



Energia Conference
August 2024
Bucharest, Romania

BASIC ELEMENTS OF CHILD SEXUAL ABUSE PREVENTION: Each of these four elements can be taught in age-appropriate ways to provide children with the tools to advocate for themselves and, as they develop, for others. Stages of development will vary.

1. **Body Awareness:**

- a. For 3-8 year-olds, this looks like understanding private and public parts, the anatomically correct names for them, and respecting others.
- b. For 9-11 year-olds, reproductive concepts and hormonal changes brought on by puberty come into play.
- c. For 12 + additional teaching on healthy sexuality, inter-personal relationships, developing and perfecting new skills

2. **Emotional Intelligence:**

- a. For 3 to 8 year-olds we learn to identify and describe our feelings because our feelings protect us. We build skills to regulate our feelings and respect other's feelings.
- b. For 9 to 11 year-olds we grow in these skills, as well as recognizing other's feelings and empathizing with them.
- c. For 12 + we learn how hormonal and bodily changes can influence our feelings. We connect with peers and grow in expressing and regulating our feelings to resolve conflict and consider the possibility of life goals.

3. **Human Rights**

- a. For 3 to 8 year-olds we learn we have a right to say "NO!" if someone wants to do something with or to us which makes us feel frightened or uncomfortable. We learn we have a right to use our voice and tell a trusted adult what has happened to us.
- b. For 9 to 11 year-olds we add to this knowledge by learning to advocate for other's rights. For example, no one deserves to be bullied and we can speak up on behalf of any potential victim. If peers pressure us to participate in activities we aren't comfortable with, we have a right to speak our minds and remove ourselves from the situation.
- c. For 12 + we address concepts of consent and human dignity. Our bodies are not merchandise to be used, purchased, or monetized by others. As action steps, students might be encouraged to participate in events designed to bring awareness of justice issues, raise funds for causes we believe in, participate in neighborhood clean-up days, care for family members, participate in debates and public speaking.

4. **Healthy Attachment** – Secure or healthy attachment is the foundation that lets your child explore the world and have a safe place to come back to. For prevention to occur, children need to be able to identify at least one trusted adult. More is better.

A trusted adult is someone a child knows they could talk with, who will listen without judging, believe them and help them.

DIDACTICS FOR TEACHING PREVENTION: PMP teams first meet with parents, then serve students. These are some tools we have developed for age-appropriate prevention.



“Together for Prevention” Graphic novel for children 3 to 8 years.

1. Why is it important to use anatomically correct names for our private parts?
 - Constructs a platform for healthy sex education (correct terms)
 - Serves as a shield of protection to deter would-be abusers
 - Alerts care-givers when a new term shows up in conversation
 - Clarity when reporting
2. No to secrets and yes to surprises
3. Shout “NO!”
4. RUN and TELL.

“My Personal Safety Workbook” Workbook for children 9 to 11 years.

- Review of basic elements (body awareness, emotional intelligence, human rights and healthy attachment) as well as steps taught in graphic novel.
- Identifying a trusted adult
- Real life scenarios to help children advocate for themselves and others.



Adolescent talks

- Human Trafficking
- Grooming
- Cyber Bullying
- Sexting
- The Adolescent Brain
- Pornography

Adult talks

- Human Trafficking
- Sexual Abuse of Minors
- Healthy Sexuality
- Pornography

HOW CAN PROTECT ME PROJECT SERVE YOU?

Capacity Building

1. Phase One: Ten hours of basic training in preventing commercial sexual exploitation. Lecture type, one practical application required. Online via ZOOM. Next opportunity: January 2025!
2. Phase Two: Twelve hours of round table discussions based on research and directed inquiries. Live ZOOM cohorts once/week for six weeks per schedule of participants. Next opportunity: February to March, 2025
3. Ongoing education for volunteers via Webinars & Tutorials.

Mobilization – those who choose to mobilize under the umbrella of Protect Me Project will have access to all of our talks and tools and are required to report all prevention events. We will develop a relationship of support that works for all concerned.