



SCHOOL-BASED PREVENTION EDUCATION PROGRAM

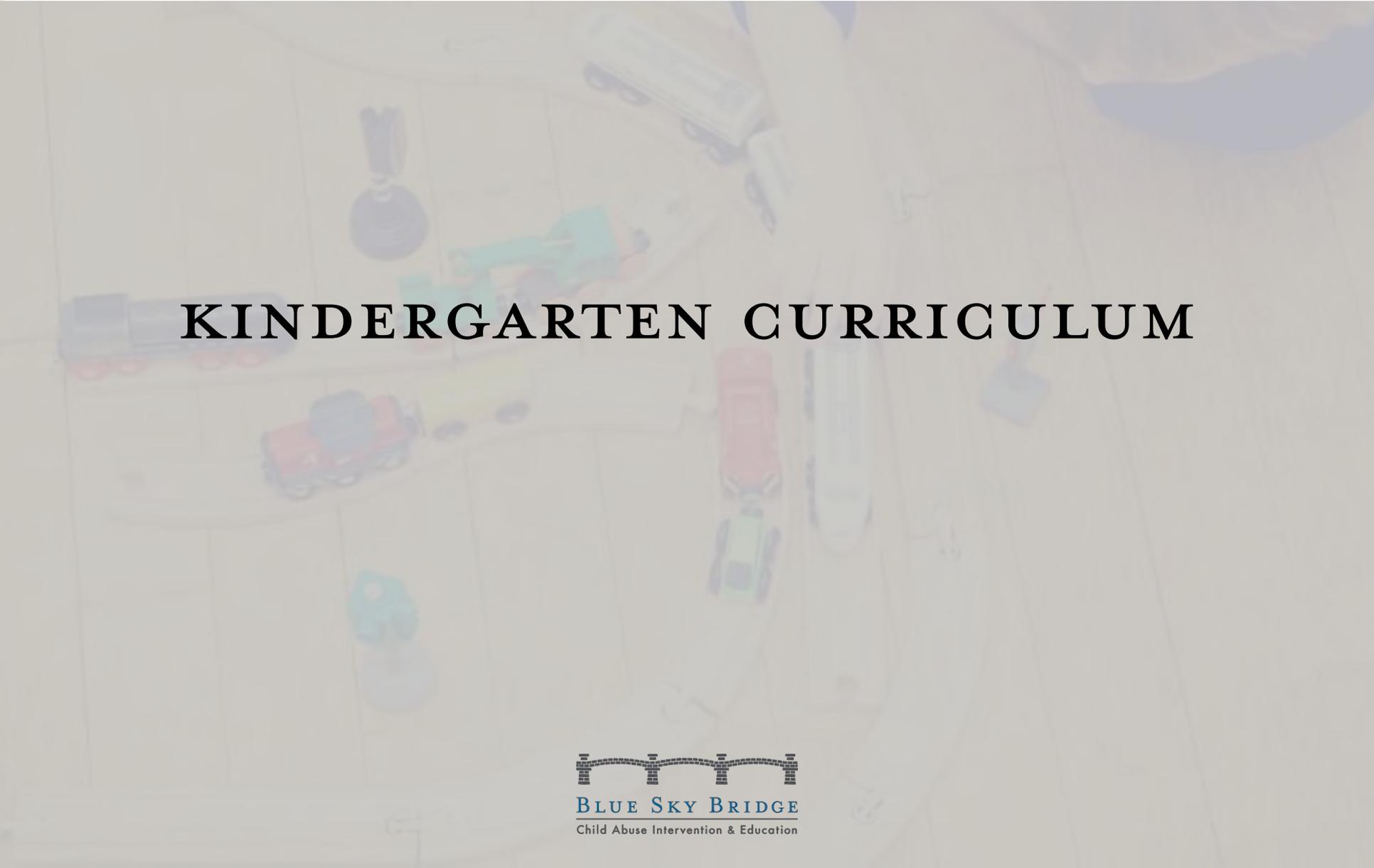
Robin Friesen-Holwell, MS, LMFT
Claudia Gilbert
Trish Wood
Gretchen Fair

https://www.youtube.com/watch?v=4OnyezDQG_8

AGENDA

- Kindergarten curriculum
- Third grade curriculum
- Increase your knowledge
- Childhood Sexuality
- Responding to disclosures
- Prevention tips





KINDERGARTEN CURRICULUM

KINDER CURRICULUM: WEEK 1

- Personal space and boundaries
- Hula hoop



KINDER CURRICULUM: WEEK 2

- Safe & Unsafe Touch
- Puppet show



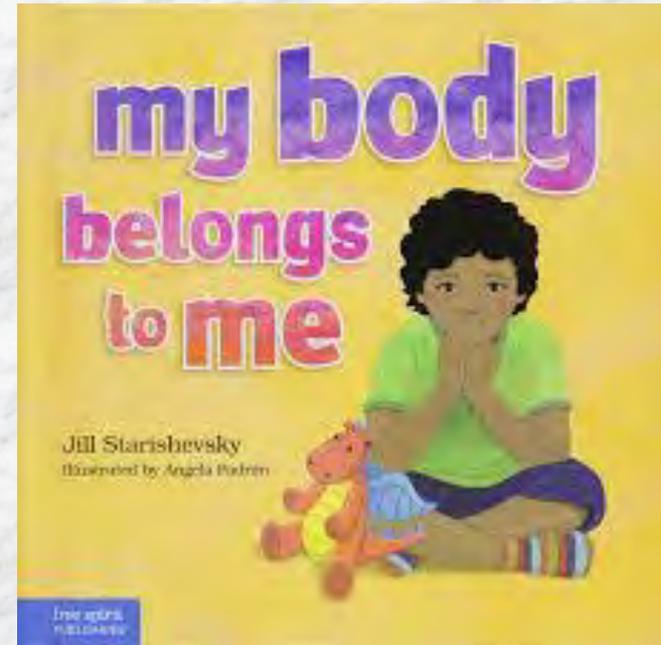
KINDER CURRICULUM: WEEK 3

- Private Parts are covered by a swimsuit



KINDER CURRICULUM: WEEK 4

- You are the boss of your body!
- Tell an adult if something makes you feel uncomfortable





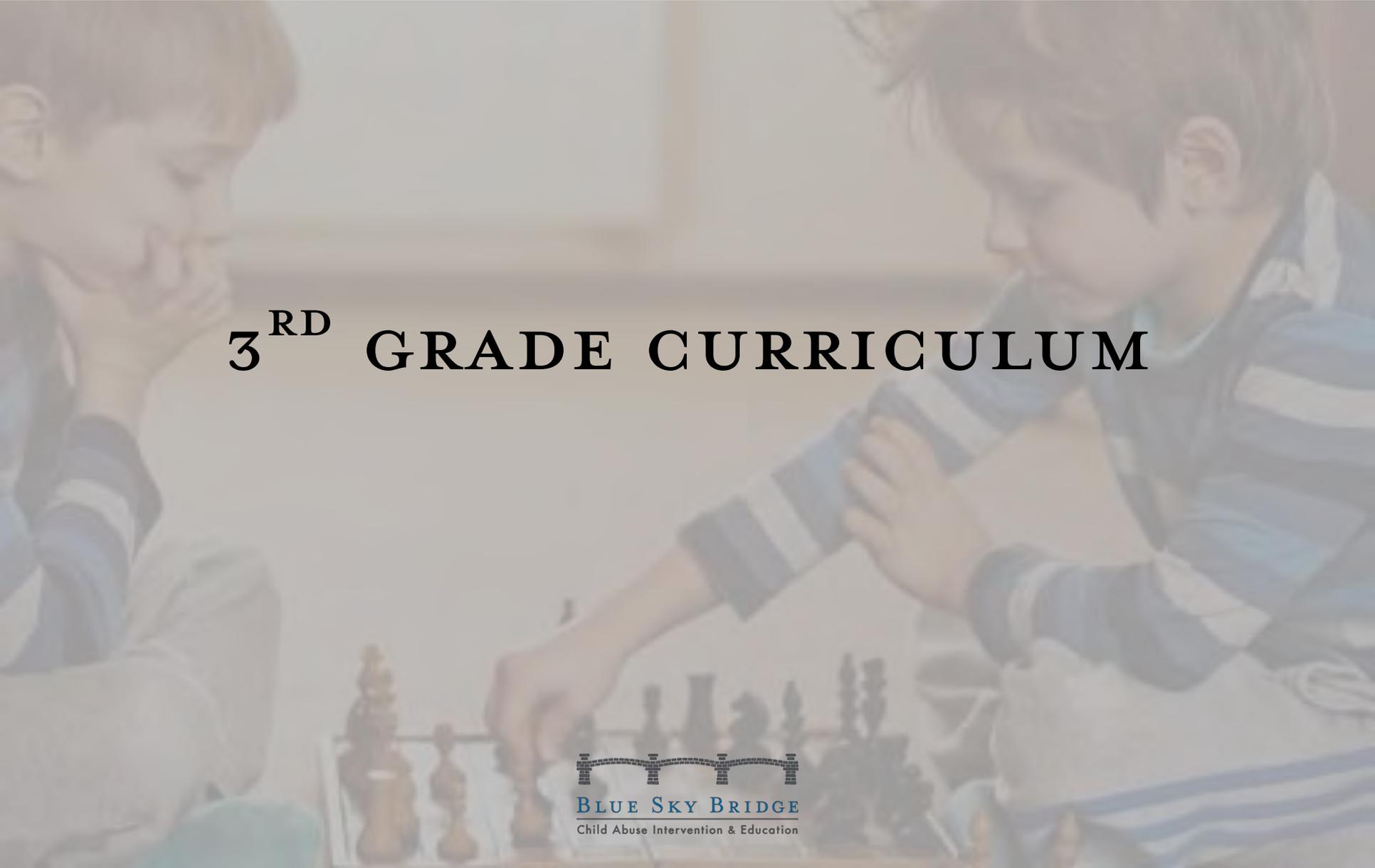
Playful Pig and
Curious Raccoon
taught me that:

Kindergarten Rules

- My body is special and I am in charge of it!
- I keep my hands to myself.
- I stay in my bubble.
- Some parts of my body are not for sharing.
- I tell grown ups if anything unsafe happens to my body.



3RD GRADE CURRICULUM



3RD GRADE CURRICULUM: WEEK 1

- Survey
- Discussion of our bodies
- Touching Rules
- The difference between safe and unsafe touch
- Puppet show





Playful Pig and
Curious Raccoon
taught Me that:

Touching Rules 1.2.3.

- 1.** My body belongs to me.
I do not have to share my body.
This means I am the boss of
my body.
- 2.** No one is allowed to make me
touch their body, and I will not
make anyone touch my body.
- 3.** No one is allowed to
touch my private parts, except
to keep me safe and healthy.



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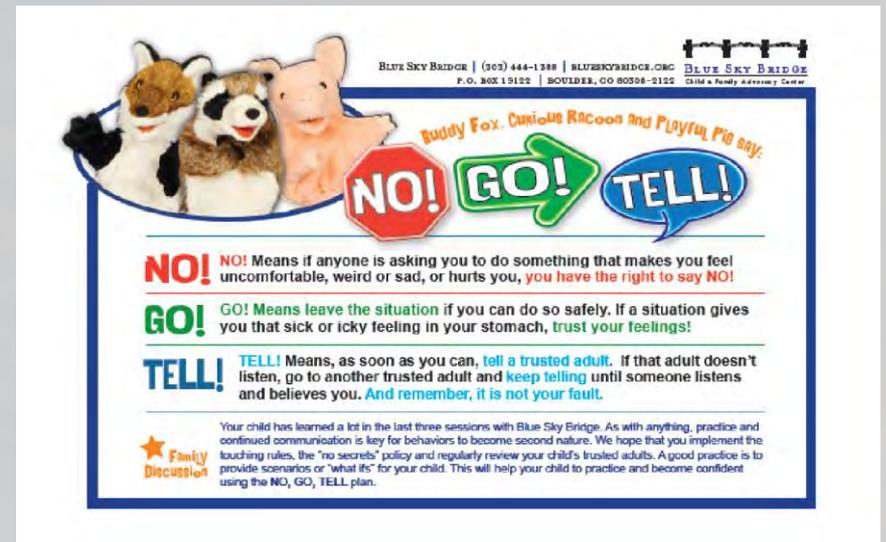
3RD GRADE CURRICULUM: WEEK 2

- Secrets vs Surprises
- Trusted Adults
- Felty Story



3RD GRADE CURRICULUM: WEEK 3

- Review
- NO, GO, TELL Safety Plan
 - Family discussion Sheet
- Puppet Show
- Questions and Answers



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P.O. BOX 19122 | BOULDER, CO 80508-2122 | CHILD & FAMILY ADVOCACY CENTER

Buddy Fox, Curious Raccoon and Playful Pig say:

NO! **GO!** **TELL!**

NO! NO! Means if anyone is asking you to do something that makes you feel uncomfortable, weird or sad, or hurts you, **you have the right to say NO!**

GO! GO! Means **leave the situation** if you can do so safely. If a situation gives you that sick or icky feeling in your stomach, **trust your feelings!**

TELL! TELL! Means, as soon as you can, **tell a trusted adult**. If that adult doesn't listen, go to another trusted adult and **keep telling** until someone listens and believes you. **And remember, it is not your fault.**

★ Family Discussion

Your child has learned a lot in the last three sessions with Blue Sky Bridge. As with anything, practice and continued communication is key for behaviors to become second nature. We hope that you implement the touching rules, the "no secrets" policy and regularly review your child's trusted adults. A good practice is to provide scenarios or "what ifs" for your child. This will help your child to practice and become confident using the NO, GO, TELL plan.



3RD GRADE CURRICULUM: WEEK 4

- Video
- Practical Examples of NO, GO, TELL Plan
- It's someone you know
- Question and Answer
- Survey
- Handout Pencils and Bookmarks



A young girl with brown hair, wearing a yellow sweater, is sitting at a desk in a classroom, focused on writing in a notebook. The background is blurred, showing other students and classroom furniture. The text "INCREASE YOUR KNOWLEDGE" is overlaid in the center of the image.

INCREASE YOUR KNOWLEDGE



TRUE OR FALSE

Elementary-age children are the most common victims of sexual abuse

True

Physical force is used to get children to comply with the offender's sexual request

False

1 in 10 cases of child sexual abuse are reported

True

At the age of 10, a child can be charged with a sex crime

True



SEXUAL ABUSE INCLUDES...

Touching Sexual Offenses

- Fondling
- Making a child touch an adult's sexual organ
- Penetration

Sexual Exploitation

- Engaging a child or soliciting a child for the purpose of prostitution
- Inappropriately filming or photographing a child

Non-touching Sexual Offenses

- Indecent exposure or exhibitionism
- Exposing children to pornography
- Exposing a child to the act of sexual intercourse
- Masturbating in front of a child





CHILDHOOD SEXUALITY

from common to concerning

CHILDREN'S DEVELOPMENT

- Cognitive
- Emotional
- Physical
- Sexual



COMMON BEHAVIORS:

4-6 YEAR OLDS

Common Behaviors

Continues self-soothing and starts to understand that it should be done in private

Asks questions about sexuality or reproduction

Starts to want privacy when dressing or using bathroom

Talks to other children or adults about bodily functions and shows curiosity about adult bodies; uses 'naughty' words they might not understand

Plays 'House' and 'Doctor'; mimic adults by kissing or holding hands



COMMON BEHAVIORS:

6-8 YEAR OLDS

Common Behaviors

Compares body parts to peer-age friends; Strong same-sex friendships

Talks about having a boyfriend or girlfriend

Self-touching for the purpose of pleasure

Deeper understanding of gender roles (conform or rebel)

Plays games with same-aged peers related to sexuality (Dare)

Talks about or tells jokes related to body parts or functions with friends; uses slang words

Draws genitals on human figures when they are portrayed nude



COMMON TO CONCERNING:

PREPUBESCENT

GREEN LIGHT

- Occasional Masturbation
- Playing “doctor”
- “Show me yours and I’ll show you mine” with same age peers
- Kissing/flirting

YELLOW LIGHT

- Pulling a peer’s pants down or looking at another peer’s private parts
- Frequent masturbation that can’t be re-directed
- Sexually explicit conversations with peers (slang)

RED LIGHT *

- Preoccupation with sexual play
- Sexual play with much older or younger children
- Sexual behavior or interests that other children don’t have
- Use of bribery, threats or force to engage others in sexual play

*** REMEMBER: BEHAVIORAL SYMPTOMS ALONE CANNOT “PROVE” THAT A CHILD HAS BEEN SEXUALLY ABUSED.**



CONSIDERATIONS FOR SEXUAL BEHAVIORS

- Is there consent?
 - understanding what's being proposed, knowing the possible consequences, knowing the rules
- Are both children in an equal position of power?
 - same age, intellect, popularity
- Is there coercion
 - can include threats or bribery





DISCLOSURES

HOW CHILDREN TELL...

Very Young
(0-6 years old)

- Accidental disclosure
- Talk about what happened out of the blue
- May see behaviors through play with toys and other children



HOW CHILDREN TELL...

Latency Age (7-12 years old)

- Accidental disclosure
- Behaviors that are sexual in nature, seen with other same age children or children who are younger
- Children tell a trusted friend who tells an adult
- Children tell a counselor or teacher at school
- Parents discover the abuse, walk in on it, etc.
- Children tell their parents



THE FIVE “R’S”

- **Remain**
 - Calm
- **Respect**
 - The child
- **Refrain**
 - From conducting your own investigation
- **Refuse**
 - To discuss outside of the appropriate people
- **Report**
 - The disclosure to the appropriate agency
 - Contact your local Law Enforcement Agency or Department of Human Services



HANDLING A DISCLOSURE

What to say...

- “Thanks for telling me”
- “I’m proud of you”
- “I believe you”
- “Tell me more about that”
- “It’s not your fault”
- “I’m really glad you told me”
- “It took a lot of courage to tell me”
- “I’m going to call someone whose job it is to help keep children safe”

What not to say...

- “Why didn’t you tell me sooner”
- “You must have misunderstood”
- “Are you sure that’s what happened?”
- **Avoid asking “why” questions**



MAKE A REPORT!

Colorado has one toll-free phone number to report child abuse and neglect 24/7, 365 days a year. Please call the Colorado Child Abuse and Neglect Hotline at

1-844-CO-4-KIDS (1-844-264-5437)

to report concerns about a child's safety and well-being.



WHAT HAPPENS NEXT...

- Safety Assessment
 - Home safety, medical concerns, minimal facts interview
- Forensic Interview
- Investigation by Law Enforcement and/or Human Services
- Self-Help for Caregivers
 - Anxiety is transferrable
 - The number one factor in children recanting is an unsupportive caregiver





PREVENTION TIPS

OFFENDERS ARE LOOKING FOR...

- “Be suspicious if someone seems more interested in their children than in the parents”
- “I never approach children in groups”
- “Secrecy and blame were my best weapons. Most kids worry that they are to blame for the abuse and that they should keep it a secret”
- “Kids who felt unloved or not appreciated were easiest to victimize, they needed the love I gave”
- “Don’t teach your kids to do everything adults tell them”
 - Child can have a hard time saying “No” to an authority figure

GROOMING

- Gaining trust with child and family
 - Can happen in minutes or over years
- Boundaries
 - Testing them, keeping secrets
- Building a special relationship



SAFETY TIPS

- Use the correct names for body parts
- Talk about everything, even sex
- Answer the questions kids ask
 - Where did I come from?
 - How did I get here?
- Have a “no secrets” household
- Know the warning signs of abuse
- Listen, especially if something seems “off”
- Help kids identify other trusted adults



SAFETY TIPS

- Teach and reinforce the personal bubble
 - Provide alternatives for hugs/kisses
- Ask questions
 - Sleepovers
 - Play-dates
 - Summer Camps
 - Outside activities (Sports, Religious, Clubs, etc.)
- Show up unannounced
- Have a safety plan
- Take advantage of teachable moments
- Trust your instincts



PREVENTION TIPS

PROMOTE EMPATHY

"I made a mistake and I'm sorry. I didn't realize that I embarrassed you. Thank you for telling me how you are feeling."

REINFORCE BOUNDARIES

"If you have that icky feeling in your stomach or feel uncomfortable, it's okay to make up a reason that you need to leave."

NURTURE HEALTHY SEXUALITY

"It's okay to look at and touch your own body. You can do that in your bedroom or in the bathroom."

PRACTICE HONESTY

"I'm not sure how to answer that question but I'm really glad you asked me.
I'm going to find the answer so we can learn together."

EMPHASIZE CONSENT

"If you don't want a hug from someone, even me, you can say no."

ENCOURAGE DIALOGUE

"If anyone ever breaks the touching rules you can always talk to me about it. You will not be in trouble. I want to know."





FOR MORE INFORMATION PLEASE

VISIT

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OR CALL 303-444-1388