




# break the **silence**

**Stop child sexual abuse and exploitation**



**BREAK THE SILENCE**  
**CHILD SEXUAL ABUSE PREVENTION**  
**TRAINING**  
**INFO PACKAGE**



# Break the Silence

## Capacitating Organizations towards becoming Child Sexual Abuse Prevention Resource Centers

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# About Stairway Foundation and the Child Sexual Abuse Prevention Program

With more than 20 years of working directly with marginalized children in the Philippines, Stairway has come to understand the gravity of the problem of child sexual abuse and exploitation in the country. Using creative advocacy, particularly theater and animations, Stairway is addressing the problem by networking with various stakeholders and putting the agenda of child sexual abuse prevention into their respective programs.

Over the past decade Stairway has developed tools and training methodologies to effectively address the precarious issue of child sexual abuse and exploitation. The need for intervention greatly exceeds the resources of Stairway or any other single organization. To combat child sexual abuse and exploitation we need a united and well-orchestrated effort from government and private organizations alike. The Break the Silence Campaign and the training modules presented here are efforts to effectively address this issue through networking and capacity building.

The training packages have been formulated based on past trainings Stairway Foundation has developed and implemented. The contents and methodologies used have all been tested in the field and have undergone adjustments and modifications based on participants' feedback, as well as emerging trends on the issue of Children's Rights and Child Sexual Abuse Prevention.

Each level is divided into different training modules that are conducted in what we refer to as training blocks. Each Training Block is designed to allow for much interaction and sharing amongst the participants. For most participants this is a new and delicate issue, so there is a need to start the training process by checking individual feelings, attitudes and biases towards the subject.

This info package will briefly describe each training block and the topics included in each module. The training manuals contain instructions on how to run the trainings. The manuals will be supplied together with powerpoint presentations (CDs/DVDs) during training of facilitators and trainers. The manuals are not designed to be used without initially undergoing facilitators or trainers training. The Stairway animation trilogy forms an integral part of the BTS training and will also be part of the hand out materials.

# Level 1:

## Introduction to Child Sexual Abuse



## **Module I: Gender Sensitivity**

By the end of this 1 day module the participants should be able to:

1. *Differentiate the concepts of Gender and Sex.*
2. *Identify different Gender Issues and how they are perpetrated.*
3. *Understand the concept of power relations.*
4. *Relate Gender Issues to Child Sexual Abuse and Exploitation issues.*

Gender sensitivity is recognized as an important pre-cursor to discussing child sexual abuse (CSA), since the issue of CSA also contains dimensions of gender based violence. To become an effective advocate for child sexual abuse prevention, individuals should first recognize their own gender biases. The 1 day session creates an open environment for participants in order to discuss gender concepts.

## **Module II – Introduction to Child Sexual Abuse**

By the end of this 3 day module, it is expected that the participants have been:

1. *Introduced to the concept of Children's Rights and the CRC*
2. *Introduced to different concepts of Child Sexual Abuse.*
3. *Introduced to different ways to prevent Child Sexual Abuse.*

This module is anchored in discussing CSA as a violation of children's rights. Basic CSA concepts are introduced thru participatory methodologies. We touch upon concepts like different kinds of touches, the sex offender and how he/she operates in perpetrating CSA, as well as discussions on what victims undergo. The whole module establishes a basic understanding for participants on the complex issue of child sexual abuse. It also provides participants the basic knowledge and skills on how to facilitate CSAP sessions for children.

## **Module III: The Basics of Handling Disclosures**

By the end of the 1 day module, the participants should be able to:

1. *Learn the ways sexually abused children may disclose*
2. *Demonstrate the best ways to respond to a child who discloses sexual abuse*
3. *Understand the issues and reactions of people involved with the child*
4. *Appreciate the need to take care of themselves*

Since Block 1 builds the basic capacity to conduct CSAP sessions for children, a realistic implication to this is the disclosure of children to past or present experiences of sexual abuse. The purpose of this module is to prepare participants to be able to handle eventual disclosures in a professional manner in order to safeguard the children, as well as themselves and their respective organizations.



# Level 2: Advanced Topics on Child Sexual Abuse Prevention



## **Module I: Advanced CSAP Topics**

By the end of the 1 day module, the participants should be:

1. *Introduced to various advanced topics on Child Sexual Abuse.*
2. *Able to understand these advanced topics and relate them to the general information they have received in the basic CSAP.*
3. *Able to have a firm grasps of these topics and to communicate them to other child care providers.*

The advanced CSAP topics module builds upon the basic knowledge from Block 1 by introducing advanced theories on child sex offending and victim behavior. The topics are discussed not from an academic point of view, but rather on how practitioners can utilize the theories and concepts to further strengthen their child sexual abuse prevention advocacy.

## **Module II: Technology Related Crimes against Children**

By the end of the 1 day module, the participants should:

1. *Learn the concept of internet technology and how it is being used in perpetrating CSA today.*
2. *Understand how children and teenagers utilize the internet.*
3. *Identify the usual strategies of offenders in abusing children online.*
4. *Learn how to impart safety tips for children and adults.*

With the use of technology as an emerging trend in sexual abuse of children, it is becoming imperative that organizations working with communities and children capacitate themselves in this aspect. Typically, children are a lot more at home in the cyber world than their parents or even their teachers, which leave them relatively unprotected and extremely vulnerable to abuse. Despite an urgent need, capacity building regarding on-line safety is very limited, which we as caregivers and educators should do much to change.

## **Module III:**

### **Personal Safety and Protective Behavior for the Prevention of Child Sexual Abuse**

By the end of the 3 days module, it is expected that the participants' develop awareness and understanding of the concepts and strategies of the Personal Safety and Protective Behavior Program, which concentrates on special protective behavior skills for children in order to prevent child sexual abuse.

# Level 3: Training of Trainers



## Module I: Training of Trainers

It is expected that at the end of this 3 day module, participants:

- *Have been given the necessary tools in order to conduct CSAP sessions for different target participants.*
- *Have been capacitated on aspects of training preparation, including preparing logistics, materials development and use of technology.*
- *Have been capacitated on how to maximize the use of the Stairway animations for trainings.*
- *Have developed an understanding of how to handle different scenarios in trainings.*

Blocks 1 and 2 have focused specifically on building the capacities of participants to conduct direct CSAP sessions for children. Block 3 starts to build up participants' capacity on reaching out to other



stakeholders, such as parents and stakeholders from the government and other organizations. Facilitation techniques are widely discussed in the context of training management. Special focus is given on enabling participants to modify/customize CSAP sessions based on target participants. *We use extensive demonstration sessions and group critique in this training bloc*

## Level 4:

# Communication Skills Handling Sexually Abused Children



### ***Module I: Communication Skills Handling Sexually Abused Children***

By the end of this 5 day module, the participants should be able to:

- Gain and demonstrate skills, confidence and personal readiness to deal with the issue of child sexual abuse (CSA)
- Review Knowledge, Attitude, Skills, and Ethics with regards to working with sexually abused children
- Demonstrate communication skills and strategies in dealing with sexually abused children
- Learn the importance of taking care of oneself

This training is an extended and advanced version of the basic handling of disclosure module from Block 1. Aside from providing theories on basic handling of disclosures, skills-building is integrated. The module is basically a para-counseling training which is very specific to child sexual abuse.