notable Mentions - Supplemental

- Bodies Are Not Commodities – appropriate for social studies track; great educational program on human trafficking, not prevention focused
- CAASE – (Chicago Alliance Against Sexual Exploitation) FREE materials and toolkits for youth-serving organizations that want to start prevention efforts but don’t have structure for full program
- Revved up Kids – self defense and how to identify safe adults (currently being implemented in GA)
- WISE – (Working to Institutionalize Sex Education) healthy sexual education curriculum; adaptable for local health standards (currently being implemented in GA)
Georgia’s Child Sexual Abuse and Exploitation Prevention Technical Assistance Resource Guide

Purpose: To address child sexual abuse and exploitation within the sexual violence continuum while discussing how communities can engage in prevention strategies to improve the health and well-being of their youth population.

Specifically, the guide intends to help professionals identify what sexual abuse and exploitation prevention curricula and activities will work best in their community.

Intended Audience:
1) Individuals working in school settings
2) Youth-serving organizations

The 7 aforementioned programs are highlighted in detail in the TARG

• Including “Evaluators Notes” to highlight specific features of each program to assist others in their review and selection process
Evaluating Prevention Activities

• Choose “SMART” Measures
  – Specific
  – Measurable
  – Attainable/Achievable
  – Relevant
  – Time bound

• Consider the following:
  – Clear instructions
  – Confidentiality and Anonymity
  – Appropriate Timeline
  – Legal Implications
Next Steps:

• Use this information as guidance for researching programs suitable for your school/organization
• Consider more than one program
• Following implementation, it is important to do an evaluation
• Georgia’s Child Sexual Abuse & Exploitation Prevention Technical Assistance Resource Guide (TARG)
• Engage community resources/stakeholders
For more information on:

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