



Child Sexual Abuse Prevention -
NGO



www.blattafram.is





Prevention

- Education and awareness training
- Provide CSA prevention training, policies and procedures on dealing with suspicious situations and reporting at all youth serving organizations.
 - Hiring, screening, back ground checks, training and supervising

More than 80% of sexual abuse cases occur in one-adult/one-child situation

Countries Blátt Ráfram is assisting in prevention training

- Greenland
- Hungary
- Lithuania
- Latvia
- Sweden
- Iceland



Prevention

- How can we increase primary prevention education, starting with **parenting classes and pre-birth classes?**

How can we reach, (mandate) young parents and teach them adlerian approach to parenting, team building, respect, positive discipline, attachment?

- Education and awareness training
 - Education for parents and other adults that work with children and teenagers:
- Stewards of Children training program
 - Is a *revolutionary*, evidence based interactive prevention program developed by **Darkness to Light**. www.blattafram.is

Prevention

- Education and awareness training
- Education for **Parents** and **Children**
 - **Talk** to Children about child sexual abuse, using age appropriate language
 - Teach respect for self, others and healthy relationships.
 - Teach them the language of boundaries and healthy communications.
 - Tell them **where to go for help** and that they can say NO to unwanted touch.
- Tools: Kids on the block, puppets.
 - My private parts, kids book.
 - 7 Steps to protecting our children



Consequences of Abuse

- Impaired **work performance**
- Increase in **high risk health behaviors** such as smoking, substance abuse and obesity
- Increase in **disease** (COPD, Heart Disease, Liver Disease, etc.)
- **Early death**
 - Increased chance of suicide
 - Extensive trauma victims had a life span almost 2 decades shorter
- Increased **health care costs** with improvement after disclosure
 - 35% reduction in doctor office visits the following year
 - 11% reduction in Emergency Department (ED) visits
 - 3% reduction in hospitalizations

Source: The Ace Study



How can we **educate community leaders** that drug and alcohol abuse is for many the best solution to numb the pain of trauma, neglect and abuse?

Women who suffered sexual or physical abuse as children are more likely to abuse alcohol than are others, according to a new study of 3,680 women.

(S. Jörgensen, cfah.org)

- Child sexual abuse is a direct source of a number of problems facing us.
 - 70-80% of survivors report excessive drug and alcohol use
 - Young girls who are sexually abused are more likely to develop eating disorders
 - More than 60% of teen first pregnancies are preceded by experiences of abuse or rape (d2l.org)

Childhood Sexual, Physical Abuse Linked to Drinking Problems in Women

“[The study] shows a strong association between having a history of child abuse and problems with alcohol abuse. The take-home message is across a range of alcohol consumption patterns, child abuse is consistently associated with alcohol abuse. All of my measures found that association,” E. Anne Lown Dr.P.H., a scientist with the Alcohol Research Group in Emeryville, Calif. (nov 2010)

Childhood Sexual, Physical Abuse Linked to Drinking Problems in Women

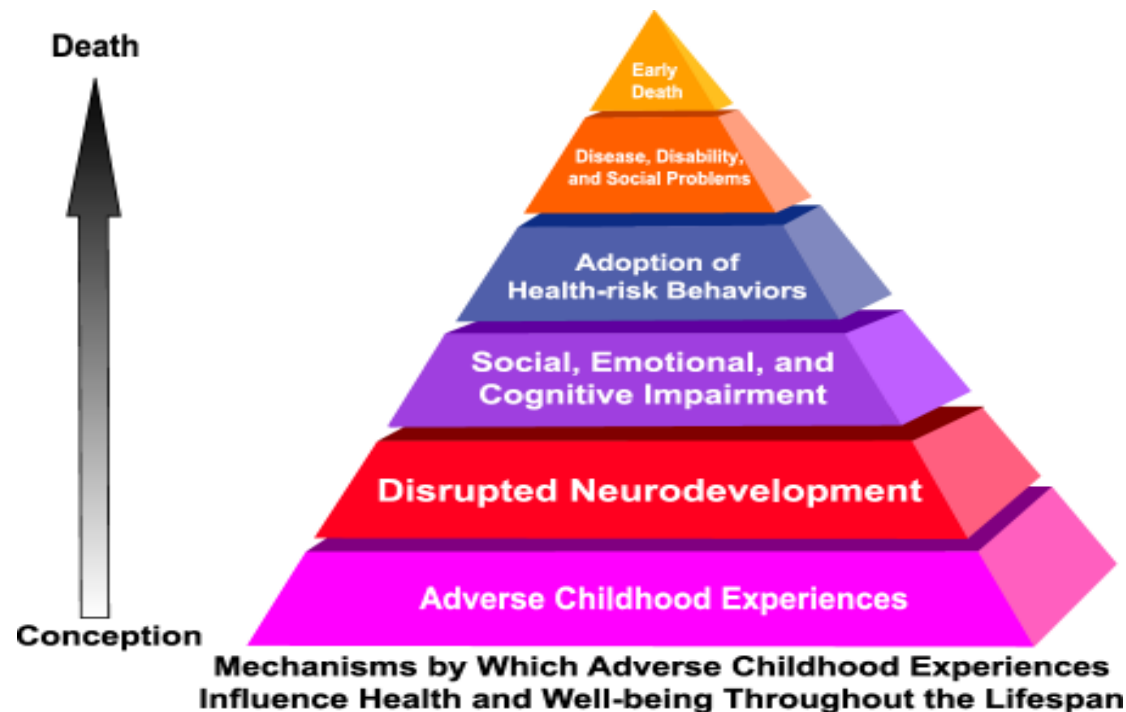
How can we **educate victims of abuse** that **healing and help is possible**?

How can we **offer further services to women of abuse and trauma to keep them from the vicious cycle of drug, alcohol and nicotine abuse**?

How do we remove the stigma of trauma, abuse, and addiction?



How can we educate government leaders about further investment in prevention today saves money that are spent on social service down the road?



Consequences

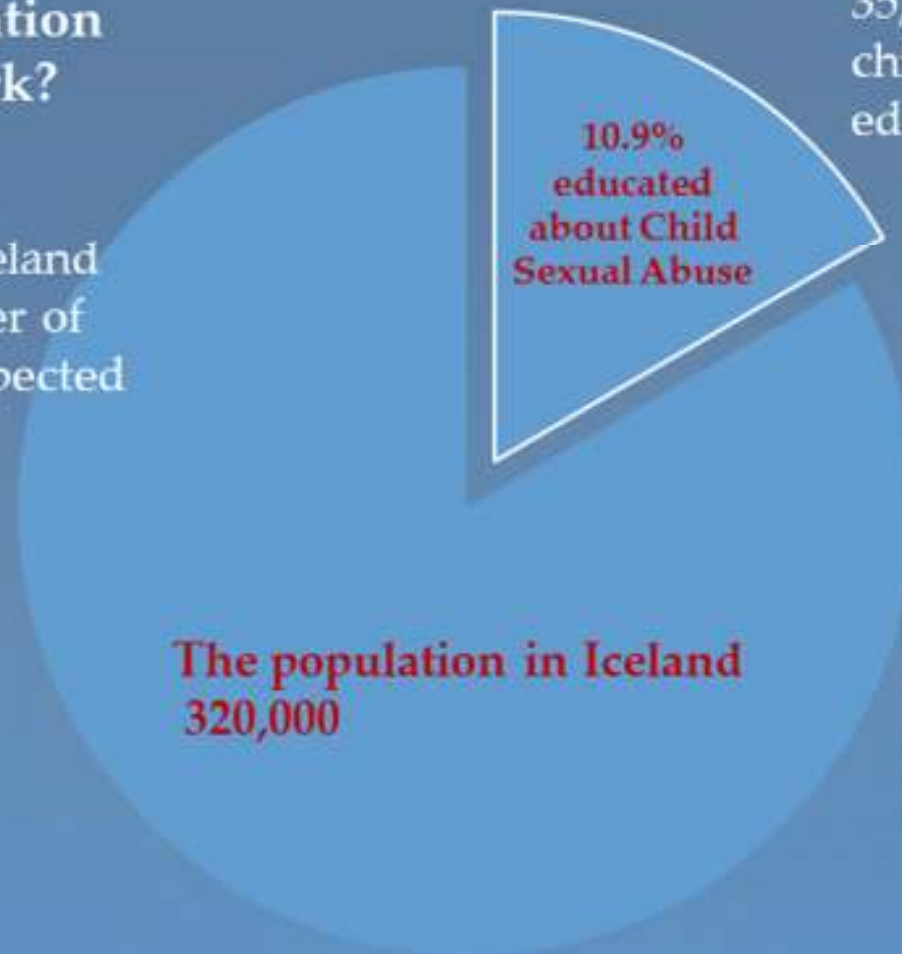
- ACE-Study:
 - The ACE Study used a simple scoring method to determine the extent of each study participant's exposure to childhood trauma.
- Conclusions:
 - Found a strong graded relationship between the breadth of exposure to abuse or household dysfunction during childhood and multiple risk factors for several of the leading causes of death in adults.
 - www.cestudy.org

Consequences to victims and society

- Drug and alcohol dependence **(70-80%)**
- Depression, post-traumatic stress disorder, and anxiety **(80 – 90%)**
- Suicidal thoughts/attempts **(20-30%)**
- Difficulty forming long-term relationships
- Eating Disorders
- Sexual risk taking that leads to teen pregnancy **(60%)** preceded by sexual abuse) and sexually transmitted diseases, including AIDS
- Prostitution **(>90%** have been sexually abused)
- Delinquency

Does Dedicated Child Sexual Abuse Prevention Education Effort Work?

- Reporting is up 40%
- According to CPS, Iceland has the largest number of reported cases of suspected abuse per capita!



After 9 years:
35,000 adults/teens/
children have been
educated.

The population in Iceland
320,000

Blátt áfram was founded 2004 in Iceland - NGO dedicated to awareness & the prevention of Child Sexual Abuse. Provides primary and secondary prevention education to adults, teens and children. Partnerships with CAC, primary schools, universities, and PTA's. Funded by donations and grants.

facebook.com/blattafram
www.blattafram.is



References

Direct about the seriousness of the problem, the choice adults make that contribute to the problem, holding each adult accountable.

www.blattafram.is

www.darknesstolight.org

www.cestudy.org

<http://www.cfah.org/hbns/archives/getDocument.cfm?documentID=22324>



Sigríður Björnsdóttir

Be the change you want to see
in the world.

Ghandi

Thank you!

Sigríður Björnsdóttir

Co founder Blatt afram 2004 – 2014
Project leader 2006 – 2014
Bauja self knowledge for children 2006
Life Coach 2006
Focusing 2007
Human resources management EHI 2008
Craniosacral Therapist 2009
Trainer of Stewards of children 2009
Bella net girl group leader 2009

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Facts and Understanding Risks

- **1 in 5 girls** and **1 in 10 boys** are sexually abused before their 18th birthday. (Ólafsdóttir 2002)
- 17 % of children in Iceland are sexually abused before their 18th birthday. (Hrefna Ólafsdóttir 2002)
- **1 in 5 children** are sexually solicited while on the Internet. (darknesstolight.org)
- Nearly **40%** are abused by older or larger children. (Ólafsdóttir 2002)



Facts and Understanding Risks

- 93% of all victims **know** and **trust** their abusers.
- More than 80% of sexual abuse cases occur in **1 adult, 1 child** situation.
- People who abuse children **look and act** just like everyone else. In fact, they **go out of their way** to appear trustworthy **to gain access** to children.



Prevention

- Education and awareness training
 - Education for **teenagers**
 - Talk to** teenagers about child sexual abuse, consequences and the importance of getting help for the whole family.
 - Teach **respect** for self, others and healthy relationships.
 - Teach them the language of boundaries and **healthy communications**.
 - Tell them where to **go for help**.

