



# **The Agape Project**

## **Safety Against Sexual Abuse**

### **Parent Workshops: Summer 2021**

*The Agape Project*

*Communication. Education. Compassion. Empowerment.*

*United Towards A Christ-Centered Church Community*

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To learn more about our multidisciplinary team, please visit our website at <https://www.agape-project.org/>.

### **Introduction**

During the Fall of 2020, The Agape Project came together with a shared goal to educate our community on matters of safety against sexual abuse. Our multidisciplinary team of allied professionals began by putting together resources for our congregation and launching our first educational series, titled “Safety Against Sexual Abuse.” Over the course of several weeks, we launched a five-lecture series aimed at educating five different groups: servants, young adults, parents of children grades K-6, parents of children grades 7-12, and general congregants. By the Grace of God, we were able to reach almost 800 parishioners from across the United States and all over the world.

After the series, we identified that while the lectures were enlightening and helpful, parents and servants desire further education and want practical solutions to everyday problems. They asked us to help with specific questions like: “What do I say when X happens?” Thanks to engagement from our participants and their constructive feedback, we were able to identify the needs of our community and create the workshops and activities you see in the following pages.

The parent workshop in this document is intended for parents of grades K-12 children. The following real-life scenarios and instruction aim to prepare parents and guide them in applying the knowledge they acquired in our very first lecture series. We hope you enjoy this workshop and find it to be fruitful and **empowering**.

To learn more about our organization and to watch the series mentioned above, please visit <https://www.agape-project.org/>.



## Outline and Overview

### **Safety Against Sexual Abuse: Parent Workshop**

**Audience:** Parents of K-12 grades children

**Objective:** To equip parents of K-12 grade children with the tools needed to communicate appropriately on the subject matter of safety against sexual abuse and empower them to effectively implement that knowledge in everyday interactions.

#### **Materials:**

- Technology (Zoom, laptop, etc)
- Completed Content Presentation (Must be generated based on Pre-Assessment responses)
- Supplement A: Pre-Assessment (English)
- Supplement B: Pre-Assessment (Arabic)
- Supplement C: Scenarios for Groups
- Supplement D: Workshop Debriefing Guide
- Supplement E: A Guide to Handling Difficult Conversations (*Take-Home PDF*)
- Supplement F: Resources (*Take-Home PDF*)

#### **Pre-Assessment and Servant Preparation:**

Facilitating servants should familiarize themselves with all content material for “Unit One: Safety Against Sexual Abuse.” In particular, supervising servants should review *Agape Project* material, lectures, and post-assessment data for Parents K-6 (both English and Arabic), and Parents 7-12 (both English and Arabic).

Before the commencement of this workshop, all participants should complete “**Supplement A: Pre-Assessment (English)**” or “**Supplement B: Pre-Assessment (Arabic).**”

#### **Workshop Outline:**

##### **A. Introductions and Objectives (5-7 Minutes):**

- a. Team members should introduce Agape, the team members present, and their backgrounds.
- b. Facilitating servants should explain the objective of the day, go through the agenda, and give a brief summary of the workshops.
  - i. Agenda:
    - A. Introductions and Objectives
    - B. Pre-Assessment Data
    - C. Identifying and Correcting Misconceptions
    - D. Demo of Break-Out Rooms/Group Scenarios
    - E. Group Scenarios (Break-Out Rooms) (**Supplement C**)
    - F. Debriefing

**B. Pre-Assessment Data (5 minutes):**

- a. Facilitating servants should present the data generated from the pre-assessment responses.
- b. Servants can field questions and then transition to correcting misconceptions.

**C. Identifying and Correcting Misconceptions (10-15 minutes)**

- a. Participants will view a 10-15 minute presentation with review of content skills, specific to the needs identified in the pre-assessment. Facilitating servants will tailor this to the needs of their audience.

**D. Demonstration of Break-Out Session (5 minutes)**

- a. Agape Servants should perform a demonstration illustrating how a scenario will take place.
- b. Agape Servants should validate discomfort, as well as hesitations. Servants can use phrases like:
  - i. "This is a time where it's normal and okay to be uncomfortable."
  - ii. "This is a judgement free zone."
  - iii. Servants may also choose to ask parents if they would like to be separated by gender.

**E. Group Scenarios (Break-Out Rooms) (20-30 minutes):**

- a. Review the directions (**Supplement C**).
- b. Depending on the size of each group and the comfort level assessed, Agape servants can ask parents to share their personal goals for the session, and what they hope to gain from these exercises.
- c. Each scenario should take about 5-7 minutes and should have a list of debriefing questions at the end. Servants may ask parents to take notes and prepare questions and comments for the end of the session.
- d. A scenario could follow the format below:
  - i. The Agape servant reads through the scenario and the options.
  - ii. The scenario is discussed in pairs (this could really be any formation), and then shared out loud with the group.
  - iii. If fitting, this is where debriefing questions can be done, or pairs can continue discussing and asking questions organically.

**F. Debriefing and Take-Home Resources (5-10 minutes)**

- a. Agape Servants should refer to the "Debriefing Guide," (**Supplement D**) for further instruction.
- b. Agape Servants should also present "A Guide to Handling Difficult Conversations," (**Supplement E**), and the "Resources" guide (**Supplement F**).

**Note:** All participants will receive an email that includes Supplement E, Supplement F, and a quick survey regarding their participation in the workshop.

### **Supplement A: Pre-Assessment (English)**

Please rate your comfort/understanding level for the following questions or statements

- Understanding of topics
  - o I feel confident in my understanding of the differences between sexual abuse and sexual violence
    - Confident
    - Somewhat confident/unsure of the differences
    - Not confident
  - o Sexual abuse only involves penetrative sex
    - Agree
    - Disagree
    - Unsure
  - o Sexual abuse in children is rare
    - Agree
    - Disagree
    - Unsure
  - o The rate of sexual abuse in boys is rare
    - Agree
    - Disagree
    - Unsure
  - o Sexual abuse of boys and girls within the Coptic church is rare
    - Agree
    - Disagree
    - Unsure
  - o Sexual abuse/sexual assault victims may share some of the blame and responsibility
    - Agree
    - Disagree
    - Unsure
  - o I feel confident in understanding the signs of child grooming
    - Agree
    - Disagree
    - Unsure
  - o Those who commit sexual abuse are often someone the child or family interacts with or knows
    - Agree
    - Disagree
    - Unsure
  - o I feel confident in understanding how to identify and lower risks of sexual abuse
    - Agree
    - Disagree
    - Unsure
  - o I feel confident in being able to identify signs and symptoms if a child were to experience sexual abuse or sexual assault
    - Agree

- Disagree
- Unsure

Please select the areas that you feel additional resources or education would benefit you properly discussing sexual abuse and violence with your child or Sunday school class.

- Identifying what constitutes sexual abuse or sexual violence
- Recognizing signs of sexual abuse or sexual violence
- Using scenarios and examples to discuss of sexual abuse or sexual violence
- How to help someone who has experienced sexual abuse or sexual violence
- How to have conversations regarding sex, sexual touching, sexual abuse, internet safety, and consent
- When to have conversations regarding sex, sexual touching, sexual abuse, internet safety, and consent
- What to do if a child discloses sexual abuse to you



## Supplement B: Pre-Assessment (Arabic)

أسئلة الخدم والوالدين حول فهم ومناقشة الجنس والاعتداء الجنسي

يرجى تقييم مستوى راحتك / فهمك للأسئلة أو البيانات التالية:

- أشعر بالثقة في فهمي الاختلافات بين الاعتداء الجنسي والعنف الجنسي
  - موافق
  - غير موافق
  - غير متأكد
- الاعتداء الجنسي يشمل الجنس المخترق فقط
  - موافق
  - غير موافق
  - غير متأكد
- الاعتداء الجنسي على الأطفال أمر نادر الحدوث
  - موافق
  - غير موافق
  - غير متأكد
- معدل الاعتداء الجنسي على الذكور نادر
  - موافق
  - غير موافق
  - غير متأكد
- من النادر حدوث اعتداء جنسي على الفتيان والفتيات داخل الكنيسة القبطية
  - موافق
  - غير موافق
  - غير متأكد
- قد يشارك ضحايا الاعتداء الجنسي / الاعتداء الجنسي بعض اللوم والمسؤولية
  - موافق
  - غير موافق
  - غير متأكد
- أشعر بالثقة في فهم علامات الاستدراج بالطفل
  - موافق
  - غير موافق
  - غير متأكد
- غالبًا ما يكون مرتكبو الاعتداء الجنسي شخصًا معروف للطفل أو لعائلته
  - موافق
  - غير موافق
  - غير متأكد
- أشعر بالثقة في فهم كيفية تحديد وتقليل فرصة الاعتداء الجنسي
  - موافق
  - غير موافق
  - غير متأكد
- أشعر بالثقة في قدرتي على تحديد العلامات والأعراض إذا تعرض الطفل للاعتداء الجنسي أو العنف الجنسي
  - موافق
  - غير موافق
  - غير متأكد

يرجى تحديد المجالات التي تشعر أن المزيد من الموارد أو التعليم سيفيدك عند مناقشة الاعتداء الجنسي والعنف بشكل صحيح مع طفلك أو فصل مدرسة الأحد.

- تحديد ما يُشكل اعتداءً جنسيًا أو عنفًا جنسيًا
  - التعرف على علامات الاعتداء الجنسي أو العنف الجنسي
  - استخدام السيناريوهات والأمثلة لمناقشة الاعتداء الجنسي أو العنف الجنسي
  - كيفية مساعدة شخص تعرض لاعتداء جنسي أو عنف جنسي
  - كيفية إجراء محادثات بشأن الجنس واللمس الجنسي والاعتداء الجنسي وأمان الإنترنت والموافقة
  - متى يكون لديك محادثات بخصوص الجنس ، واللمس الجنسي ، والاعتداء الجنسي ، وأمان الإنترنت ، والموافقة
- ماذا تفعل إذا كشف الطفل لك عن اعتداء جنسي

### Supplement C: Scenarios for Groups

- How to talk to your child about their body
  - Little kids: proper names for different body parts, similarities & differences in boys and girls, opportunities to do this such as bath time, how to answer their questions such as “where do babies come from”. Remember to take their questions at face value. Only answer the question and not more. Don't shy away from questions
    - Funny story about a child who asked “where does poo come from” and the parent went on a long tangent about the body and bowel movements. The child looked at the parent for a moment then asked, what about tiger

Skit 1:

Daughter: What is a pad? I heard one of the girls in school asking for one.

Incorrect Answer: Why are you asking me this? Why is that girl talking about that? You are too young. When you are older I will tell you.

Correct answer: At a certain age girls get something called a period that happens once a month. During that period, a bit of blood comes out of your vagina and when that happens we need to use pads to absorb that blood and not make a mess.“

Skit 2:

Child: where does poo come from?

Incorrect Answer: After we chew our food, it goes into the stomach and the stomach acids work by breaking the bonds in the proteins we ate. The food then travels down to the small intestines where bile, made in the liver and stored in the gallbladder, is combined with the food as it floats down from the duodenum...”

Correct Answer: When we eat, our body takes all the food and breaks it down and takes all the beneficial proteins and fibers from it and the rest gets pushed out and it looks like poop.

Workshop:

Ask parents specific questions about bodily functions and challenge them to answer with anatomically correct words:

“Why do I have to hide my wee-wee?”

“Why can't daddy carry a baby in his tummy?”

“Where does poop come from?”

“If I start having periods, does that mean I am ready to have a baby?”

- Older children: puberty, body changes, masturbation, menstruation, sex, don't shy away from questions, you want them to come to you with questions. Being careful not to shame them for their curiosity (refer to FAQ which will be posted on the web site)

<https://docs.google.com/document/d/1W4-ritCns8yqyKHw8s5-e89zGDTDY5Iobiwj8NQ2so/edit>

Workshop:

Ask the parents to reflect on their own childhood experiences then compare and contrast those to the children's experiences.

- When/how did you first learn about puberty?
- When/how did you have your first conversation with either one of your parents about puberty/sex?
- When/how did you wish your parents spoke to you about puberty/sex?
- Have you noticed an opportunity in the past where you could have spoken to your child about puberty/sex and decided not to?
- Why did you decide not to?
- Name a time or a topic that you can use to open the door to that conversation.

Come up with fictional characters and answer the questions from the point of view of those characters if the crowd is too uncomfortable to answer those questions.

- How to stay safe (more general)
  - Little kids: No one is allowed to touch your private area, ok touch and not ok touch, what to do if someone makes you feel uncomfortable, give your child permission to say no, no secrets, strangers, uh-oh feeling

Diagram:

The Bathing Suit Rule  
Supplement F

- Older kids: what to do when someone makes you feel uncomfortable, give your child permission to say no, come to you with a concern, role of alcohol, having an exit plan when possible, being an active bystander, what your child should do if a friend discloses to him/her

Ex of exit plan: texting "X" to the parent, the parent calls and tell the child they have to come home, child blames the "uncool" parent and the child has an out from an uncomfortable situation

- Internet safety

Demonstration:

Chatting is available in many popular games. Some of these are moderated, some are not:



Minecraft Chat

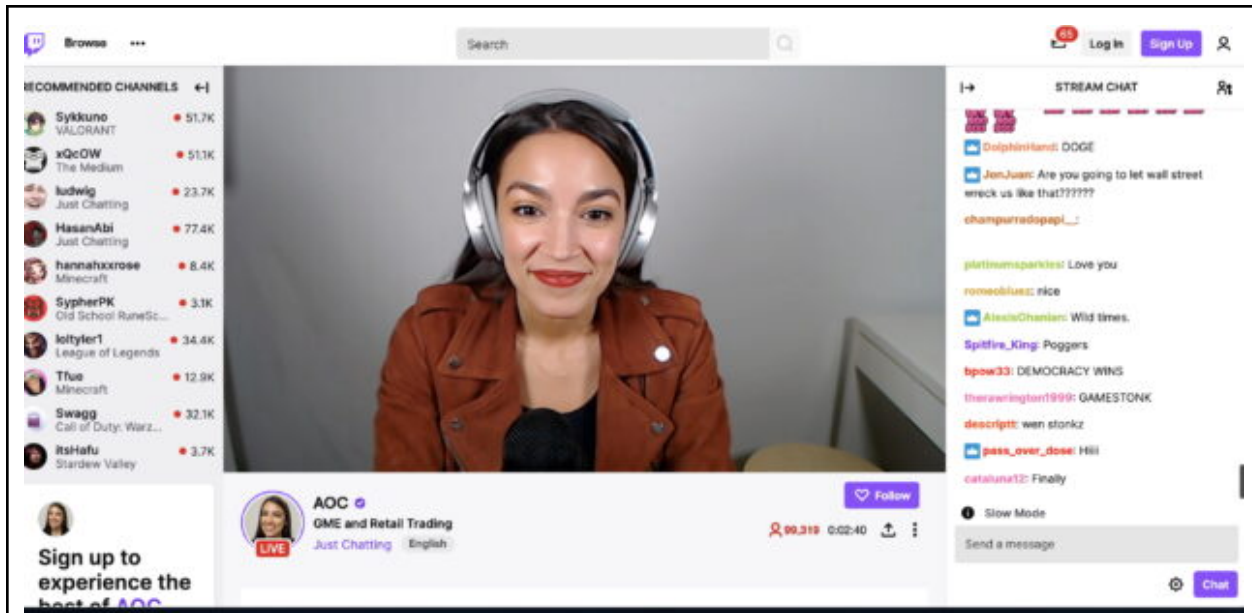


Fortnite Video Chat

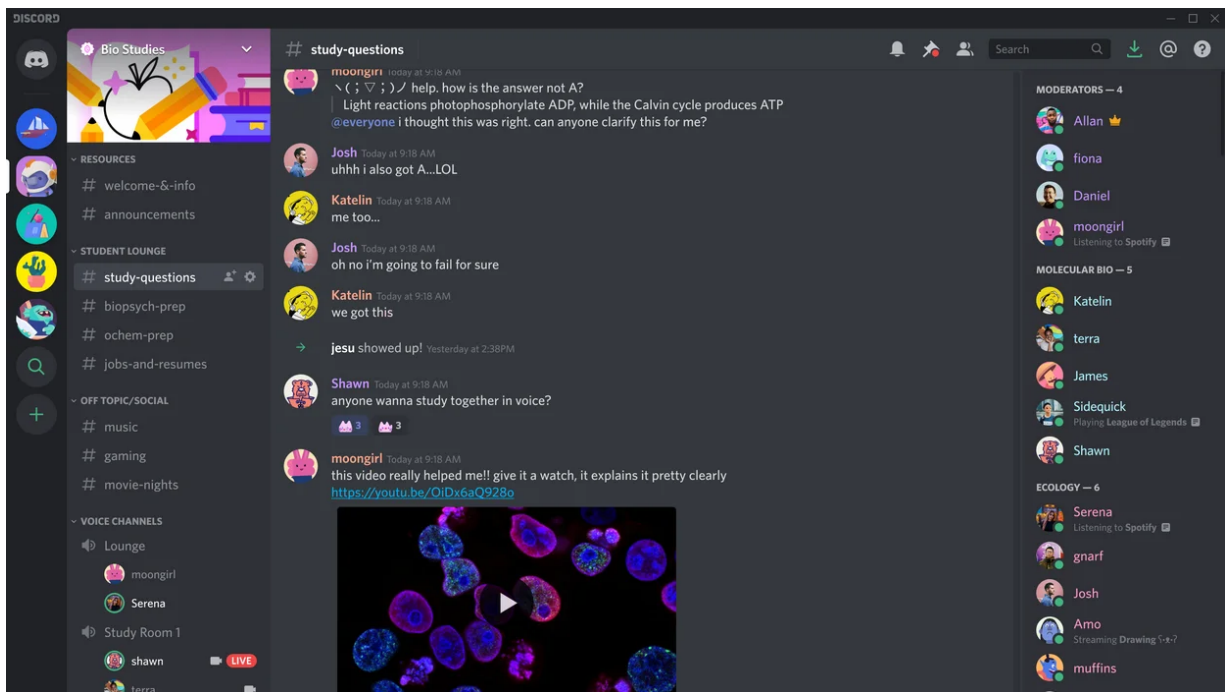


### World of Warcraft Chat

Additionally there are many other platforms that kids can use to text, voice and video chat on their phones, ipads and PCs.



Twitch is a platform for people to stream themselves playing video games.



Discord: Popular Texting and Chatting app that is built around gaming.

# FIFTEEN APPS

## PARENTS SHOULD KNOW ABOUT

### MEETME



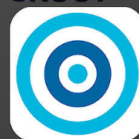
MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

### GRINDR



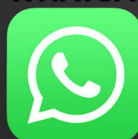
GRINDR IS A DATING APP GEARED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

### SKOUT



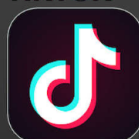
SKOUT IS A LOCATION-BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17-YEARS-OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

### WHATSAPP



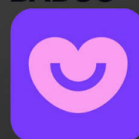
WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

### TIKTOK



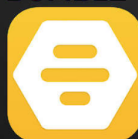
TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS. WITH VERY LIMITED PRIVACY CONTROLS, USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

### BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

### BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP 'TINDER' HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

### SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS. WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

### KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

### LIVE.ME



LIVE.ME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'PAY' MINORS FOR PHOTOS.

### HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

### WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

### ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

### CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

### HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE. CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

There are many other apps that could be used for chatting.



<https://www.youtube.com/watch?v=xWf0nFH-pCY>

Video by St. Mark's Coptic Orthodox Church in Sidney showing how to set parental controls on a mac and PC.

- What to do if your child discloses
  - Remaining calm, listening, believing the child, re-assuring the child
  - Ensure physical safety, inform proper authorities/professionals, medical appt if necessary, mental health
  - Things not to do

Workshop:

Challenge parents to respond to a scenario of a child disclosing assault/abuse;

- "Mom/dad, a boy at school tried to kiss me in the corner of the gym."
- "A couple of the girls in the locker room took away my clothes and threw them out in the hallway."
- "A guy in church grabbed my butt as I was walking by."

After each parent is able to respond we can tell them what they did correctly and correct some of the things they should have done differently.

### **Supplement D: Workshop Debriefing Guide**

At the end of the workshop, it is critical to implement debriefing strategies and ensure the proper results are achieved.

First, a conclusion/summary of the content delivered should go here.

This should include the main points we want each attendee to leave knowing.

**Each one of us can be someone who averts a child from getting sexually abused. Let us make sure we fulfill our roles as best as we can!**

#### **The “Do’s” of keeping children safe:**

- Do educate yourself about normal biological development/ developmentally appropriate milestones, and sexual behaviors in both genders on a physical and emotional level.
- Do get correct and reliable statistics about incidence and rate of sexual abuse and do not depend on your own beliefs or perceptions. Facts are not personal opinions!
- Do become a better active listener and communicator. Encourage open and healthy dialogue, with no topic being off limits. This will build trust between you and the child and make you a figure that is approachable with their questions and worries.
- Do teach your kids that maintaining secrets can often deprive them of help and wisdom. Keeping secrets leaves us feeling isolated and helpless and can lead to more harm than good. Do assure them that whatever they disclose will not have negative consequences or any harm will become of them or their loved ones.
- Do embrace guidelines of how to handle difficult conversations. Stay calm, reaffirm and provide safety rather than curiosity or sense of shock.
- Do believe any child that discloses being sexually abused.

#### **The “Don’ts” of keeping children safe:**

- Don’t assume that kids know the correct name for body parts or that they attended a session about normal biology and sexual development at school. Many parents opt not to send their children to school, when sexual education is being discussed. Yet, they also do not cover the topic at home. This leaves the children vulnerable to misinformation and abuse.
- Don’t assume that kids have correct information or are aware of how a sexual perpetrator grooms his/her victims or coerces them. The more you inform your child, the easier they will recognize the warning signs. Prevention through education is the best method to foresee and ward off sexual abuse!
- Don’t react in a negative way or make the child feel ashamed if they ask a question about biology, sexuality or abuse. There is no shame or stigma in education. Our Christian faith was based on dialogue and education. There is also no part in God’s creation that is shameful or is in any way unrighteous to speak about.

- Don't assume that kids know what boundaries are or what consent is. Many of our children are raised to be polite and obedient especially towards older adults, and rightfully so, yet perpetrators abuse that virtue.
- Don't live in denial that childhood sexual abuse does not exist. It is sadly prevalent!
- Don't think that the abused child is at any fault or blame. They are VICTIMS! They are NOT responsible!

Debriefing Questions:

1. What did you learn today?
2. What are you still confused about?
3. Is there anything you are still concerned about, in regards to your relationship with your child?
4. Was there one scenario in particular that taught you a valuable lesson?
  - a. Can you share it with the group and elaborate on the lessons learned?
5. Is there an outcome you disagreed with?
6. In regards to having difficult conversations with your child, do you feel more confident in your abilities after this session?

The following questions can be asked through a post-assessment survey OR at the time of debriefing.

- Did you feel comfortable throughout the session?
  - If not, what made you uncomfortable?
- Did this exercise help you feel more empowered in your communication skills with your child?
- What can we do better to serve you next time?

### الملحق د: دليل استخلاص المعلومات من حلقة العمل

وفي نهاية حلقة العمل، من الأهمية بمكان تنفيذ إستراتيجيات إستخلاص المعلومات وضمان تحقيق النتائج السليمة.

أولاً، ينبغي أن يرد هنا استنتاج/موجز للمحتوى المقدم:

يجب أن يشمل ذلك النقاط الرئيسية التي نريد من كل شخص الحضور أن يترك معرفته.

**كل واحد منا يمكن أن يكون سبباً لتجنب الطفل من التعرض للاعتداء الجنسي. دعونا نتأكد من أننا نقوم بدورنا على أفضل وجه ممكن!**

**"ما يفعل"** للحفاظ على الأطفال في مأمن من الاعتداء الجنسي:

- قم بتثقيف نفسك حول التطور البيولوجي الطبيعي / المعالم المناسبة تنمويًا ، والسلوكيات الجنسية في كلا الجنسين على المستوى البدني والعاطفي.
- لا تحصل على إحصائيات صحيحة وموثوق بها حول حدوث ومعدل الاعتداء الجنسي ولا تعتمد على المعتقدات الخاصة بك أو التصورات. الحقائق ليست آراء شخصية!
- لا تصبح مستمعاً نشطاً أفضل والتواصل. تشجيع الحوار المفتوح والصحي ، مع عدم وجود موضوع خارج الحدود. وهذا الأسلوب سيبنى الثقة بينك وبين الطفل ويجعلك شخصاً يمكنهم المجيء إليه بأسئلتهم ومخاوفهم.
- قم بتعليم أطفالك أن الحفاظ على الأسرار يمكن أن يجرمهم في كثير من الأحيان من المساعدة والحكمة. حفظ الأسرار يجعلنا نشعر بالعزلة والعجز ويمكن أن يؤدي إلى ضرر أكثر مما ينفع. هل أؤكد لهم أن كل ما تكشف لن يكون لها عواقب سلبية أو أي ضرر سوف تصبح منهم أو أحبائهم.
- قم بتثقيف نفسك حول كيفية التعامل مع المحادثات الصعبة. كن ديمماً هادئاً، جيد في الاستماع بلا مقاطعة. من الهام أن نؤكد لهم نؤكد على أن دورنا هو توفير لهم السلامة. و يجب تجنب الفضول أو الظهور بالصدمة.
- قم بتصديق أن أي طفل يكشف عن تعرضه للاعتداء الجنسي.

**"ما لا يفعل"** للحفاظ على الأطفال في مأمن من الاعتداء الجنسي:

- لا تفترض أن الأطفال يعرفون الاسم الصحيح لأجزاء الجسم أو أنهم حضروا جلسة عن علم الأحياء الطبيعي والتطور الجنسي في المدرسة. في كثير من الأحيان يختار الآباء عدم إرسال أطفالهم إلى المدرسة، عند مناقشة التربية الجنسية. ومع ذلك، فإنهما لا يناقشوا الموضوع أيضاً في المنزل. وهذا ما يجعل الأطفال عرضة للتضليل والإساءة.
- لا تفترض أن الأطفال لديهم معلومات صحيحة أو أنهم يعلمون كيف يستدرج مرتكب جريمة جنسية ضحاياه أو يكرههم. كلما أخبرت طفلك، كلما كان من السهل التعرف على علامات التحذير. إن الوقاية عن طريق التعليم هي أفضل وسيلة للتنبؤ بالتعدي الجنسي وتجنبه!
- لا تتفاعل بشكل سلبي أو تجعل الطفل يشعر بالعار إذا سأل عن سؤال عن البيولوجيا أو الجنسية أو الإساءة. ولا يوجد عار أو وصم في التعليم. كان ديننا المسيحي قائماً على الحوار و التعليم. ليس في خلق الله ما هو مخز أو غير صالح إطلاقاً للحديث عنه.
- لا يفترض أن الأطفال يعرفون ما هي الحدود أو ما هي الموافقة. وينشأ العديد من أطفالنا ليكونوا مهذبين ومطيعين بوجه خاص تجاه الكبار /الأكبر سناً، ومع الأسف فإن مرتكبي هذه الجرائم يسيئون استعمال تلك الفضيلة.
- لا تعيش في حالة إنكار أن الاعتداء الجنسي على الأطفال غير موجود. إنه منتشر للأسف!
- لا تعتقد أن الطفل المعتدى عليه هو بأي إنه بأي حال من الأحوال أخطأ أو عليه أي لوم. إنهم ضحايا! إنهم ليسوا مسؤولين!

أسئلة إستخلاص المعلومات:

1. ماذا تعلمت اليوم؟
2. ما الذي ما زلت مرتبكا بشأنه؟
3. هل هناك أي شيء ما أنت قلق بشأنه، فيما يتعلق بعلاقتك بطفلك؟
4. هل كان هناك سيناريو خاص علمك درسا قيما؟
5. هل يمكنك أن تشاركها مع المجموعة وتشرح الدروس المستفادة؟
6. هل هناك نتيجة اختلفت معها؟ فيما يتعلق بالمحادثات الصعبة مع طفلك، هل تشعرين بالثقة أكثر بقدراتك بعد هذه الجلسة؟

ويمكن طرح الأسئلة التالية من خلال دراسة استقصائية بعد التقييم أو في وقت إستخلاص المعلومات:

- هل شعرت بالراحة طوال الجلسة؟
  - إن لم يكن، ما الذي جعلك غير مرتاح؟
- هل ساعدتك هذه العملية على الشعور بمزيد من القوة في مهاراتك في التواصل مع طفلك؟
- ماذا يمكننا أن نفعل أفضل لخدمتك المرة القادمة؟

## **Supplement E: A Guide to Handling Difficult Conversations**

### **What is child sexual abuse?**

- Any interaction between a child and an adult (or another child) in which the child is used for the sexual stimulation of the perpetrator or an observer.
- This can include both touching and non-touching behaviors.
- Abusers may use physical force or coercion or can use persuasion and manipulation to keep the child engaged.
- No community, population or country is immune from child sexual abuse.

### **Why don't children disclose?**

- Children have a fear of not being believed, due to threat to the child, the child's family or getting the abuser in trouble.
- They may feel shame or guilt from feeling they did something wrong.
- They may not have the language to communicate the abuse or even understand that it is wrong.
- More and more research has shown that children do not make up stories stating they have been sexually abused. It is not in their interest to do so.

### **What should I do if a child discloses?**

- Remain calm and give them your full attention.
- Tell them that you believe them.
- Tell them you know it is difficult to share and you are proud of them for sharing.
- Tell them that they did not do anything wrong.
- Let the child know the steps you will take to keep them safe.
- Contact your healthcare provider.
- Report to Department of Children and Families (See section below on reporting). Access support system.

### **What NOT to do if Child Discloses**

- Do not ask them why they did or did not do something.
- Do not ask the child to keep repeating the story or for more details than s/he is prepared to give.
- Do not confront the perpetrator.

### **Reporting**

- If a child has disclosed abuse to you, report it right away. You do not need to know all the details. Your job is to report, and the agency's job is to investigate. Report to:
  - 1. Law enforcement. You can call the local law enforcement where you believe the abuse occurred, or you can call your own local law enforcement for aid.
    - If you believe the child may be in immediate danger, call 911. Otherwise, call the local police department to report the incident.
  - 2. The Department of Children and Families (or your state's equivalent of this, it may be called something slightly different).

- Contact the child's healthcare provider as soon as possible. Evidence could be on the child's body, and the child may need medical attention and treatment, including being tested for STIs.

## الملحق هـ: دليل لمعالجة المحادثات الصعبة

### ما هو الاعتداء الجنسي على الأطفال؟

- أي تفاعل بين الطفل و شخص بالغ (أو طفل آخر) يستخدم فيه الطفل للتحفيز الجنسي للجاني أو المراقب.
- ويمكن أن يشمل ذلك كلا من لمس أو سلوك جنسي بدون لمس.
- ويجوز للمسيئين استخدام القوة البدنية أو القسر أو استخدام الإقناع والتلاعب لإبقاء الطفل على المشاركة.
- ولا يوجد مجتمع محلي أو بلد محصن من الاعتداء الجنسي على الأطفال.

### لم لا يفصح الأطفال؟

- يخاف الأطفال من ألا يصدقوا، بسبب تهديد الطفل أو أسرة الطفل أو الوقوع في مشاكل مع المعتدي.
- قد يشعرون بالعار أو الذنب من الشعور بأنهم فعلوا شيئاً خاطئاً.
- وقد لا يكون لديهم لغة لإبلاغ الإساءة أو حتى فهم أنها خاطئة.
- وأظهر المزيد والمزيد من البحوث أن الأطفال لا يقوموا بتأليف قصصا تشير إلى أنهم تعرضوا للإيذاء الجنسي. وليس من مصلحتهم فعل ذلك.

### ماذا ينبغي أن أفعل إذا كشف طفل عن إساءة جنسية؟

- حافظ على هدونك و اعطيهم انتباهك كاملا.
- أخبرهم أنك تصدقهم.
- أخبرهم أنك تعلم أنه من الصعب الكشف عن هذه الحادثة والتحدث عنها، وأنت فخور بهم للمشاركة.
- أخبرهم أنهم لم يفعلوا شيئاً خاطئاً.
- أخبر الطفل بالخطوات التي تتخذونها لإبقائه آمن.
- اتصل بطبيب العائلة/ مزود الرعاية الصحية.
- تقديم تقرير إلى إدارة شؤون الأطفال والأسر (انظر الفرع أدناه بشأن الإبلاغ).
- حاول الوصول إلى نظام الدعم.

### ما لا يجب فعله إذا كشف طفلك

- لا تسألهم لماذا فعلوا أو لم يفعلوا شيئاً.
- لا تطلب من الطفل أن يستمر في تكرار القصة أو للحصول على مزيد من التفاصيل، أكثر مما هو/هي مستعد لتقديمها.
- لا تواجهوا الجاني.

## الإبلاغ



- إذا كان الولد قد كشف لكم عن الإساءة، أبلغوا عنها فوراً. لا تحتاج إلى معرفة كل التفاصيل. وظيفتك هي الإبلاغ، ووظيفة الوكالة هي التحقيق. مرجع إلى:
  1. فرض القانون. يمكنك الاتصال بسلطات تطبيق القانون المحلية حيث تعتقد أن الإساءات حدثت، أو يمكنك الاتصال بسلطات تطبيق القانون المحلية للمساعدة.
    - إذا كنت تعتقد أن الطفل في خطر مباشر، فاتصل بالرقم 911. وإلا فاتصل بقسم الشرطة المحلية للإبلاغ عن الحادث.
    - 2. قسم الأطفال والعائلات (أو ما يعادله في ولايتك، قد يسمى شيئاً مختلفاً قليلاً).
- اتصل بموفر الرعاية الصحية للطفل في أقرب وقت ممكن. ويمكن أن تكون الأدلة على جسد الطفل، وقد يحتاج الطفل إلى رعاية وعلاج طبيين، بما في ذلك إجراء اختبارات على الأمراض المنقولة جنسياً.

**Supplement F: The Bathing Suit Rule Diagram**

ملحق و: مثل ثوب السباحة

# Teach Your Kids the Bathing Suit Rule



This two-part rule helps children understand the difference between safe and unsafe touch so they can protect themselves from sexual abuse. Be sure to clearly explain any exceptions to the rule, such as a doctor needing to examine these areas during a checkup.



**1**

No one should touch you in places that your bathing suit covers.

**2**

No one should take pictures of body parts that your bathing suit covers.



## Resources and References

- 1) Stop It Now! prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.  
<https://www.stopitnow.org>
- 2) If you are a survivor or need further support/information and/or want to report suspected abuse: <https://www.rainn.org>
- 3) For statewide resources dedicated to sexual assault survivors in Massachusetts:  
<https://www.mass.gov/info-details/statewide-resources-for-sexual-assault-survivors>
- 4) The CDC provides a hub for additional information and studies on sexual violence located here: <https://www.cdc.gov/violenceprevention/sexualviolence/resources.html>
  - a) As well as a hub dedicated specifically to preventing child sexual abuse here:  
<https://www.cdc.gov/violenceprevention/childsexualabuse/fastfact.html>
- 5) To report a suspected child abuse/neglect in Massachusetts, please contact the “DCF Child At Risk Hotline” at (800) -792-5200
- 6) “Safety and Prevention.” *RAINN*, [www.rainn.org/safety-prevention](http://www.rainn.org/safety-prevention).