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**Stop It Now!**Together We Can Prevent the Sexual Abuse of Children




**Circles of Safety:
Understanding
Healthy Sexuality
Development as
Sexual Abuse
Prevention**

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Agenda - Objectives

- Define the scope and impact of sex abuse
- Reflect on professional caregiver's role in prevention
- Describe key steps of prevention
- Understand safety planning as a prevention tool
- Enhance understanding of healthy sexuality information and support as a prevention tool
- Develop courage, comfort and communication tools to talk about sexuality

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Ground Rules



- Take care of yourself
- Full participation/ to the extent you feel able and comfortable
- Use "I" statements
- No such thing as a stupid question
- Stay afterwards if you want to talk privately
- Respect privacy

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Key Concepts for Prevention

- **ADULTS ARE RESPONSIBLE**
- Learn about sex abuse
- Plan for safety
- Promote healthy sexuality development
- Recognize and Respond
- Develop confidence
- Take action - speak up
- Implement prevention focused, effective policies and procedures



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Adults Setting Boundaries

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The Scope of Sex Abuse

 In 4 women reports having been sexually abused as a child

 In 6 men reports having been sexually abused as a child

 In up to 50% of cases, child sexual abuse is committed by someone younger than 18 (child-to-child sexual abuse)

 Up to 90% of child sexual abuse cases are perpetrated by someone the child knows

 At least 1 in 5 children is solicited sexually while on the internet

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The Scope of Sex Abuse

74%

of likely sex trafficking victims were in the care of social services or foster care when they went missing.



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The Facts

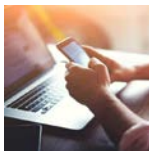
All sexual activity between an adult and a child **is** sexual abuse. Sexual abuse does not have to involve penetration, force, pain, or even touching. If an adult engages in any sexual behavior (looking, showing, or touching) with a child to meet the adult's interest or sexual needs, it is sexual abuse.



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Additional Forms of Sexual Abuse


- Online Illegal Child Sexual Abuse Images (Child Pornography)
- Sexual Exploitation and Internet Sex Crimes



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A note about children's sexual behaviors...

- Sexual touching between children can also be harmful, and in some cases abusive.
- Sexual abuse between children is often defined as when there is a significant age difference (usually 3 or more years) between the children, or if the children are very different developmentally or size-wise.



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Safety Plan

Rules of the HOUSE



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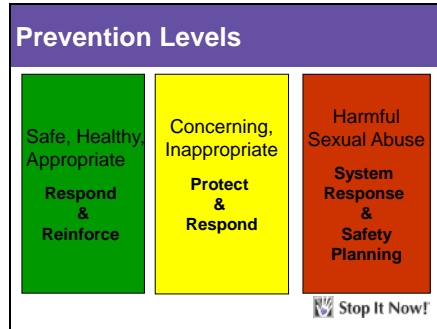
Children's Sexual Behaviors



Children's sexual behaviors are **different** from adult sexual behaviors



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Appropriate – Healthy Sexuality

- Information gathering process
- Looking and touching
- Exploring With Peers
- Playful quality
- Ongoing friendship
- Limited

Respond & Reinforce

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What is your role?

What do you understand as your responsibility now?



What do you want, hope and do?

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Healthy Sexual Development



Infancy and Toddler	Three to Five
	
Six to Eight	Teenagers
	

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Sexual Development Infancy and Toddlerhood


- Curious and explore their own and others bodies (including genitals)
- Self-soothing thru self-stimulation
- Experience erections/vaginal lubrication
- Talk openly about their bodies; enjoys nudity
- Identify as male or female and recognize the difference between boys and girls
- Able to say the appropriate names for body parts (head, nose, stomach, penis, vulva, etc.)



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Prevention Tasks: Infants and Toddlers

- Teaching language for all body parts, including genitals
- Allow child to explore own body; do not shame them for being curious
- Responding to questions about sexuality honestly but simply
- Healthy physical contact
- Provide warm, safe and loving environment
- Allow them to say no to hugs, kisses, etc.



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Healthy Touch

- Everyone needs to be touched!
- Healthy touch prevents sexual abuse
- How to provide healthy touch
- Teaches consent
- What do you need?



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Sexual Development Three to Five


- Touch their genitals for pleasure
- Questions, Questions, Questions
- Role exploration and play
- Become conscious of their own body



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Prevention Tasks: Three to Five

- Teach and model privacy, respect, healthy boundaries
- Talk about “ok” and “Not ok” touches
- Provide age-appropriate sexuality education
- Encourage self-care
- Answer questions honestly and directly
- Teach and model consent



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Talking about Consent



- Minors cannot give informed consent
- Respect their physical boundaries
- Teach respect for other's physical boundaries
- Verbal and body language skills
- Model!



Consent video: <https://www.youtube.com/watch?v=h3nhM9UIJjc>



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Sexual Development Six to Eight


- Continue sexual play and genital stimulation
- Prefer friends of their own gender
- Affectionate behavior with peers
- Recognize the taboos surrounding sexuality, and may not ask as many questions
- Begin to conform with style, dress and speech of peers
- Engage in name-calling and teasing
- Have a stronger self-concept in terms of gender and body image



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Prevention Tasks: Six to Eight



- Provide age-appropriate information about sexuality
- Utilize media, books, situational opportunities to discuss sexual matters
- Model healthy and respectful boundaries
- Reinforce family safety planning rules



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Safety in the Cyber World



- Active vs passive participation
- What kids need to know
- Using safety planning



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Sexual Development Nine to Twelve


- Enter puberty, especially girls
- Become more modest and private
- Have romantic crushes on friends, older teens, TV stars or teachers
- Continue to have mostly same gender friends
- Feel concerns about being normal
- Face decision-making about sexual activity
- Feel shy about asking questions of caregivers, especially regarding sexuality, and may act like they already know all the answers
- Seeks out sexuality information from the internet and other media sources



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Prevention Tasks: Nine to Twelve


- Provide broad-based sexual health education
- Discuss and help develop problem solving, decision-making, and communication skills
- Develop own media literacy skills, and stay informed about child's cyber activities – discuss internet safety
- Discuss and model family values
- Promote healthy relationships



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**Sexual Development
Adolescents**



- Self-conscious and self-secure
- Parental/authority relationships often intense and full of conflict
- Pressured to become sexual
- Questioning family values and beliefs
- Advanced sexual behavior, matters and relationships explored
- Practical dating matters

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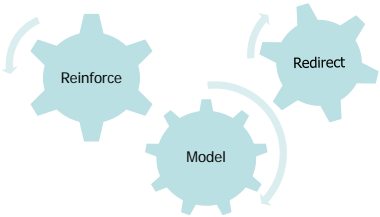
Prevention Tasks: Adolescents


- Will need information and have questions about
 - Decision making
 - Social relationships and sexual customs
 - Personal values and consequences of sexual behavior
- Encourage them to think for themselves
- Stay involved and engaged!
- Ask what they think

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**Actively Teach Healthy
Boundaries**




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Talking with Children and Teens

- Validate questions
- Provide accurate and honest information
- Find out what they know and have experienced
- Talk about child's own behaviors
- Talk about values, consent and being a responsible bystander
- Identify safe people and place
- "Secrets" vs. Surprises
- Use examples, media, real-life
- Model, Model, Model




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Green – Response and Reinforce

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graph TD; A([Establish and Reinforce Safety Plan]) --- D[Appropriate Sexual Behaviors]; B([Educate And Support]) --- D; C([Monitor]) --- D;
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Family Safety Planning Rules



RULES

- 1 _____
- 2 _____
- 3 _____
- 4 _____

Family Safety Planning Resources:

- ✦ [Everyday Actions to Keep Kids Safe](#)
- ✦ [Create A Family Safety Plan](#)
- ✦ [Keeping Adults and Children Safe Online](#)



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Talking about Sexual Abuse with Children

- Talk most about highest risk situations
- Use "practice scenarios"
- Use "child friendly" language

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Your role now?

What do you understand as your responsibility now?



What do you plan to do?

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What are we asking you to do?

- **Plan** ahead for safety
- **Act** *before* children are harmed or to prevent further abuse.
- **Recognize** both prevention opportunities and concerning situations
- **Imbed** prevention into the setting
- **Sustain** prevention actions

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