

Child and Adolescent Sexual Abuse



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Learning Objectives



- I can discuss the dynamics of child & teen sexual abuse
- I learned skills to provide effective support to non-offending parents and secondary victims
- I learned skills to provide effective advocacy and services to children and teens

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About Sexual Abuse



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Child Sexual Abuse



- Sex acts that involve penetration
- Touching the child's breasts or genitals
- Making a child touch the perpetrator's breasts or genitals
- Sexual exploitation/trafficking
- Child pornography

http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_Child-sexual-abuse-prevention_0.pdf

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Child Sexual Abuse RATES



- 1 in 3 Girls
 - 1 in 7 Boys
- Adolescents (14-17) are most likely to be sexually victimized
- 1 in 6 past year
 - 1 in 4 lifetime

http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_Child-sexual-abuse-prevention_0.pdf

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Child Sexual Abuse OFFENDERS




- 96% are male
- 76.8% - Adults / 23.2% - Juveniles
- Majority known – 34% family members


http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_Child-sexual-abuse-prevention_0.pdf

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Darkness to Light

Awareness to Action
<http://www.a2awisconsin.org/A2AWisconsin.htm>






<https://www.youtube.com/watch?v=PovRoQiyz8Y>

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Child Sexual Abuse SIGNS



- **Bodily signs**
bed-wetting; stomachaches; headaches; sore genitals
- **Emotional signs**
fear; sadness; mood changes; acting out
- **Sexual signs**
inappropriate sexual behavior (self or others)
- **Verbal signs**
knowledge of sexuality, not age-appropriate

http://www.nsvrc.org/sites/default/files/Publications_NSVRC_Overview_Child-sexual-abuse-prevention_0.pdf

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He did what? She said what?

A model for responding to sexual behaviors to promote healthy child development and prevent child sexual abuse.

https://barcc.org/assets/docs/manual_trainers-092209.pdf

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- Running away
- Acting out
- Promiscuity
- Drug/alcohol abuse
- Eating disorders
- Body issues
- Self-harm
- Self-esteem
- Suicide attempts

Luci Staudacher, Pathfinders

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Response to CSA

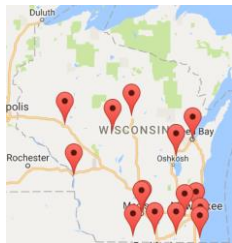
Immediate response to child sexual abuse

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- A** Yes
- B** No
- C** Not sure

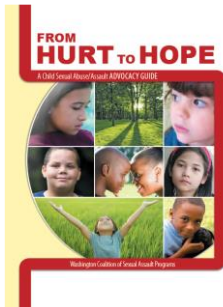
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- 15 CACs in WI
- 7,000 children served in 2016

<http://www.cacsofwi.org/local-centers/find-a-local-center/>

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http://www.wcasea.org/sites/default/files/uploads/working_with_survivors/csa/FromHurttoHopeAdvocacyGuide2009.pdf

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- The child's previous experiences and history of other abuse or trauma
- The nature of the sexual abuse experience and the child's reactions during the abuse
- What happens after the abuse, especially how caregivers respond to the child

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Role of Advocate



Varies, depending on age of victim:

- Offer support
- Provide information
- Make referrals



Sexual assault is almost always a significant and upsetting experience in a child's life, but in most cases children recover and do not have lasting negative psychological effects. Advocates can communicate a message of optimism and hope.

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Younger children

The most important help for young children is an increase in reassuring and supportive responses by caregivers who at the same time maintain consistency and predictability. It is helpful if caregivers give their children opportunities to talk about and express feelings about the sexual assault.

Advocacy: Younger children



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To Do: Younger Children



- Get down to their physical level
- Bring something to do: books, toys, games coloring
- Use age & developmentally appropriate language
- Be aware of having conversations in front of child
- Your role may be focused on support parent/caregiver

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School-age children

These children still depend primarily on caregivers and benefit most when caregivers provide support, reassurance, and opportunities to talk about the sexual assault experience and their feelings. These children are capable of understanding and handling the CJS process and procedures if the language and explanation of concepts is simple and understandable. They do not need extensive amounts of information. Advocacy for school-age children should always actively involve caregivers in all aspects because they are the most important influence in the children's lives.

Advocacy: School-age children



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To Do: School-Age Children

- Bring something to do: books, toys, games coloring
- Ask about fears/concerns & address them
- Listen and acknowledge their feelings
- They have the ability to comprehend complex issues
- Include them in conversations & decisions, when appropriate
- Use age & developmentally appropriate language



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Adolescents

At this developmental stage youth are beginning to add peers and other adults as important influences. They are establishing their own independent identities. Like younger children they benefit from support, reassurance, and opportunities to talk about their experience and feelings. However, the manner in which this happens is more important to adolescents. They respond best to advocacy approaches that treat them respectfully and actively involve them in all aspects of the process.

Advocacy: Adolescents



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To Do: Adolescents



- Can understand and communicate like an adult
- Ask about fears/concerns & address them
- Listen and acknowledge their feelings
- Include them in conversations & decisions
- Know their rights and educate them about those rights
- Offer separate advocate for parent/caregiver (helps ensure confidentiality)

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Teen Advocacy Manual



<https://www.navrc.org/serving-teen-survivors-manual-advocates>

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Do you
provide
advocacy
to teens?

- A** Yes
- B** No
- C** Not sure



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Best Practices: Working with Teens



- Teens deserve access to confidential services
 - Without parental consent or mandatory reporting
- Be upfront about limitations to confidentiality
- Teens can (and do) make responsible decisions
- Develop outreach strategies for teens
- Educate teens about their rights
- Encourage teens to advocate for themselves

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Best practice means staying involved with the child and his or her caregiver. Caregivers provide access to the child. As secondary victims, they deserve advocacy and support. The more support they receive, the more able they are to support the child. While providing support, it is important to take into consideration the cultural identity of the caregivers. An advocate must recognize the unique needs and rights of children and their caregivers and be willing and able to speak up and speak out to ensure the best possible services for the victim.

Advocacy: Caregivers



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To Do: Caregivers



- When possible, call out another advocate:
- Allows you to offer support to the child (primary victim) and the caregiver (secondary victim)
 - This is the only way to ensure confidential services to both parties; this can be especially important when working with teens

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To Do: Caregivers

- Explain your role & identify how you can best help
- Support them in advocating for their child
- Help them process feelings & response
- Assess needs & make referrals



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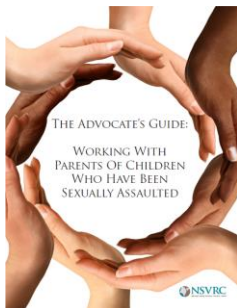
Factors that can impact response: Caregivers/Parents

- The parent's previous experiences and history of other abuse or trauma
- The nature of the sexual abuse experience and the child's reactions
- The relationship with the offender
- What happens after the abuse – available supports & system responses



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Working with Parents



http://www.nsvrc.org/sites/default/files/publications_nsvrc_guides_the-advocates-guide-working-with-parents-of-children-who-have-been-sexually-assaulted.pdf



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Response to CSA

Ongoing response to child sexual abuse



System Advocacy



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- If case is going through the court system... offer ongoing advocacy and accompaniment
- Help victim/caregiver understand the system & their rights



Support Groups



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- Offer age-appropriate support groups



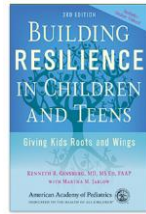
http://www.wcasap.org/sites/default/files/uploads/working_with_survivors/teen_support_guide_2013_04.pdf

<http://www.wcasap.org/teen-survivor-support-groups/promoting-resilience-and-empowerment>

Building Blocks of Resilience



- Competence
- Confidence
- Connection
- Character
- Contribution
- Coping
- Control



http://fosteringresilience.com/professionals/7cs_professionals.php

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Resilience in Children



Additional Resources (NSVRC):

- [Growing Resiliency: Meeting the Needs of Children Surviving Incest](#) (webinar)
- [Considering Family Reconnection after Child Sexual Abuse: A Road Map for Advocates and Service Providers](#) (guide; video; podcast)

<https://www.nsvrc.org/blogs/resilience-video-podcast-series>

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Nurture Protective Factors



- Choices
- Support
- Star
- Dreams
- Heart
- Big Deals
- Healthy Bodies
- Friends



<http://www.wcsap.org/be-solution-discussion-guide-game-kids-edition>

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Sesame Street in Communities: Traumatic Experiences



<https://sesamestreetincommunities.org/topics/traumatic-experiences/>

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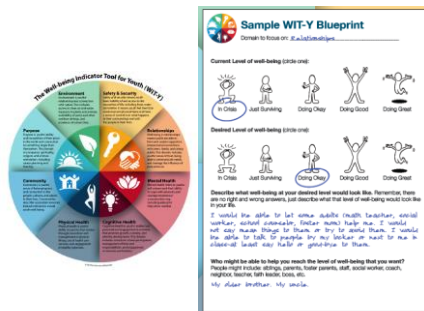
50 Calm-Down Techniques to Try with Kids



<https://blogs.psychcentral.com/stress-better/2016/09/50-calm-down-techniques-to-try-with-kids/>

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Well-Being Indicator Tool for Youth



<http://www.epi.umn.edu/mch/resource-well-being-indicator-tool-for-youth-wit-y/>

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Just Breathe
www.mindfulnesskids.org
#BeEmotionalInsideOut



<https://www.youtube.com/watch?v=RVA2N6IX2cg>
<https://any.mindfulnesskids.org/short-film-just-breathe-helps-kids-deal-with-emotions-1b4f91dac5ad>

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CSA Prevention
How to prevent child sexual abuse



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CSA Prevention from CDC

Strategy	Approach
Strengthen economic supports to families	<ul style="list-style-type: none"> Strengthening household financial security Family-friendly work policies
Change social norms to support parents and positive parenting	<ul style="list-style-type: none"> Public engagement and education campaigns Legislative approaches to reduce corporal punishment
Provide quality care and education early in life	<ul style="list-style-type: none"> Preschool enrichment with family engagement Improved quality of child care through licensing and accreditation
Enhance parenting skills to promote healthy child development	<ul style="list-style-type: none"> Early childhood home visitation Parenting skill and family relationship approaches
Intervene to lessen harms and prevent future risk	<ul style="list-style-type: none"> Enhanced primary care Behavioral parent training programs Treatment to lessen harms of abuse and neglect exposure Treatment to prevent problem behavior and later involvement in violence

<https://www.cdc.gov/violenceprevention/pdf/can-prevention-technical-package.pdf>

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10 Core Concepts in CSA Prevention from WCASA



Sexual Health & Development	<ul style="list-style-type: none"> Teaches anatomically correct terms for body parts Teaches age & developmentally appropriate sexual development Teaches evidence based sexual health Supports access to comprehensive reproductive health services & information
Gender Socialization	<ul style="list-style-type: none"> Challenges gender-based stereotypes Supports skills & interests outside traditional gender expectations Discusses concepts of masculinity & femininity Supports non-binary gender exploration
Interactions of Oppression	<ul style="list-style-type: none"> Promotes respect & understanding for all cultures & identities Explores concepts of self identity & privilege Provides instruction on cultural competency & inclusivity Explores intersections of race, ethnicity, class, orientation, gender, ability, etc.
Boundaries	<ul style="list-style-type: none"> Teaches about touching on a continuum (not good/bad) Instructs how to say no or report unwanted advances Teaches about setting & respecting boundaries Discusses concepts of consent – including affirmative consent
Empowerment & Body Ownership	<ul style="list-style-type: none"> Provides explicit instruction about body ownership Distinguishes between public & private parts of the body Allows autonomy over decision-making related to the body Encourages empowerment & practices assertiveness skills

<https://www.wcasa.org/what-we-do/prevention/10-core-concepts-to-prevent-child-sexual-abuse/>

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10 Core Concepts in CSA Prevention from WCASA



Pro-Social Behavior & Skills	<ul style="list-style-type: none"> Teaches communication, empathy & problem solving Encourages non-violent conflict resolution Promotes impulse control strategies Provides skills & tools for self-regulation
Understanding: Identifying & Responding to Trauma	<ul style="list-style-type: none"> Teaches disclosure skills & encourages disclosure Teaches about ACEs & understanding trauma Promotes a trauma-informed environment & responses Identifies resources & strategies in response to trauma
Bystander Intervention	<ul style="list-style-type: none"> Teaches how to help someone in distress Builds skills on how to safely intervene Encourages creating a safe environment for everyone Promotes individual & community responsibility
Information About Sexual Abuse	<ul style="list-style-type: none"> Provides facts & clear explanations about sexual abuse Provides information about perpetrator – including grooming Promotes a victim-centered response Dispels common misperceptions about sexual abuse
Safety & Risk Reduction	<ul style="list-style-type: none"> Provides general safety recommendations Teaches how to recognize safe & unsafe situations Teaches how to identify trusted adults & develop support networks Teaches self-protective strategies & skills

<https://www.wcasa.org/what-we-do/prevention/10-core-concepts-to-prevent-child-sexual-abuse/>

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CSA Prevention



5 Ways we Ignore Children's Agency That Perpetuate Rape Culture

an Everyday Feminism comic by All Kirkham

<http://everydayfeminism.com/2017/04/ways-we-ignore-childrens-agency/>

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