

Safeguard from Abuse Learning Guide



Safeguard from Abuse Video

Learning Guide and Workbook



Introduction

Statistics:

How many girls will be sexually abused before the age of 18? _____

What percentage of the time does the child know the abuser? _____

What percentage of sexual abuse cases will not be reported to the authorities? _____

On average, how many persons can a serial sex offender abuse before being caught? _____

What does a child sex offender look like? _____

A sex offender can be any person of any age, of any economic standing, of any religion or race. Sex offenders can be male or female but criminal statistics show they are more likely to be a Caucasian male in his mid-30's. Women are capable of perpetrating sexual abuse, as well. In fact, millions of children are sexually abused by women each year. In many cases though, if a woman is involved in child sexual abuse they usually want to teach a youngster about sex or they are cooperating with a male aggressor.

Child sex offenders often disguise themselves as harmless and caring people. They usually place themselves in a leadership role. Most importantly, these predators have the ability to create a sense of trust with both the child and their parents and are crafty at luring children into situations that may allow the offender to abuse the child.

He/She may use what kinds of lures to get a child into a compromising situation? _____

Child sex offenders place themselves intentionally into leadership roles that will eventually put them one on one with children.

Name the leadership roles that a sex offender might put themselves into? _____

Child sexual abusers, in fact, can be children themselves. While usually the child offender is older or more powerful in thought or maturity, he or she can still be under the age of 18. In this type of abuse, no adults are around during the act. However, research shows that more than half of these child perpetrators themselves have been sexually victimized by two or more adults. Juveniles are responsible for abusing 40% of victims under the age of six.

Volunteers are the backbone of most youth organizations. As a coach or mentor or someone who works with kids, you provide the platform for meaningful service in the world. Youth serving organizations offer a unique experience for kids to learn physical skills, sportsmanship and community team work. Tragically, these organizations and activities have not always been safe places for kids. Child sexual abuse, physical abuse, exploitation and ritual abuse can occur. It's hard to imagine, but it happens everywhere. We don't like to think that any person in the organization would harm a child. But it is that belief that attracts the perpetrator to your group. Also, youth serving activities provide opportunities for close contact and for close personal relationships with children. Which is wonderful for healthy adults, but for an abuser, this is just the place where he will easily find his next victim or victims.

Notes:



(Part 1) Types of Child Abuse

What two things will detract the abuser from your organization? _____

There must be core knowledge about how to recognize abuse, how to report potential abuse, and we must be informed about how to safely carry out our jobs without providing opportunities for abusers to harm the children in our care.

What are the four types of child abuse? _____



Physical Abuse is the infliction of injury by another person, when a person deliberately and intentionally causes bodily harm to a child, usually through an aggressive act. Examples may include violent battery with a weapon such as a knife, belt, or strap. The abuser may shake, kick, burn, choke, bruise, or even break the bones of a child in a non-accidental manner.

Sexual abuse of a child is any sexual act between an adult and a child, including penetration, intercourse, incest, rape, oral sex, and sodomy. Sexual abuse of a child refers to sexual behavior between an adult and child or between two children, one of whom is forcefully dominant or significantly older. The U.S. Department of Justice estimates that one in six victims of a sexual assault is under age 12. Despite publicity surrounding cases where a child is assaulted by a stranger, almost all sexual assaults against children are perpetrated by a family member, a friend, or trusted child care giver.

Neglect is the failure to provide, by those responsible for the care, custody and control of the child. When the attending adult does not provide the proper and necessary support and education, nutrition and medical, surgical, or any other care necessary for the child's wellbeing as required by law. This is when a person endangers a child's health, safety, or welfare through negligence.

Emotional Abuse may also be referred to as emotional maltreatment, psychological maltreatment or psychological abuse. This type of abuse is when a person exposes a child to spoken and /or unspoken violence or emotional cruelty through verbal or symbolic acts. Emotional abuse sends a message that the child is worthless, bad, or insignificant. Kids exposed to this type of abuse may be deprived of parental affection, being constantly told they are terrible or stupid. These children may be forced into closets or small spaces for long durations of time. They may also be given or forced to consume alcohol or drugs.

Remember, abuse can happen anywhere even in your organization. If a child reports that he or she has experienced the behaviors detailed in these descriptions, serious attention should be paid to the report. In any organization with children is a place where abuse can occur. Kids are the most defenseless members of our society, so pay attention and take immediate action. Many organizations and schools have adopted zero tolerance rules when it comes to child sexual abuse.

What is a Zero Tolerance Policy? _____

Notes:



(Part 2) Nine of the Most Common Characteristics of a Predator; Lures and Ways a Child Sexual Predator Finds and Grooms their Next Victim

It is not easy to identify adults who sexually abuse children. Sometimes offenders are married; sometimes they are single, some professional and some retired. Pedophilia is a sickness that knows no bounds and offenders infiltrate every segment of society. While there is no single personality profile that fits perfectly, criminologists and psychologists will tell you that there are many common factors found. This is the concept that criminal profiling is founded upon. All sexual predators are similar in some aspects. From this, the basic profile and characteristics list is created.

What are the 9 common characteristics or profiles of a child sexual predator?

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____
- 9) _____

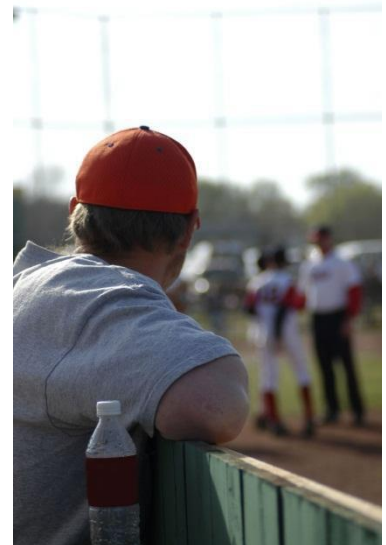
The typical sexual predator is very immature in his or her understanding of intimacy. It is like they truly want closeness, but they lack the skills to feel fulfillment and trust. The inability to accept responsibility for actions and behaviors is a result of insecurity. By accepting responsibility one feels they are admitting to being weak, powerless or defenseless. It may cause one to feel they will lose their sense of value and importance--the two qualities an abuser craves.

What are the most common strategies an offender will use to lure a child into his/her life? _____

The Grooming Process:

- ❖ First step is identification. Identifying which child is the most vulnerable, which child will keep a secret, which child is the most compliant, which child is the most needy or vulnerable.
- ❖ Second step is the approach. Becoming a friend to the child, he or she starts giving compliments. The predator is testing out how much and how far they can go with this child.
- ❖ Then the process of grooming the child begins. The predator and the child will have a secret relationship that is isolated from their peers and their parents. Giving compliments and praising the child to create a “special” relationship.
- ❖ Grooming includes touching the child to see how the child reacts.
- ❖ A predator will bestow the child with incredible significance and say to the child you’re so smart like an adult, and we can be friends.
- ❖ Giving gifts to reward the child for engaging in an inappropriate relationship. Gift giving is an important part of grooming.

Notes:



National Sex offender Public Website to search for registered offenders

www.nsopw.gov

(Part 3) Behaviors and Signs of an Abused Child and What to do if you suspect Abuse

Most kids find it difficult to talk about abuse, especially boys. The first step in helping abused or neglected children is learning to recognize the signs of child abuse and neglect.

The presence of a single sign does not prove child abuse is occurring in a family, but a closer look at the situation may be warranted when these signs appear repeatedly or in combination. A child may be subjected to a combination of different kinds of abuse, and it is also possible that a child may show no outward signs and hide what is happening from everyone.



Name 4 common characteristics of a physically abused child:

1. _____
2. _____
3. _____
4. _____

Name 4 common characteristics of a sexually abused child:

1. _____
2. _____
3. _____
4. _____

Name 4 common characteristics of child that suffers from neglect:

1. _____
2. _____
3. _____
4. _____

Appropriate and inappropriate Touch and Behaviors

Most child caretakers, clergy and coaches have been formally trained in the skill of appropriate and inappropriate touch, but what about the volunteer or helper?

What separates an innocent hug from an aggressive grab? What about a kiss on the cheek, pulling a girl's ponytail, or a pat on the bottom after a slam dunk or a touchdown? What about when a first grader wants to hold your hand while on a field trip?

Because we are sometimes unsure what appropriate behavior with kids is, we are uncertain when abuse is really happening or not. For most of us we have a social understanding of right and wrong touch, but it's hard to know all the time what is definitely appropriate with children. So The Top Ten Nevers outline some guidelines and good practices:

Name 5 of the "Top Ten Nevers"

1. _____
2. _____
3. _____
4. _____
5. _____

Here are more actions that are considered inappropriate with children and youth because many of them are the behaviors that child sex offenders use to groom children or youth and their parents for later molestation or can be, in and of themselves, considered sexual abuse.



- Inappropriate or lengthy embraces
- Kisses on the mouth
- Holding children over three years old on the lap
- Touching bottoms, chests or genital areas other than for appropriate diapering or toileting of infants and toddlers
- Showing affection in isolated areas such as bedrooms, closets, staff only areas or other private rooms
- Occupying a bed with a child or youth
- Touching knees or legs of children or youth
- Wrestling with children or youth
- Tickling children or youth
- Piggyback rides
- Any type of massage given by a child or youth to an adult
- Any type of massage given by an adult to a child or youth
- Any form of unwanted affection
- Comments or compliments (spoken, written, or electronic) that relate to physique or body development. Examples would be, "You sure are developing," or "You look really hot in those jeans."
- Snapping bras or giving wedgies or similar touch of underwear whether or not it is covered by other clothing
- Giving gifts or money to individual children or youth
- Private meals with individual children or youth

Showing love and affection are a natural part of most child and youth serving organizations including church life and ministry. There are many ways to demonstrate affection while maintaining positive and safe boundaries with children and youth. When creating safe limits, it is important to establish what types of affection are appropriate and inappropriate, otherwise that decision is left to each individual in your organization. Stating which behaviors are appropriate and inappropriate allows personnel and volunteers to comfortably show positive affection toward kids, and yet be able to identify individuals who are not maintaining safe boundaries with children or youth.

Affirmative and Appropriate Forms of Affection:

- Brief hugs
- Pats on the shoulder or back
- Handshakes
- “High-fives” and hand slapping
- Verbal praise
- Briefly touching hands, faces, shoulders and arms of children or youth
- Arms around shoulders for short amounts of time
- Holding hands while walking with small children
- Sitting *beside* small children
- Kneeling or bending down for hugs with small children
- Holding hands during prayer



Female Predators

No one thinks a woman can be a sexual predator, however, it does happen. It's not as prevalent as male sexual predators, but it can occur. In fact, millions of children are sexually abused by women each year. Like male predators, there seems to be no defined demographic. Female predators can be teachers, coaches, tutors, youth group leaders, moms and grandmothers.

Name 3 characteristics of a female sexual predator:

1. _____
2. _____
3. _____

(Part 4) Social Media, Sleep-Away Camps, and What to do if You Suspect Abuse

In the virtual world, the definition of a student-teacher, student-coach, or student-mentor relationship is hazy, particularly on social networks like Snap Chat, Instagram, Facebook, Twitter, YouTube, and all the other sites where adults and teens share the same forums to connect and keep in touch with friends, classmates, relatives, and co-workers.



Based on current research, teens flock to Social Media to express themselves. Why? _____

Therefore, it's an easy place for predators to access kids without their parent's knowledge.

Social Media must be monitored!

Make sure that you know your organization's policy regarding social networking with kids.

Most experts recommend discouraging teachers, coaches, clergy, etc. and students from communicating exclusively, without a parent, guardian or school administrator being able to access the message. To help ensure that all communication on social media channels remains positive and safe, these channels must be public, and all communication on or through them must be public. This enables administrators to monitor all communication and help ensure there is no inappropriate communication between adults and children or between children themselves. Therefore, no private channels (e.g., private Facebook groups or invite-only YouTube channels) are acceptable. Private channels and private communication put both the youth and you at risk. If you feel the information you seek to share via social media channels should not be shared in public, you should not share that information via social media.

While all communication should be public, it is recommended that as you and members of your youth group or organization create personal social media profiles, the personal information on these profiles should be kept private (e.g., do not display your phone number, address, or personal email address on these profiles).

Any adult with personal profiles for social media make those profiles private so that your personal information is not accessible by the public and do not invite children from your organization to see your personal profile.

Tips to Minimize Other Potential Internet Risks

Instruct kids to use privacy settings to restrict access to profiles so only the individuals on their contact lists are able to view their profiles.

Remind kids to only add people they know in real life to their contact lists.

Encourage kids to choose appropriate screen names or nicknames. Talk to kids about creating strong passwords, such as those that use the first letter of each word of a phrase or an easy-to-remember acronym.

Ask kids about the people they are communicating with online.

Make it a rule that they can never give out personal information or meet anyone in person without your prior knowledge and consent. If you want to consider a meeting, talk to the other kid's parents/guardians. If you agree to the meeting, accompany your kids and meet with the other kid and his or her parents/guardians in a public place.

Encourage kids to think "Is this message harmful, dangerous, hurtful, or rude?" before posting or sending anything online. Teach them not to respond to any rude or harassing remarks or messages that make them feel scared, uncomfortable, or confused and to show these messages to an adult.

If someone sends or shows kids an email or any type of direct message/wall post with sayings that make you feel uncomfortable, trust your instincts. You are probably right to be wary. Do not respond. Tell a parent or trusted adult what happened.

If somebody tells a child to keep what's going on between the two of you secret, instruct the child to tell a parent or guardian.

Be careful of whom kids talk to. Anyone who starts talking about subjects that makes the child feel uncomfortable is probably an adult posing as a kid.

Pay attention if someone tells things that don't fit together. If one time an online "friend" says he or she is 12, and another time says he or she is 14. That is a warning that this person is lying and may be an adult posing as a kid.

Never allow a child to meet someone they have met only online at any place off-line, in the real world.



The internet and social media can be a powerful tool for sharing the joys and triumphs of your organization, but if not executed properly, it can be a detriment to everything it represents. As such, engage in social media activities wisely. Also realize that social media is a new and evolving form of communication that requires flexibility, patience, and commitment, but the rewards of increased connection with, and understanding of, your target audience can be great.

Group Activities and Sleep Away Camps

Some activities such as evening meetings or practices, one on one mentoring, overnight trips, bathing, changing, bathroom interactions, and nighttime activities, pose greater risks for child sexual abuse.

What 4 things can you do to minimize child abuse during group activities and sleep away camps?

1. _____
2. _____
3. _____
4. _____



Out-of-program Contact Restrictions

Your organization should limit contact between adults and youth to organization-sanctioned activities and programs and to certain locations, such as activities within your organization's building.

What types of systems should your organization put in place for monitoring the comings and goings of all youth and adults who enter and leave your facility? _____

Child-to-Child Abuse Vs. Normal Sexual Behaviors

It is important to note that not all child sexual abuse is between an adult and a child. While sexual curiosity and sexual play are normal steps in a child's development, these behaviors become concerning when they are extensive, unwanted by other children, occur between children who are much older or much younger than each other and/or when a child cannot or is unwilling to stop the behavior when asked by a parent or guardian.

There is a difference between reportable abuse and age-appropriate sexual behavior.

Normal sexual behaviors will often have the following traits:

- The sexual play is between children of similar size, age, and social and emotional development.
- It is lighthearted and spontaneous. The children may be giggling and having fun when you discover them.
- When adults set limits (for example, children keep their clothes on at day care), children are able to follow the rules.

Signs of concerning behavior in children include:

- Children with a preoccupation with sexual acts
- Children who have sexual behaviors and interests that are not similar to those of same-age children
- Children aged 4 and older who do not understand or respect the rights and boundaries of other children in sexual acts
- Children who engage in adult-type sexual acts
- Children who use bribery, threats, or force to engage other children in sexual acts

Child-to-Child Sexual Abuse Reporting Guidelines

All camp policies should prohibit any sexual conduct between children. A no tolerance policy and clear explanation to participants and parents/guardians sets the standard for expectations. There may be times when sexual conduct between children occurs. It is critical to understand when these encounters may be abuse and when you are required to make a report to local law enforcement. If you find yourself in this situation, the following considerations should help you determine the appropriate action.

Child-to-child sexual conduct is defined as participants under the age of 18 engaging in sexual kissing, hugging, stroking, or fondling with sexual intent; oral sex or sexual intercourse; and any request for the performance of sex.

Reporting Child Abuse

Reporting child abuse is not pleasant, especially when it involves the children of a relative, neighbor, friend, or co-worker. However, the worst thing you can do is nothing. If you fail to act, remember that the abuse or neglect the child may be experiencing will likely continue.

What is the worst thing you can do if you suspect abuse? _____

If you suspect abuse, you must call the local child protective services agency or department of human services. Each state has slightly different laws for reporting. States by state resources are available at childwelfare.gov.

Gather Accurate Information

Each situation is different. In considering the most effective response that will ensure the child's safety and wellbeing, you may need to gather information and facts.



Name 4 ways you can gather accurate information to determine if a child is being abused:

1. _____
2. _____
3. _____
4. _____

State Reporting Requirements and Mandates

Thirty-two states require only professionals such as teachers and doctors to report child abuse, but 18 require any adult, who knows of or reasonably suspects, child abuse to report.

Name 6 typical Mandatory Reporters:

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Failure to report is serious! Approximately 47 states impose penalties on mandatory reporters who knowingly or willfully fail to make a report when they suspect that a child is being abused or neglected. Failure to report is classified as a misdemeanor in 39 States. In Arizona, Florida, and Minnesota, misdemeanors are upgraded to felonies for failure to report more serious situations. While in Illinois and Guam, second or subsequent violations are classified as felonies.

Mandatory reporting requirements take precedence over professional codes of practice where confidentiality or client privilege is claimed.



Name 5 responsibilities and conditions of a Mandatory Reporter:

1. _____
2. _____
3. _____
4. _____
5. _____

Notes:

State by State Reporting Guidelines

Mandates change frequently! Check with your county and state welfare department for the most up to date mandates.

Click this link: [Child Abuse Reporting by State](#)

Full link:

https://www.childwelfare.gov/organizations/?CWIGFunctionsaction=rols:main.dspList&rolType=Custom&RS_ID=5

SPECIAL Texas Requirements per the Texas Camp Act-- Texas Youth Camps have a special reporting requirement for suspected child abuse/molestation occurring at the camp. Below are the actual requirements for Texas Youth Camps from Section 265.15(d)(1):

A person making a report, to local law enforcement or the Department of Family and Protective Services, of alleged abuse or neglect at a youth camp, must also notify the Department of State Health Services' Policy, Standards and Quality Assurance Unit by phone at (512) 834-6788, by fax at (512) 834-6707, or by email at PHSCPS@dshs.texas.gov

In evaluating this conduct and whether the incident should be immediately reported to law enforcement, consider:

Would a reasonably prudent person believe the behavior harmful to a participant's mental, emotional, or physical welfare?

If there is an age difference of more than three (3) years between the participants, the answer to this question is always YES.

If all the other elements are present and the answer to: *Would a reasonably prudent person believe the behavior harmful to a participant's mental, emotional, or physical welfare?*

If there is an age difference of more than three (3) years between the participants, the answer to this question is always YES, then:

Reporter of The Abuse

The reporter must immediately notify law enforcement. Follow the guidance of law enforcement and then immediately report the incident to the program director. The reporter must note (a) the name of the law enforcement official who took the report, (b) the time of the report, (c) a brief summary of your discussion with law enforcement and (d) provide this information to the program director.

Program Director

Unless instructed by law enforcement to not contact the parent(s)/guardian(s), the program director will immediately notify the parent(s)/guardian(s) of the children. The program director will then file an online report with the Texas Department of Family and Protective Services at the following link: <http://www.txabusehotline.org/Login/Default.aspx>

If the answer to the question is NO, then immediately report the incident to the program director who must notify the parent(s)/guardians(s) of the participants before the end of the day.

Texas

Toll-Free: (800) 252-5400

https://www.dfps.state.tx.us/Contact_Us/report_abuse.aspx (opens in new window)

Online reporting <https://www.txabusehotline.org/Login/Default.aspx>

Background Screening

Any adult who works or volunteers regularly with or around children or youth must be thoroughly screened and selected. Criminal background checks are rapidly becoming the norm even for volunteers. Here are a few processes you can expect to undergo when you apply to work or volunteer with kids.

Fill Out a Standard Application completed by the applicant that includes an authorization for the release of information to conduct background checks

Criminal Records Check a multi-state criminal search along with county level background checks for 7 years

Sexual Offender Registry Check a multi-state sex offender search

Alias Name Search a search of maiden names or other alias names (Social Security Trace)

Individual Interview with the applicant

Resume Verification check applicants resume accuracy

Reference Checks interview persons outside the organization who know the applicant, preferably who know how the applicant works with children

Driving or Motor Vehicle Records Check if the applicant may be transporting children or youth

Safeguard from Abuse recommends **SecureSearch** as a trustworthy **background screening company**.

SecureSearch is a **premier online volunteer and pre-employment screening service**. They are the leading provider of background checks and are used by volunteer and staff recruiters everywhere. SecureSearch is fast, compliant, and accurate.

They are committed to creating a safer and more secure workplace and living environment through the responsible use and dissemination of information.

All of their business practices are FCRA compliant



SecureSearchPro.com

Recommended Background Screening Company

www.securesearchpro.com