



LITTLE
WARRIORS

Charitable # 84568 3168 RR0001



The Little Warriors
Be Brave Ranch
by Ray LaBonte & Family

Prevent It!
Taking Action to Stop Child Sexual Abuse

Introductions...

- First of all.... Welcome! I would like to thank you for joining today to learn more about the Little Warriors, Prevent It! Workshop aimed at educating adults about child sexual abuse.
- Little Warriors offers two programs, the Prevent It! Workshop which you are currently attending and the Be Brave Ranch which is the first intensive treatment centre in Canada for children 8-12 years old who have experienced sexual abuse.



Introductions continued...

- My name is Megan Ivancic, I've been working at the Be Brave Ranch since October of 2014.
- I currently work as the Clinical Transition Coordinator and work closely with the families in our program.
- I am passionate about the prevention and treatment of child sexual abuse.
- I am a trained Prevent It! Facilitator.



Prevent It!

Taking Action to Stop Child Sexual Abuse

A Brief Introduction...

- The Prevent It! Workshop was developed by researchers at the University of Alberta.
- The workshop is offered in person (3 hours) and online through the Little Warriors website.
- The primary intention of this workshop is to significantly improve knowledge, behaviour and attitudes of participants regarding child sexual abuse.
- This work includes a mixture of DVD, workbook, and guided exercise components.



Please consider the following:

- Throughout and following the workshop we encourage you to look after yourself in whatever way is right for you.
- Please keep personal stories to a minimum including historical cases or experiences.
- We thank you for joining us and taking action to help stop child sexual abuse from happening.



You cannot *drink*
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

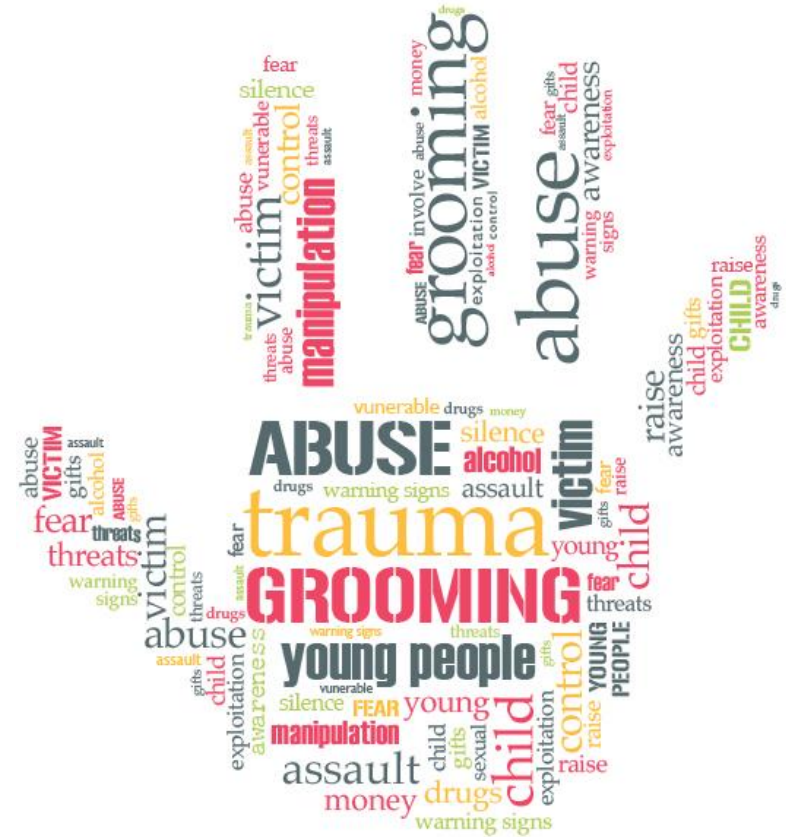
Thinking back to the rates of child sexual abuse what surprised you?

- High rates of sexual abuse.
- In Canada, experts estimate as many as 1 in 6 girls and 1 in 12 boys experience sexual abuse involving genital contact and/or penetrative abuse.
- When all types of sexual abuse are combined, including exposure to pornography or other sexual material, the number of children sexually abused may be as high as 1 in 3 girls and 1 in 6 boys.



What are some of the impacts of child sexual abuse?

- Drug and alcohol abuse
- Eating disorders
- Anxiety and panic
- Depression, physical and/or mental health problems
- Increased sexual activity, teen pregnancies and survival sex, and prostitution
- Crime, violence
- Anger and aggression



Myths about child sexual abuse:

- Children often lie about sexual abuse, saying it happened when it did not.
- Children who are sexually abused are more likely to become offenders than those who are not sexually abused.
- Some children act in ways that are sexual, making sexual abuse more likely to occur to them.

I BELIEVE YOU



Activity #1

- Please turn to page 20 of the workbook and take a couple of minutes to quietly and briefly reflect on the questions provided. You may choose to consider them in more depth following the workshop.
- What was your experience after hearing general information about child sexual abuse?
- What did you already know?
- What surprised you?
- How is this information relevant to the interactions that you have with children in your own life?

Please turn to page 8 in your workbook

- Experts describe the internet as a 'resource' and a 'gateway' for sexual offenders. On page 8, you will find a table on strategies that you can use to increase children's safety around internet use. Because technology is rapidly changing, we recommend that you seek out specialized training on this topic if you require more information.



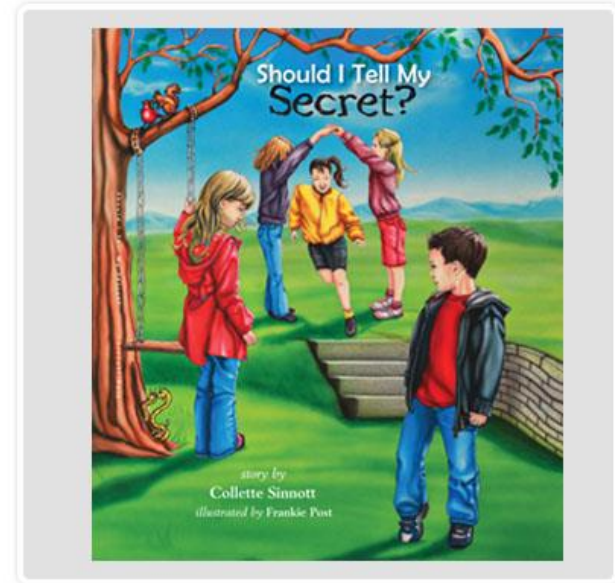
How can we start having conversations about sexual development and sexual abuse with children?

- As early as possible and ensuring age appropriate conversations.
- In response to the questions and curiosities that children have.
- Reading related books with them and responding to their questions as they come up.



How can we start having conversations about sexual development and sexual abuse with children? Continued...

- Leave books around the house or with other books in the the house for children to look at on their own time.
- Initiate conversations about these topics and set aside time to talk about them.
- Teachable moments (we will expand on this).
- Visit the Little Warriors website for further resources on this.



Please turn to page 15, example #4

- Example 4: Grandpa wants a hug before leaving and the child turns away.
- What teaching points can be made in this moment?
- Model asking for physical contact by having Grandpa ask if he can have a hug.
- Model respecting other people's boundaries by respecting the child's non-verbally communicated 'no'.

**NO HUGS
RESPECT MY
PERSONAL SPACE**

Example Continued...

- Reinforcing that children have a right to have boundaries, to set them, and to have them respected.
- Depending on the age of the child, you could help them learn to vocalize their boundary respectfully.
- Teaching adults to respect children's wishes and boundaries.
- Provide an alternative – example, perhaps the child gives Grandpa a high-five instead.



If an adult is engaged in grooming behaviour with a child, what are some of the key behaviours you might notice that adult doing?

- Minimizing or normalizing inappropriate interactions with children.
- Frequently initiating or creating opportunities to have exclusive time alone with a child (or certain children). Most child sexual abuse happens in one-on-one situations.
- Making others feel uncomfortable by ignoring social, emotional or physical boundaries or limits with children.
- Refusing to let a child set her/his own limits.



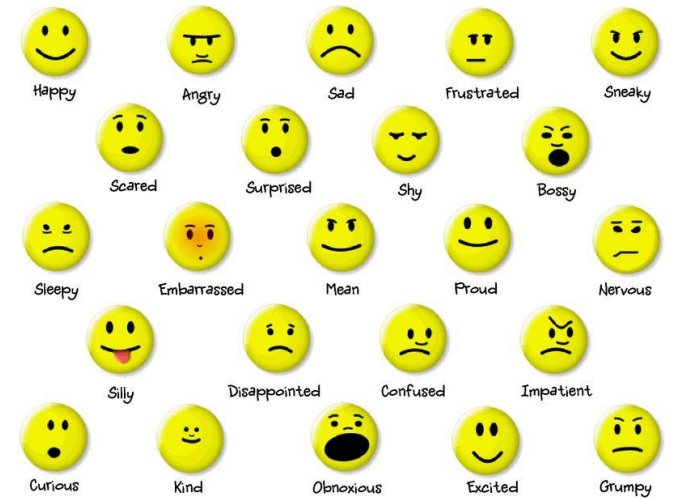
Grooming behaviours continued

- Excessive touching, hugging, kissing, tickling, wrestling with or holding children even when a child does not want this physical contact or attention.
- Frequently making sexual references, speaking sexually, or making suggestive jokes with children present.
- Exposing children to adult sexual interactions without apparent concern.
- Giving “special” attention to certain children which may include giving gifts.



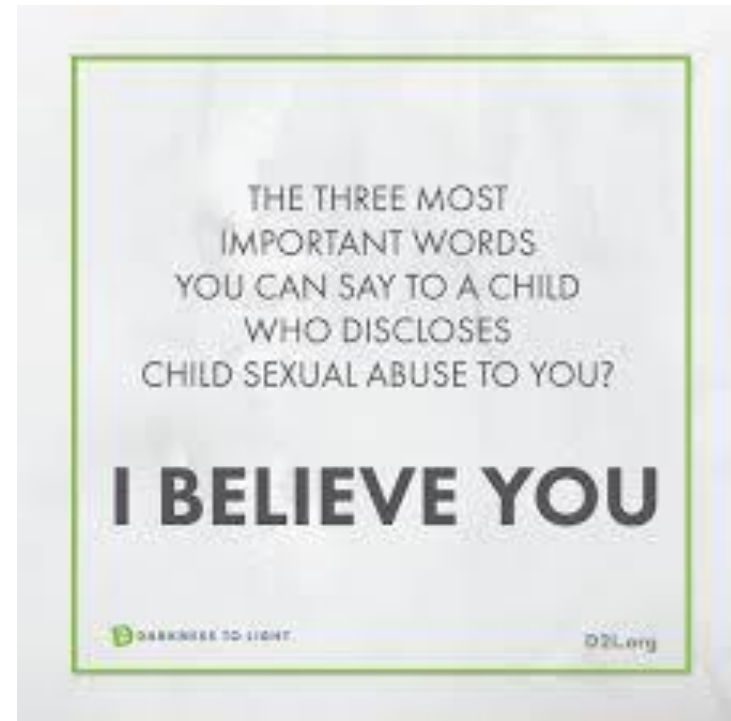
We know that children are most vulnerable to sexual abuse in one adult one child situations. What are some ways we can minimize the likelihood that sexual abuse will occur?

- Drop in unexpectedly.
- Always leave the door open.
- Meet in a room with a window where other adults can see inside.
- Meet in public areas.
- Ask for details (both from the adult before, and from the child after) to see if they match.
- Take note of the child's mood after being with this person and follow up if you notice any concerning signs in the child.



What are the most important points of responding to a disclosure of child sexual abuse?

- To believe the child.
- To tell the child that he or she is not to blame for the abuse.
- To let the child know that you will help them in whatever way you can.
- To be honest with the child about what you can and cannot do.



Responding to disclosures continued

- Use good listening skills.
- Remember you are NOT an investigator.
- Keep a written record of what you have seen and/or heard.
- To report the information to child social services or the police.
- Continue to be a supportive adult after the disclosure.



If it becomes necessary to ask questions of the child, what type of questions would be appropriate?

- Non leading, open ended questions usually “w” questions: who, where, when, what.
- Tell me about what happened...
- Questions directed at children with communication difficulties must be tailored as specifically as possible to their needs to give them the best chance of disclosing.



Please turn to page 31 in your workbook

- Note, this flow-chart is aimed at helping people better determine if a report needs to be made. As an adult in Canada, you do need to report any suspicions you have of child sexual abuse. Details of where to report are contained in the appendix of your workbook. In the interest of protecting children, we need to err on the side of caution.



Please turn to page 38/39 of your workbook

- Please take a few moments to quietly reflect on the individual and organizational checklists...
- What are you doing well?
- Where are you not doing so well?
- Do you anticipate any challenges in implementing these practices?



Questions?

