

Child Assault Prevention



CAP is an education program to foster self-respect and human rights awareness

What we tell children through the CAP program

Rights

Absolutely necessary for survival Rights (Basic human rights)

Everyone has rights (basic human rights) absolutely necessary for survival. In order to protect our minds and bodies, it is important for children to feel and understand that they are “important and have rights”.

3 Especially important rights for children

(Psychological rights)



Safe

How you feel when there is nothing to fear or worry about



Strong

Feeling empowered both mentally and physically



Free

Feeling when able to choose what you really want to do

Physically — CAP Children’s Workshop

Children participate in CAP Children’s Workshop (hands-on learning experience) with groups or classes they interact with every day. The Workshop offers a number of methods to help children have fun and learn without being frightened or intimidated.

Children’s rights

Absolutely necessary for survival (Basic human rights)

Roleplaying and discussions on 3 types of violence

Bullying (By other children)
Kidnapping (Strangers)
Rape (Adult you know)

Communication roleplaying

Roleplay communicating with trusted adults

Talk Time

Individual review and training with CAP staff

All children have the right to live in a safe environment with freedom and dignity. Yet, there can be instances of feeling sad, unpleasant or fearful. This can be invoked by the threat of violence (both psychological and physical). These feelings are a sign that the three rights are about to be violated. By embracing these feelings and believing “I am important. I do not deserve to be treated this way!” is a powerful tool to protect oneself.

Protecting Children, Protecting With Children —2 CAP Workshops For Adults

It is important for adults to learn about the CAP program first before children participate in order for children to implement into the daily lives what they learn in the CAP Workshop. We have

two adult workshops, Workshop for Faculty and Staff and Parents/Guardians. CAP teaches knowledge and skills to adults that will allow them to identify violations of children’s rights and how to respond. By increasing the number of adults who listen to children, CAP strives to create a society where children can grow up safe and full of life.

CAP's preventative solution is to increase options

- It is OK to say "No"
- It is ok to run (Leave that situation)
- Communicate. Do not give up and continue to communicate until you meet someone who believes you and helps you.

Historically, adults have attempted to protect children through restricting actions by warnings such as "do" or "do not". But these restrictions don't teach children how to protect themselves in dangerous situations. This type of approach also dissuades children from communicating when experiencing dangerous situations, often due to their self-imposed guilt of not following the rules.

Review with Children — Skills to protect yourself psychologically and physically

In addition to NO•GO•TELL ...

- Keep safe distance
- Distinct Scream (Distinct scream, from your stomach, only used when threatened)
- Simple self-defense techniques (After protecting yourself, escape)
- Help each other among friends (You are not alone)

Be supportive and listen calmly.

"It was very brave of you to speak up"

"Thank you for speaking to me"

"I believe you"

Be empathetic to the children's experiences:

- I didn't want to
- I was scared
- I was sad

It is also effective to review how children express their feelings!

Instead of adults "acting for the child" discuss action options with the child

"Let's think together"

They may feel it was their fault

"It's not your fault"

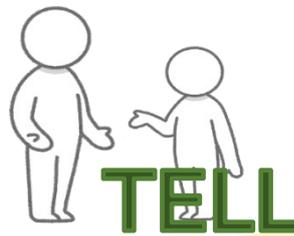
Increasing the number of options to protect yourself both psychologically and physically



Refuse
("STOP")



Run
(Distance yourself)



Communicate with others
(Consult)

If children communicate to you their worries or what is on their minds ...
To prevent panic and allow children to communicate safely, be prepared!

What adults should remember in order to avoid panicking (CAP's 3 Pillars)

Empowerment

Children are not completely helpless. Believe in their potential and how to use it.

Children's rights

Rights are absolutely necessary for children to live and thrive (Basic human rights). Telling children they have unfringeable rights encourages them.

Connect with schools / community

While listening to children, by connecting with the communities and schools, adults can create a network and society that prevents children from becoming isolated.