


Preventing Child Sexual Abuse

**Just as it takes
a village to
raise a child,
it takes a
community to
protect one.**
~source unknown

**April is
Child Abuse Prevention Month**

 **It starts here.**
child abuse prevention

**Wear a blue ribbon in
April & throughout the year
to show your support!**

 To find out more visit <http://blueribbonsonline.wi.gov/>
Click [here](#) for tips on how to prevent child sexual abuse

For more information on prevention programs and strategies, keep reading this section! Learn about the philosophies and histories of prevention programs and campaigns by visiting their websites. Learn how you can bring these important programs to your school, church or organization by calling the Collins Center.

Child Sexual Abuse CAN be Prevented!

After educating yourself about child sexual abuse, learning how often it happens, and about how perpetrators are likely to be someone the child knows and trusts, you may be feeling saddened and discouraged by the facts and statistics. That is normal! The good news is that child sexual abuse CAN be prevented by caring parents and other adults in the community coming together to make a difference. Prevention starts by breaking the silence and secrecy that surrounds sexual abuse. This can happen by adults having discussions about sexual abuse, keeping other adults accountable by confronting or reporting inappropriate interactions with children, and providing a safe space for children to communicate openly about difficult subjects such as sexuality and abuse. As was mentioned in the welcome letter, the Collins Center and many other organizations are shifting prevention efforts from targeting children to targeting adults.

Prevention education includes programs, awareness and outreach to the general community, and developing and making resources available for adults to be educated, report suspicions, and get support for concerns about child sexual abuse. Prevention efforts can be classified as primary, secondary or tertiary. Primary prevention targets the general population to stop sexual abuse before it ever happens. Secondary prevention also occurs before the problem, but is only targeting “at-risk” populations. We know that child sexual abuse occurs in all different populations, ages, races, religions, and socioeconomic levels. To only target women and young girls or “at-risk” children with sexual assault prevention would feed into the myth that they are the only victims. Tertiary prevention is offered after the problem has occurred and can include efforts such as teaching adults how to identify and properly report abuse after a child has been victimized or teaching children how to respond in a dangerous situation. After a child has become a victim, help given to that person would be considered intervention. All types of prevention are worthwhile and important; however, *primary* prevention will help stop the problem, in this case sexual abuse, from ever happening. That should be our ultimate goal in ending sexual violence in our communities.

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If you are concerned about a specific child, or if you have questions about this material, call the Collins Center at (540)434-2272.



PO Box 1473, 165 S. Main St. Suite D
Harrisonburg, VA 22801
Web: www.thecollinscenter.org
Email: casa-hburg@ntelos.net



This resource is a project of the Collins Center, serving Harrisonburg & Rockingham County, VA
Funded by the Virginia Department of Social Services Family Violence Prevention Program SVC-06-046-02

Prevention Spectrum

Our homes, our families...

 It starts here.
child abuse prevention



Rape crisis centers deliver sexual assault victim services (intervention), but also promote awareness and prevention.

Most Collins Center staff participate in prevention education efforts, but three positions are devoted entirely to prevention education:

Education Coordinator

(Violence Prevention Programming to Jr & Sr High Schools, Colleges, & Universities)

Trent Wagler

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Prevention Specialist

(Early Childhood Sexual Abuse Prevention)

Angie Strite

stritea@ntelos.net

Outreach Coordinator

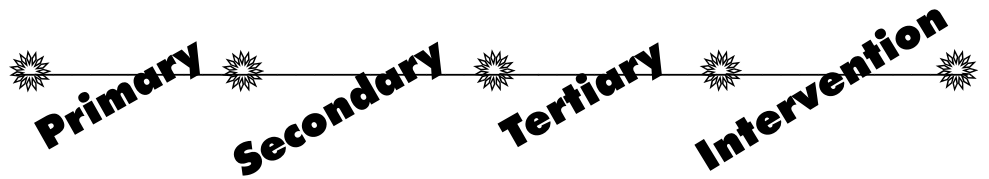
(Public Relations, Outreach & Awareness)

Cory Davies

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Child sexual abuse prevention efforts can be thought of in terms of a spectrum. This spectrum shows the types of prevention programming and information that target children and adults in the community:



Secondly, prevention programs and information can be categorized into one or more groups - targeting children, adults, both children and adults, or potential perpetrators.

Child-Focused	Community Awareness & Outreach	Adult Programs	Perpetrator Prevention
Giving children tools to avoid and protect themselves in dangerous situations, the responsibility is solely on the child (eg. self-defense, No-Go-Tell, fear-based approaches)	Targeting general community with the facts about child sexual abuse, what children can do to keep safe, and how parents can keep children safe	Teaching parents and other adults about the facts of child sexual abuse and prevention strategies; may include children's program, but focuses responsibility for prevention on adults	Programs teaching kids empathy for others and respect for sexual boundaries (eg. healthy sexuality education); Adults keeping other adults accountable for inappropriate behaviors with children (Stop It Now!)

Effective prevention education in any community includes all levels of the prevention spectrum and targets all members of the community, including both adults and children. For more information on prevention programs and strategies, see the next two pages. Learn about the philosophies and histories of prevention programs and campaigns by visiting their websites. Learn how you can bring these important programs to your school, church or organization by calling the Collins Center.

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Prevention Programs

The following are three programs the Collins Center promotes in the Harrisonburg/Rockingham County area.

Stop It Now! - The Collins Center uses and endorses the philosophies of the Stop It Now! Program. The Center for Injury & Violence Prevention at the VA Department of Health, along with the VA Stop It Now! Steering Committee, launched the Stop It Now! Helpline in the state of Virginia in 2005. The Helpline is a toll-free number for individuals who have questions or concerns about child sexual abuse, and/or any inappropriate sexual behavior between an adult and a child or between two children. The Helpline receives calls from adults who have sexually abused as a child, adults who are at risk to touch a child in a sexual way, as well as friends and family members. They also receive calls from friends and family members of victims as well as from parents of children with sexual behavior problems. All calls are confidential and will be answered by a trained staff member. The helpline is available Monday-Friday, 9:00 AM - 5:00 PM (EST) at 1-888-PREVENT (773-8368). For more information on the campaign in VA, visit www.vahealth.org/civp/sexualviolence/stopitnow.asp where you can order brochures & posters, download brochures, and listen to public service announcements for radio spots aired in the Richmond area. See links to brochures in box at right and visit www.stopitnow.org for other resources and more information about the program.

Care For Kids: Early Childhood Healthy Sexuality & Abuse Prevention Program - The Care For Kids program prepares early childhood educators to be proactive in preventing child sexual abuse through healthy sexuality education. Care For Kids is a comprehensive, community-based approach to prevention that provides early childhood educators, parents and other adults with information, materials, and resources to communicate positive messages about healthy sexuality to young children. The 6-session workshops for children ages 3 to 8 focus on developing self-esteem, positive attitudes toward sexuality, and safe body boundaries. The curriculum uses the following six themes: bodies, babies, feelings, touching, bedtime, and secrets & surprises. Each theme includes developmentally appropriate activities and messages that can easily be incorporated into the early childhood learning environment.

(continued on next page)

[Prevent Child Sexual Abuse: Facts About Those Who Might Commit It](#)



Stop It Now!

The Campaign to Prevent Child Sexual Abuse

1-888-PREVENT (773-8368)

[Stop It Now! Helpline Brochure](#)

[The Child Assault Prevention Project](#)
[See program brochure](#)



Find out more at:
www.internationalcap.org
www.njcap.org

Care For Kids

Early Childhood Health Education and Abuse Prevention Program

- [Program Brochure](#)
- [Goal & Description](#)
- [Themes & Messages](#)
- [Journal Article](#)

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Prevention Programs

Child Assault Prevention (CAP) Program

The CAP curriculum for elementary age children works to ensure that children are safe, strong and free. Since its development in 1978 in Columbus, Ohio, CAP has been implemented by over 250 communities internationally. CAP seeks to end the victimization of children through education of children and the adults in their communities. Recognizing children's vulnerability to assault, it focuses on children's problem-solving abilities to help them identify and defuse potentially dangerous situations. In a one hour and fifteen minute workshop using role-plays and guided group discussion, children learn assertiveness, peer support, and communication skills. The complementary adult workshop educates parents, teachers, administrators, and community members about child sexual assault and prepares them to respond effectively to children in crisis.

CAP's popularity stems from its versatility and broad application. To children, CAP is fun and exciting; it is not frightening or confusing. To adults, CAP is reassuring. Parents are often uncomfortable with discussing the possibility of sexual assault with their children. CAP provides a structure, a vocabulary, and a strategy for parents and children to talk about child sexual assault. To the abused child, CAP means that someone who understands and is willing to help is within reach. For the teacher or parents of that child, CAP provides vital information and support during a crisis.

Based on the theory of power and vulnerability, the CAP Project incorporates the prevention strategies of understanding rights, asserting oneself, and peer and community support into both adult and children's programs. Its goal is to increase children's options, build their strengths, and promote their safety. In essence, CAP strives to empower children.

CAP's 3-point focus includes programs for teachers/staff, parents and children. The adult programs take place 1 to 2 weeks before the children's workshop to teach adults about child abuse, how to respond to children, and how to reinforce the strategies the children learn about bullying, stranger assault and known adults making a child feel uncomfortable. [Click here](#) for a complete history and description of the CAP programs.

The CAP Project of Harrisonburg/Rockingham County gratefully acknowledges the International Center for Assault Prevention, who trained us in the CAP model. We are proud to be a member of the CAP network, composed of projects around the world. For more information about CAP, visit www.ncap.org or contact the International Center for Assault Prevention, 606 Delsea Drive, Sewell, NJ 08080.

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