



Environmental Scan Report

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1. INTRODUCTION

1.1 BACKGROUND

The Government of Ontario established the Cornwall Public Inquiry on April 14th, 2005, under the *Public Inquiries Act*. The mandate of the Commission was to inquire into and report on the events surrounding allegations of abuse of young people in Cornwall by examining the response of the justice system and other public institutions to the allegations. The Commission sought, not only to make recommendations to improve the response in similar circumstances, but also to inquire into and report on processes, services and programs to encourage healing and reconciliation in the community.¹

The Phase 2 Advisory Panel of the Cornwall Public Inquiry was specifically mandated to promote healing and reconciliation in the community. Over the course of the many Phase 2 Advisory Panel meetings in 2006, a citizens group called PrévAction emerged. This group considers itself as a bridge and a catalyst in the transformation relay from advisory panel work to fieldwork, arising from the Phase 2 community meetings. PrévAction is made up of individuals who have come together to provide leadership to the community development work that is required in Cornwall and surrounding areas following the inquiry. PrévAction aspires to undertake work that will continue beyond the life of the inquiry. Members of the group are therefore in the process of assembling a five-year strategic community development plan to support healing and reconciliation activities in Cornwall, Stormont, Dundas and Glengarry.²

PrévAction commissioned EKOS Research Associates to do an environmental scan of Canadian sexual abuse prevention programs and related educational materials. Findings from the scan are intended to help PrévAction consider possible programming options for their five-year plan.

1.2 APPROACH

An online search was conducted to examine sexual abuse prevention programs that currently exist in Canada. A variety of different key search terms were used, including:

- "Sexual Abuse Prevention";
- "Child Sexual Abuse Prevention Programs";
- "Teen Sexual Abuse Prevention Programs";

¹ www.cornwallinquiry.ca

² Report to Phase 2 of the Cornwall Public Inquiry presented to Justice Normand Glaude by the members of PrévAction (2008).

- "National Sexual Abuse Prevention Programs";
- "Community Sexual Abuse Prevention Programs";
- "Abuse Prevention"; and,
- "Online Sexual Abuse Prevention".

These search terms yielded many results. Given the large volume of material found, the scan focuses only sexual abuse prevention programming developed by non-government organizations (NGOs) at the national, regional and community level. This particular scope is thought to be most relevant for PrévAction's purposes.

2. FINDINGS

Results of the environmental scan reveal that a considerable number of sexual abuse prevention programs are offered by NGOs in Canada. The majority of these programs are offered by regional and community organizations. Only two organizations were identified as providers of sexual abuse prevention programming at the national level: Canadian Red Cross and Little Warriors. A total of eight providers were identified at the regional and local levels. It should be noted that a majority of these organizations are based in the province of Ontario. Some cater to entire province, while others cater to select communities in Ontario. A majority of the organizations identified provide prevention programming strictly in relation to sexual abuse. Others focus more generally on child abuse prevention.

The environmental scan reveals that sexual abuse prevention is primarily aimed at children in elementary school, their teachers and parents. A variety of resources have been developed for each of these groups, including in both official languages. Very little information was found in terms of programs catering to middle and high school students.

A number of sexual abuse prevention programs aimed at children are over 20 years old. Some of these programs, including the Canadian Red Cross' *Challenge Abuse through Respect Education* Program, have been slightly updated to respond to more recent changes in needs (e.g., cultural diversity). In several instances, data exists to support the effectiveness and impact of these programs on knowledge related to sexual abuse.

Most of the information disseminated through the sexual abuse prevention programs serves to raise awareness of this issue, empower children, improve communication about this issue between children and adults, as well as assist adults in effectively dealing with disclosures. Common topics covered include how to recognize sexual abuse (including the signs), personal safety and protection, how to deal with sexual abuse in different situations and where to access help. Very little was found in terms of programs disseminating information related to sexual abuse and the Internet.

Common approaches to delivering sexual abuse prevention programming involve schools and school staff. Teachers are often involved in program delivery. They are sometimes provided with the necessary resources to deliver the program on their own (e.g., manuals, guides and teacher kits). Teachers may also participate in pre-training sessions and workshops put on by organizations to prepare them to deliver the program or collaborate with external experts in delivering the programming.

The current chapter identifies national, provincial and community programs that currently exist for the prevention of sexual abuse in the Canadian context. The organization name, its main objectives, as well as descriptions of its programs and activities are detailed below. Related educational materials developed

and used for program delivery are also listed. Data related to the effectiveness and impact of current programming is also reviewed.

2.1 NATIONAL INITIATIVES

Two NGOs were identified in the scan as providers of sexual abuse prevention programming at the national level. The organizations and the programs they offer are described below.

Organization: Little Warriors³

Objectives: Little Warriors is a charitable organization with a national focus that educates adults about how to help prevent, recognize and react responsibly to child sexual abuse. It provides information about the prevalence and frequency of child sexual abuse and information about healing and support resources. The organization seeks to help prevent child sexual abuse.

Program and Activities:

Stewards of Children Child Sexual Abuse Program

Stewards of Children Child Sexual Abuse offers prevention training Program that educates adults to help prevent, recognize, and react responsibly to child sexual abuse, and motivates them to action. It is for parents, teachers, staff and volunteers with organizations that serve children and youth. This Program enables participants to learn about adult accountability, the facts of child sexual abuse, and the proactive role they can take to better protect children in their community from sexual abuse.

Stewards of Children Child Sexual Abuse is delivered using an interactive participant workbook containing the full Program curriculum; and, an accompanying DVD integrating segments of sexual abuse survivors relating their stories of violation and healing, with segments from the author of the curriculum and from professionals who interface daily with the problem of sexual abuse. Participants are also given an opportunity to discuss important issues surrounding sexual abuse prevention and their particular relevance for organizations serving children and adolescents.

Effectiveness/Impact:

Little Warriors undertook a comprehensive evaluation of the Program. The evaluation measured level of knowledge before and after the training, knowledge retention two months after the training, change in behaviours and the effectiveness of the training as perceived by the participants. Findings reveal that after two months of receiving training, participants experienced a less than 10% decrease in their knowledge gain and attitude change and show an increase in behaviours aimed at the prevention of sexual abuse.

³ www.littlewarriors.ca

Participants were asked to rate the effectiveness of the Program curriculum and the efficiency of the training format. Results reveal that participants felt that the greatest impact of the Program was in the following areas: acquisition of new knowledge about child sexual abuse; the potential to change attitudes about child sexual abuse; and, critical issues to consider for organizations and individuals concerned about the protection of children.

Resources:

Little Warriors provides a combination of national and local information resources about child sexual abuse, through the *Stewards of Children Child Sexual Abuse Program* and through their website.

Organization: The Canadian Red Cross⁴

Objectives: The mission of the Canadian Red Cross is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world. It is the leading humanitarian organization through which people voluntarily demonstrate their caring for others in need.

Program and Activities:

Challenge Abuse through Respect Education (c.a.r.e.)

Created in 1981 and previously affiliated with Kwantlen University-College in British Columbia, *c.a.r.e* is a personal safety Program for children ages 5-9 that deals with sexual abuse prevention. This Program is designed specifically for delivery in schools and focuses on body ownership and personal safety. It aims to help prevent the trauma of abuse by teaching children basic, easily understood skills to help protect themselves, and to get help if they need it. Concepts like privacy, bribery, and secrecy are explored through games, stories and activities.

This Program is delivered by teachers in school or by presenters, using the *c.a.r.e.* kit. The *c.a.r.e.* kit has been widely acknowledged as an effective and innovative prevention resource. The Canadian Red Cross offers a one-day training to help teachers and other presenters increase their knowledge and comfort level with child sexual abuse issues and the *c.a.r.e* kit content. The kit includes such content as a mascot puppet; resource guide; handout templates to be photocopied; 9 message cards that contain the essential Program lessons; 15 discussion cards to help develop the lessons; 60 copies of *Keeping Our Kids Safe* - a booklet for parents/caregivers; an audio CD of the song, *My Body, Your Body is Yours!* - an illustrated children's book that reinforces the Program's messages.

⁴ www.redcross.ca

Effectiveness/Impact:

When surveyed by the Red Cross, more than 90% of teachers, parents and counsellors said they felt the Program was effective in increasing the personal safety of students. Students in grade 1 who participated in the Program were 80% more likely to respond appropriately to situations than a control group who had not used the Program.

A number of changes have been made to the Program over the years, to increase its effectiveness: *c.a.r.e.* has moved away from "feeling-based" lessons to more concrete safety rules, and a focus on appropriate and inappropriate behaviors; cultural and family diversity has been incorporated into the *c.a.r.e.* kit materials; and, resources have been added to address children with special needs.

This Program has received the 'Seal of Recommendation' from Curriculum Services Canada.

It's Not Your Fault

It's Not Your Fault, which has been around since 1984, explores why abuse and neglect occur and where youth can go for help. It is a two-hour Program to help young people, aged 12 and older, identify emotional, physical and sexual abuse, and neglect; how victims cope; why abuse happens; who can provide help; and, how to help a friend.

Highly trained volunteer prevention educators deliver this Program. They detail protective legislation, disclosure and reporting procedures, and discuss the United Nations Convention on the Rights of the Child. A video presentation and interactive activities support the delivery of this material, and youth leave with a summary of important points and contact numbers.

The video is a key means of presenting the concepts. Due to the sensitive nature of issues of abuse, it is important that the instructor provide ample pre-teaching and preparation prior to the viewing of the video. The various 'stop' points in the video allow for discussion and reflection. During the workshop, the activities require participants to employ critical thinking as they analyze, hypothesize, and draw conclusions based on case scenarios presented. The Program is sufficiently flexible to allow an instructor to modify both the information and the presentation depending on the group participating in the workshop. This Program is often delivered to students in schools.

Effectiveness/Impact:

A study was conducted by Hill and McCarron (1995) to assess the effectiveness of *It's Not Your Fault*.⁵ The study was conducted with a total of 94 Grade 8 students from 4 different schools to examine the

⁵ Hill, C.R., & McCarron, G. (1995). *Evaluation of the Red Cross Child Abuse Prevention Program for Adolescents (CAPP)*. *Pilot project: Final report*. Unpublished. Surrey, BC: The Canadian Red Cross Society, British Columbia-Yukon Division.

impact on their levels of knowledge. Findings suggest that this Program has some impact on knowledge of sexual abuse.

It's Not Your Fault is recommended by Curriculum Services Canada as a useful resource for teachers and facilitators to use as part of an abuse prevention Program with students in the intermediate and senior grades of Canadian schools. ⁶

Prevention in Motion

This Program is for adults and organizations that work with youth. It is tailored to meet the specific needs of an organization or group. *Prevention in Motion* defines different types of abuse and neglect, their indicators and effects on children and youth. Participants gain knowledge about the barriers and benefits to preventing abuse, and learn ways to proactively build safer relationships within organizations and communities. They also learn how to handle disclosures, the legal reporting requirements, and risk management strategies.

Prevention in Motion is delivered in two-to-eight hour interactive workshops. The information disseminated is supported by a video and participant's manual.

Resources:

The Canadian Red Cross has developed a variety of resources to deliver these programs. As noted above, specific materials developed include manuals, videos, and activities. Red Cross has also developed an online learning centre to deliver its award-winning prevention education via Internet.

2.2 REGIONAL AND COMMUNITY INITIATIVES

Eight NGOs were identified in the scan as providers of sexual abuse prevention programming at the regional and local level. The organizations and the programs they offer are described below.

a) Greater Victoria, British Colombia

Organization: Mary Manning Centre—Child Abuse Prevention and Counselling Society of Greater Victoria⁷

⁶ www.curriculum.org/csc/resources/fault.shtml

⁷ www.marymanning.com

Objectives: The Child Abuse Prevention and Counselling Society (CAPCS), through the Mary Manning Centre, is the primary provider of therapy and victim services for children and youth in Greater Victoria who have experienced sexual abuse. Mary Manning Centre is Victoria's only non-profit agency dedicated to treating child victims of sexual abuse.

Program and Activities:

Prevention Programming

The Centre provides child abuse prevention and education presentations, materials and training in the community. In 2007, in partnership with other community agencies, they began work on a new initiative to address gaps in prevention programs in Greater Victoria. The agency has recently provided a number of presentations to children and youth in middle schools and high schools, related to this initiative. They openly receive requests for presentations on child sexual abuse awareness, education and prevention. The Centre's capacity to deliver these programs is dependent on fundraising and staff availability.

Resources:

CAPCS has developed resource materials to provide helpful information to professionals, parents and caregivers supporting children and youth who have experienced sexual abuse or who may be at risk for abuse. Some of these include the Child Sexual Behaviour Handbook, Parent and Caregiver Handbook, Safety Skills Handbook and materials from various workshops, seminars and conferences.

b) Calgary, Alberta

Organization: Calgary Communities Against Sexual Abuse (CCASA)⁸

Objectives: CCASA seeks to build community awareness of sexual abuse and sexual assault and work to reduce the related trauma. Their vision includes community without any form of sexual abuse and sexual assault. CCASA is the primary organization that provides sexual abuse and sexual assault services to Calgary and surrounding areas.

Programs and Activities:

Who Do You Tell?

First introduced in 1983, the *Who Do You Tell* Program (*WDYT*) has been updated and revised by Calgary Communities Against Sexual Abuse. *WDYT* is a child sexual abuse education Program for elementary school children (from kindergarten to grade 6), their teachers and parents. It seeks to use education to reduce the risk of child sexual abuse and its effects on victims and families.

⁸ calgarycasa.com

The classroom component of the Program consists of two 60-minute sessions. A variety of teaching strategies (stories, song, videos, role-plays) present several key messages: say no; tell an adult; and sexual abuse is never the child's fault. Children practice assertiveness skills and telling a trusted adult. The *WDYT* Program is delivered by two experienced educators in individual elementary school classes.

An hour-long session is conducted in schools with teachers to outline the Program, as well as to help them recognize signs of sexual in children and how to respond to disclosures. A parent information evening (1.5 hours) is held to prepare parents for their children's participation in the Program and provides them with information about child sexual abuse and responding to disclosures. A parent handbook is available describing the Program and issues related to child sexual abuse.

Effectiveness/Impact:

WDYT was evaluated in two studies conducted by Tutty in 2000 and 1997.⁹ Study results reveal that children participating in this Program demonstrated significant gains in knowledge of appropriate and inappropriate touch at post-test when compared to children in the control group. An item-analysis showed significant improvements on three items: not always keeping secrets; telling someone if touched in a way not liked; and sometimes saying "no" to an adult.

Interestingly, an age analysis indicated that younger children knew less at both pre- and post-test than did older children. Students in grade 3 seemed to be the level at which children gained the most knowledge of inappropriate touch.

CCASA's Education Programs

CCASA's Education Programs promote a philosophy of integrating healthy sexuality with accurate information on specific sexual abuse and sexual assault issues and to present this is a non-threatening and non-judgmental approach. *CCASA* routinely provides specialized presentations to community groups upon request. Education Programs offered are designed to raise awareness with to teachers, administrators and parents. Community presentations are tailored to the needs of the particular group requesting the presentation. Training sessions for police, hospital staff and social service agencies are specifically tailored to suit the information needs of individuals in these groups.

Resources:

CCASA offers information pamphlets for teachers and parents related to the *WDYT* Program.

⁹ Tutty, L.M. (2000). What children learn from sexual abuse prevention programs: Difficult concepts and developmental issues. *Research on Social Work Practice, 10*(3), 275-300.

Tutty, L. M. (1997). Child sexual abuse prevention programs: Evaluating Who Do You Tell? *Child Abuse & Neglect, 21* (9), 869-881.

c) Ontario

Organization: The Organization for the Prevention of Child Abuse and Domestic Violence¹⁰

Objectives: The Organization for the Prevention of Child Abuse and Domestic Violence seeks to provide child abuse and domestic violence prevention, through awareness and education presentations at schools, grades 6 to 12, in the province of Ontario. Their prevention efforts focus on all types of abuse, such as physical, sexual, verbal and emotional abuse.

Program and Activities:

Professional Presentations

The Prevention of Child Abuse and Domestic Violence delivers professional presentations to students, (and other audiences), to support victims of abuse. The information they present, not only informs and enlightens the general public of these issues, but also provides their audience with knowledge and resources, as well as an opportunity to seek help should they choose to. The organization also seeks to break the tragic cycle of abuse and re-enactment, by providing awareness and outreach.

Resources:

Resources that are provided by this organization are not specified.

Organization: BOOST— Child Abuse & Intervention¹¹

Objectives: BOOST is a community-based organization committed to the promotion of violence free environments for children and youth. BOOST strives to eliminate child abuse and violence and to reduce the trauma for children and youth who have been abused, or experienced violence. For 25 years, BOOST has worked effectively with child protection, police, education, child care, children's mental health and other community agencies to improve the response to children and youth who are at risk of, or who have been victimized by abuse and violence.

Program and Activities:

I'm a Great Little Kid! Program

This Program is designed for children from the ages of 4 to 7. It is delivered with the aid of six storybooks and a facilitator's guide. Each book has a different theme and focus, including: self-esteem; communication; making choices; respect; touch; and, how and where to get help.

¹⁰ www.childabuseprevention.ca

¹¹ www.boostforkids.org

The storybooks contain colourful, fun illustrations and are written in gentle rhyme. The accompanying guide contains information for facilitators and activities designed to reinforce the concepts and messages in each book. *I'm A Great Little Kid!* was the recipient of the Mayor's Community Safety Award in 2005.

I'm a Great Kid! Program

I'm a Great Kid! is an innovative primary prevention Program for children 8 to 11 years age, which empowers children to think and act in positive ways. The Program includes a 22-minute video and an accompanying guide that can be used to introduce and reinforce a number of basic concepts. These include: the importance of developing effective communication skills; learning how and where to get help; and, understanding different kinds of touch. This Program teaches children primary prevention skills appropriate for their age and stage of development. The accompanying guide provides strategies that reinforce the concepts introduced in each video through classroom activities.

The Making a Difference Program

The *Making a Difference Program* is a comprehensive training Program designed to reduce the incidence of child abuse and family violence. It ultimately raises awareness and promotes early identification and effective intervention. Topics covered include: defining and identifying child abuse; legal and moral responsibilities with respect to reporting suspicions of child abuse and children exposed to family violence; the system's response; and, how to maintain the client relationship when a report to child protection authorities has been made.

The information and discussion shared in the workshop supports agencies in developing proactive policies and procedures for responding to children and families when abuse and violence are suspected. Toronto Child Abuse Centre offers workshops that range from 2 hours to 2 days, and include a train-the-trainer Program.

Resources:

BOOST offers children's books and a facilitator's guide to deliver the *I'm a Great Little Kid!* Program. They offer a 22-minute video and accompanying guide for the delivery of the *I'm a Great Kid!* Program. BOOST also offers a *Making a Difference* Manual. Their website offers further information particular to child abuse and violence.

Organization: Centre ontarien de prévention des agressions (COPA)¹²

¹² www.infocopa.com

Objectives: COPA is a provincial Francophone non-profit organization that caters to the province of Ontario. COPA seeks to prevent child abuse through education and skill building. It works to develop, consolidate, and disseminate child/youth assault prevention resources, based on child and youth advocacy. COPA also supports and develops programming in French, and French-language training materials.

Program and Activities:

ESPACE

ESPACE is a school-based violence prevention education Program for elementary school children addressing sexual assault by a known adult, bullying (peer aggression) and stranger assault with workshops for children, parents and staff. This Program was developed in 1985, based on the Child Abuse Prevention Program (CAP), which was developed by Women Against Rape in Columbus, Ohio in 1978. The Program makes use of role-playing and develops skills for self-assertion, physical self-defence, peer support and adult resource support.

This Program offers a workshop for parents, a workshop for school staff, followed by workshops for children, which are offered in each classroom. The adult workshops are two hours in length. One of these is catered to school staff and the other is for parents. These take place prior to the children's workshops. The children's workshops are half a school day.

A trained and certified team works in each school to deliver this Program and for the duration of the Program. Following each class session the team meets with children individually (voluntarily) to review techniques and offer a chance to problem-solve. This is called "Review Time". Teachers are asked to allow time for students to draw pictures or write letters at this time. The school is asked to ensure that there is a quiet space outside the classroom for Review Time.

Effectiveness/Impact:

Lavoie and Parent conducted an impact evaluation of this Program.¹³ Results reveal that parents who participated in the workshop had a statistically significant greater knowledge of child sexual abuse concepts, such as the physical signs associated with sexual abuse, the forms sexual abuse can take, children's feelings toward an abusive parent and victim characteristics. These parents also gave significantly more appropriate intervention suggestions to a hypothetical sexual abuse scenario.

¹³ Hébert, M., Lavoie, F., & Parent, N. (in press). An assessment of outcomes following parents' participation in a child abuse prevention program. *Violence and Victims*.

Resources:

COPA offers a variety of different resources for children, teachers and parents in relation to the ESPACE Program. This includes documents for parents and teachers, as well as pedagogical materials to be used in classes by children.

Organization: The Community Child Abuse Council¹⁴

Objectives: The Community Child Abuse Council serves to reduce the incidence and impact of child abuse and to promote the safe and healthy development of children. Their vision is a community free of child abuse.

Programs and Activities:

Touching: A Sexual Abuse Prevention

Touching is about child abuse, relationships and problem solving. It is a school-based Program for students in kindergarten to grade 8, originally developed in 1987. The Program encompasses issues such as 'stranger danger' and abuse by a known and trusted adult. It is a complete step-by-step Program designed to address a very sensitive topic in an entertaining and non-threatening way.

Teachers deliver this Program using a specially designed video and tool kit. The *Touching* kit may be used as a stand-alone resource or to supplement an existing child abuse prevention Program. The teacher's kit contains a guide that explains and examines prevention techniques. It includes problem solving and role-playing exercises, games, quizzes, illustrations, music, and lyric sheets.

The video has amusing characters that present key child abuse prevention concepts. The characters use a 'Bill of Body Rights' as guidelines to resolve abuse. Six lesson-cards reinforce the lessons communicated in the video. Activities include body ownership, problem solving, assertiveness training, decision-making, identification of feelings, and personal responsibility. Supplementary activities assist children to cooperate and communicate by introducing brainstorming and problem solving techniques. Songs from the video have been transposed into song-based activities to reinforce the child abuse concepts presented in the Program.

The *Touching* Program has a parent video and manual available in English and French and a Parent Resource Guide. Topics include teaching children about personal safety, understanding child sexual abuse and its impacts, understanding why children don't tell, who offenders are, strategies by offenders to lure children, signs and signals to which parents should be alert, handling disclosures, bullying, and learning activities for parents to use with their children.

¹⁴ www.childabusecouncil.on.ca

Effectiveness/Impact:

Tutty conducted an evaluation of the *Touching* Program.¹⁵ Results reveal that children who participated in this Program greater knowledge of the prevention concepts presented in *Touching* compared to those who did not participate. The knowledge gains were maintained at the 5-month follow-up testing.

Leaders for Kids

The Community Child Abuse Council's *Leaders for Kids* initiative is an important part of their strategic plan for community engagement and education, which involves engaging community stakeholders in a meaningful, constructive and absolutely essential dialogue about how Hamilton can and should address the horrific problem of child sexual abuse. This Program was developed in 2008.

"Leadership briefings" are held on a regular basis to help leaders from across the Hamilton area share an understanding of the complex issues surrounding child abuse and trauma and the challenges and opportunities facing the community in this area. The Leadership Briefings offer everything from definitions of child abuse and highlights of telling statistics to research about the impact of child abuse and trauma on victims, families, and our community and the importance and benefits of intervention and treatment. Future Briefings will continue to highlight research in the field as well as provide news of related initiatives and opportunities.

Resources:

As previously noted, the Community Child Abuse Council has developed a *Touching Kit* to deliver the *Touching* Program. The kit includes a video, books for parents, the Bill of Body Rights, concept cards, a teacher's guide, and music.

The Community Child Abuse Council also offers the *Courage Collection* resource materials. This is provided in partnership with the Hamilton Public Library. It involves a unique and specialized collection of resource materials for children, youth, parents/caregivers and professionals on topics related to child abuse and trauma, self-help, healing and adult survivor of sexual abuse issues. It is free of charge to individuals and families in Ontario.

¹⁵ Tutty, L. (1992). The ability of elementary school children to learn child sexual abuse prevention concepts. *Child Abuse & Neglect*, 16(3), 369-384.

d) Windsor and Essex County, Ontario

Organization: Child Abuse Prevention Council of the Windsor - Essex County (CAPC)¹⁶

Objectives: CAPC seeks to prevent child abuse through the collaboration of services, education, advocacy and the promotion of a safe and health environment for children in Windsor and Essex County.

Program and Activities:

Kids on the Block Puppet Program

The *Kids on the Block* is an interactive Program that has been educating children about sexual abuse and basic safety, since 1987. It specifically teaches children how to identify potentially abusive situations and how to get help if abuse is happening. Puppets are used as a medium for providing factual, unbiased information in an entertaining, non-threatening, child-centred way. The puppet characters share their own personal experience, role-play, illustrate sensitive issues related to sexual and physical abuse, and teach practical skills. This Program is delivered in an age-appropriate context, and always provides an opportunity for questions and post discussion.

The *Kids on the Block Puppet Program* supports educators by providing extensively researched materials, follow-up activities and guidelines to help them facilitate discussions with their students. The Program is also delivered to kids in community centres. *Kids on the Block* performs in French and English for over 120 elementary schools in Essex County, touching the lives of 15,000 children annually.

Professional Conferences

CAPC offers professional conferences for service providers. These conferences are intended for: child protection workers; educators; law enforcement workers; victim services; physicals and other public health workers; social service workers; psychologists and councillors; and, any other group of professionals serving children and families. Professional conferences are held every year or two and have an average attendance of 500 people.

Parent Education & Workshops

Parent education has recently been taken on by CAPC. The organization has taken a more active role in parent training to reduce and prevent incidence of abuse. The training focuses on helping parents to

¹⁶ www.stopthehurt.ca

understand sexual abuse and facilitating conversations about abuse with their children. More than 400 parents are directly served each year and there is currently a waiting list for parent education training.

Resources:

Print education is provided to the professional community as well as to parents. It covers a number of different issues, including: identifying and reporting sexual abuse; sexual abuse prevention and awareness; and, Internet safety.

e) Huron County, Ontario

Organization: Rural Response for Healthy Children (RRHC)¹⁷

Objectives: RRHC was conceived in Huron County to promote the well being and healthy development of young children. The organization seeks to protect the rights of children, reduces child abuse and neglect and strengthens families to nurture their children. RRHC supports, educates and advocates quality of life for all families and children to reduce child abuse and neglect. It works collaboratively with community groups to mobilize resources and reach out to families and children to reduce child abuse and neglect.

Program and Activities:

Safe Child Program

The *Safe Child Program* is a comprehensive safety-training Program, which utilizes an effective combination of videotape, classroom role-playing and parental participation to enable children to prevent sexual, emotional and physical abuse; and to prevent abuse and abduction by strangers. The focus of the *Safe Child Program* is to teach children how to protect themselves from potential abuse without creating fear or anxiety.

The basic principles of the Program are developed from the point of view that children can make judgments, they can speak up for themselves and they can take responsibility for their own well-being. Children are taught safety skills that empower them to act upon their instinctual feelings. Through repetition, role-plays and booster sessions, children gain the knowledge and skills they need.

The *Safe Child Program* has been taught in Grades JK to 3 in various schools and in day cares throughout Huron County. The Prevention Coordinator from Rural Response for Healthy Children provides training for teachers in the use of the Program, facilitates parent meetings, and provides follow up lessons in the classrooms to supplement Program lessons. Follow up lessons address: How to difficult it is to tell; what happens when you tell; and abuse by peers.

¹⁷ www.rrhc.on.ca

Resources:

RRHC offers resources and support to parents directly on their website via the 'Parenting Toolkit' and through email newsletters. The 'Parenting Toolkit' covers such topics as wireless communication at home and Internet safety, among others.

f) Quebec

Organization: Regroupement des organismes Espace du Quebec (R.O.E.Q.)¹⁸

Objectives: R.O.E.Q. represents a network of community organizations in Quebec offering the ESPACE Program. R.O.E.Q. seeks to prevent violence against children by offering community organization training to deliver ESPACE, creating and disseminating resources related to ESPACE, and responding to the needs of its member organizations.

Program and Activities:

In 1985, a French adaptation of CAP, ESPACE, was created. The Regroupement des Organismes Espace du Québec (R.O.E.Q.) is responsible for its ongoing development and implementation in the province of Quebec.

The Program offers school workshops for children, teachers and parents by trained ESPACE/CAP facilitators. Classroom presentations are approximately 1-hour and include information and strategies to assist children and youth in resisting abuse. Abuse is seen as a violation of the children's personal rights. Topics covered include sexual, verbal, emotional and physical abuse by peers (bullying), known adults and strangers (abduction). Guided group discussions, narratives and role-plays assist students to learn prevention/protection strategies such as assertiveness, peer support, a self-defence yell and telling a trusted adult if abuse occurs. Facilitators are trained to handle disclosures. Children may meet individually with a facilitator after the Program.

Workshops are specially designed for school staff to inform them about abuse, how to recognize potential abuse and the community resources available to address abuse. A 2-hour Family/Parent in-service training stresses the importance of establishing good communication children.

Effectiveness/Impact:

As previously noted, Lavoie and Parent evaluated the effectiveness and impact of ESPACE. Results from their study reveal that this Program has a positive effect on parent participants by increasing their level of knowledge of sexual abuse.

¹⁸ www.roeq.qc.ca

Resources:

The resources developed by R.O.E.Q. are for their member organizations to use and distribute. The resources are for children, teachers and parents in relation to the ESPACE Program. This includes documents for parents and teachers, as well as pedagogical materials to be used in classes by children.

g) Montreal, Quebec

Organization: Montreal Assault Prevention Centre¹⁹

Objectives: The Montreal Assault Prevention Centre, a non-profit organization and a registered charity, which offers an array of workshops on assault prevention to groups particularly vulnerable to assault - children, adolescents, women of all ages and people with physical and/or intellectual disabilities. Its goal is to confront the reality of violence in our midst with a variety of public education forums focusing on assault prevention.

Program and Activities:

The Child Assault Prevention Project (CAP)

Women Against Rape in Columbus, Ohio developed the CAP Program in 1978. Facilitators deliver the CAP Program throughout the United States and many other countries. The Montreal Assault Prevention Centre has offered CAP since 1984.

CAP works with pre-school and elementary school age children as well as adults to create a safer community for all. There are three components to the CAP project: a parent Program (3 hours), a school staff workshop (2.5 hours), and a children's workshop (2 hours). The Montreal Assault Prevention Centre offers optional 30-minute information sessions to group decision-makers who would like to know more about the goals and structure of the Program. CAP can be adapted to the specific needs of any community.

The workshops for parents and school staff cover a number of areas. These include: a history of CAP and the Montreal Assault Prevention Centre; an overview of child assault; a discussion of the role of parents in reducing children's vulnerability; a how-to section about responding to children with problems; and, a description of children's workshops.

The workshop for children has several objectives. This includes: preparing children to recognize potentially dangerous situations; teaching practical skills and strategies to face all situations of abuse (e.g.,

¹⁹ cpamapc.org

verbal, emotional, physical and sexual); informing children of their right to be safe, strong, and free; discussing different forms of assault, including assault by a peer, assault by a stranger and assault by someone they know; and, teaching children easy-to-learn strategies to reduce their vulnerability including assertiveness, peer support, and network of trusted adults. The CAP Program takes children step-by-step from fear to confidence. It uses language they can understand and delivers information in a way that is entertaining for them.

Resources.

The Montreal Assault Prevention Centre's website refers users to a variety of local resources they can use. It clearly identifies numbers they can call for further assistance.

3. CONCLUSION AND RECOMMENDATIONS

The environmental scan reveals that sexual abuse prevention programming is commonly found across Canada and offered by a variety of NGOs. A majority of the existing programs are developed and delivered at the local and regional levels. National levels program tend to be less frequent.

Several of the local and regional level programs identified have existed for more than 15 years, often dating back to the mid-1980s. A number of these programs share similar design components. Most programs:

- Are designed to be delivered in schools, either by trained teachers or external staff;
- Provide information to elementary school children in a non-threatening and entertaining manner (e.g., puppets, movies, and classroom activities);
- Attempt to involve both parents and teachers in the delivery of the program with workshops and presentations designed for each group;
- Promote group discussion and encourage communication between children and adults; and,
- Are supported by a variety of material resources (such as pedagogical materials, manuals and guides).

Many of the newer programs also emulate this design. A few studies were identified in the environmental scan, which provide data to support that this design is generally effective and may impact knowledge and awareness of sexual abuse.

Other types of sexual abuse programs were identified in the environmental scan. A number of programs are specifically designed for professionals in organizations that work with youth, for instance. These programs serve not only to raise awareness and knowledge about this issue, but also to help individuals spot potential signs of sexual abuse, report cases of sexual abuse, as well as effectively respond to disclosures. Community engagement programs, such as the Community Child Abuse Council's *Leaders for Kids Program*, were also identified. This type of program serves to encourage necessary public dialogue for the prevention of sexual abuse. Another type of program identified includes home-based programs for parents and kids, including BOOST's *I'm a Great Little Kid!* and *I'm a Great Kid!* programs. These programs are delivered by parents to children in the context of their home and are supported by a variety of material resources. PrévAction may consider these different designs in the development of their own programming.

A considerable number of sexual abuse prevention programs are available across Ontario, both region-wide and locally. A total of 7 programs are offered by NGOs across the province. A number of the resources have been developed for these programs, including French language resources. Both these programs and resources would be accessible to Cornwall and could be used to supplement any programming developed by PrévAction.

The environmental scan points to certain gaps in the sexual abuse prevention programming currently available. With the exception of CAPCS's *Prevention Programming*, there appears to be no focus on programming after elementary and middle school. High school students seem to be completely left out. Moreover, there seems to be no mention of sexual abuse prevention in the online environment. Existing programming does not explore the issue of online sexual predators. It is recommended that PrévAction explore the possibility of offering programming in this area.

It is recommended, based on the findings of the environmental scan that PrévAction conduct additional research to determine which approaches generally work best and which would best suit the needs of the Cornwall community. This research might consist of conducting a series of telephone interviews with key staff from the NGOs identified who are primarily responsible for delivering sexual abuse programming. This would serve to examine how the programs came to exist, decisions made around programming, as well as their strengths and weaknesses.

