



Abuse? Not Our Kids!

Protecting Children from Abuse
by Empowering Early Educators



Our Presenters



Bridgid Normand, MEd
Director of Education and Learning
Committee for Children



Anastasia Vitovitz, MEd
Education and Family
Support Coordinator
Snohomish County ECEAP



Amy Walker
Senior Territory Manager
Committee for Children

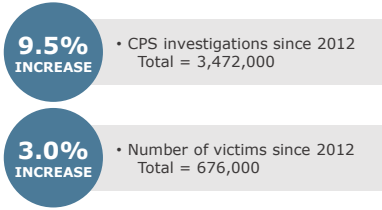


Presentation Goals

- Understand the prevalence of child maltreatment, including child sexual abuse
- Explain why educators play a key role in child protection
- Identify the four research-based elements of child protection
- Understand how to implement these elements in an early learning setting
- Understand how to train and empower educators to protect children



Reality of Maltreatment



Children's Bureau Report 2016



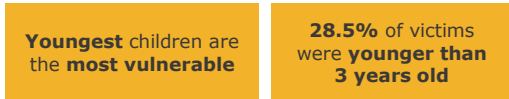
Types of Maltreatment



Children's Bureau Report 2016



Victims of Maltreatment



But who is best able to protect them?

Research points to the parents.



Children's Bureau Report 2016



Where do young children spend their time when not at home?

In early learning settings, including preschools and childcare centers





These settings can be sanctuaries where ALL children experience safety and support.



Researchers Agree:

Schools, including preschools, offer an optimal environment for child protection programs designed to prevent or intervene in cases of child abuse and neglect.



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Educators Play a Key Role

- See children every day
- Can spot changes in behavior
- Know the children well
- May see indicators of maltreatment
- Often are trusted adults
- More likely to receive disclosures



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You Can Make a Difference!



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And There's More!

Early Learning educators can actively work to create an environment that is safe and supportive.

Children can learn skills in preschool that are protective and promote resilience.

Preschools can establish policies, procedures, and practices to help protect children.

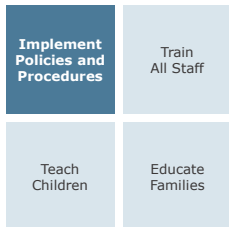
Administrators can engage families and other caregivers in protection and prevention efforts.



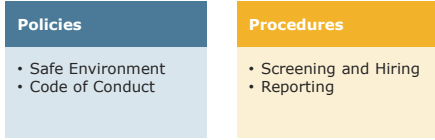
Four Components of Child Protection



Four Components of Child Protection

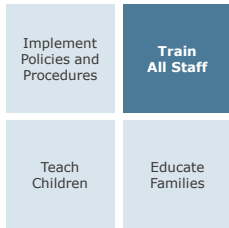


Center Directors



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Four Components of Child Protection



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All Center Staff

- R

Recognize common indicators of child abuse and neglect
Recognize violations of child protection policies
- R

Respond to behaviors in a supportive way
Respond appropriately to a child who discloses abuse or neglect
- R

Report child abuse or neglect and violations of child protection policies according to the school's procedures

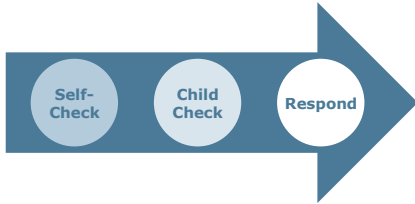
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Important Information for Staff

- 1 Indicators of abuse and neglect
- 2 Facts about staff sexual misconduct
- 3 How to respond to behaviors
- 4 How to create a safe and supportive classroom

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Responding in a Supportive Way



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Child Check: Reframing Behavior

Corrective Frame

- This child is a problem.
- What's wrong with this child?
- I need to correct this child's behavior.

Supportive Frame

- What is this child experiencing in his or her life?
- What is this child trying to say with his or her behavior?
- I need to support this child.

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Support Plan for Child



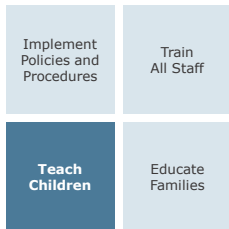
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Support Plan for Family



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Four Components of Child Protection



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Importance of Teaching Children



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Helping Staff Feel Comfortable

- Support for teachers to feel at ease with the content of personal-safety education and communicate with families about physical and sexual abuse
- Resources to help facilitate conversations with families that focus on safety vs. sexuality

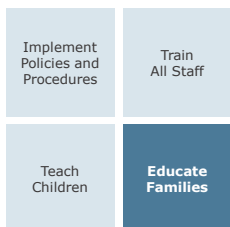
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Typical Content for Children

General Safety Rules	Safe and Unsafe Touch
Rules about Touching	Recognizing When Rules Are Broken
Reporting to an Adult	Refusing Touch if Possible

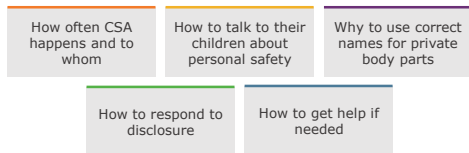
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Four Components of Child Protection



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What Families Need to Know . . .



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EarlyOpenOften.org

Get the Facts | Talk About It | Be Ready to Respond

How to Talk with Kids About Sexual Abuse

Video: How to Talk With Kids About Sexual Abuse

Video: Kids Talk About Their Bodies (KCSARIC)

- How to Start Talking
- Talking About Private Parts
- Safety Rules
- The Three Rs of Safety
- Keeping Secrets
- Conversations by Age
- Practicing Safety Rules
- Choosing Caregivers
- Know Who Your Kids Are With
- Talking to Other Adults

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Presenter



Anastasia Vitovitz, MEd
Education and Family Support Coordinator
 Snohomish County ECEAP



Early Childhood Education and Assistance Program

- Snohomish County Early Childhood Education and Assistance Program (ECEAP) serves over 15,00 Snohomish County children and their families each year. We work with 15 contractors at 22 sites.
- ECEAP provides the following services to low-income children (3–5 years old) and their families:
 - Educational services utilizing research- and evidence-based curricula
 - Family support and development services
 - Parent partnership and leadership opportunities to assist
 - Health and nutrition screenings and referrals



Snohomish County ECEAP Demographics

Percentage of ECEAP Children Who Have:	
A primary language other than English	31%
A parent/guardian experiencing mental health issues	21%
Been homeless in the last year	6%
An incarcerated parent	6%
Lived in foster care	3%
Percentage of ECEAP Families Who Have:	
Experienced domestic violence	15%
Been involved with CPS/FAR/ICW	15%
Struggled with drugs or alcohol	15%



Child Protection Strategies

- Snohomish County ECEAP provides Educational Services utilizing research- and evidence-based curricula
- We chose Committee for Children's Child Protection Unit to:
 - Build on our success of using *Second Step* Social-Emotional Program for Early Learning
 - Mitigate teacher discomfort with teaching touching safety lessons
 - Meet staff's need for in-depth training
 - Provide comprehensive resources for parents



How We Support Staff with the Implementation of CPU

- Administer CPU implementation at the site level and monitor for quality assurance
- Provide training and coaching to teachers for implementation in the classroom
- Provide guidance and support for site staff to partner with families



Second Step Child Protection Unit (CPU)

- Online Training:**
- For administrators
 - For all school staff
 - For classroom teachers who will implement the weekly theme activities
- Weekly Theme Activities for Children:**
- 5-7 minute activities for each weekday
 - Songs
 - Puppets
 - Posters
 - Animated video to review skills



Online Resources and Dedicated Website for Families



Online Training for Staff

Module 1	Module 2	Module 3
<p>Helps School Leaders:</p> <ul style="list-style-type: none"> Assess current child protection policies, procedures, and practices Begin to develop a Child Protection Strategy 	<p>Prepares All Staff to:</p> <ul style="list-style-type: none"> Recognize indicators Respond in a supportive way Report abuse or school policy violations 	<p>Prepares Teachers to:</p> <ul style="list-style-type: none"> Deliver Weekly Themes Overcome discomfort with topic Engage and support families

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Administrators

Complete Module I and review corresponding resources at the end of Module I	M	N/A	N/A
Complete Module II and review corresponding resources at the end of Module II	M	R	R
Complete Module III and review corresponding resources at the end of Module III	M	M	R
Review CPU Resources for Families	M	M	M
Review CPU Resources for Teachers	M	M	M
Review CPU Resources for Program Managers	M	N/A	N/A
Familiarize yourself with CPU Notebook: Unit Cards, Home Links, Family Letters, CD & DVD, Posters, and Rule Cards	R	M	R
Review Using The Skills Every Day Process	R	M	R
Review Sample Weekly Theme Implementation Schedule	M	M	R
Review Video Library for staff and parents	M	M	M

M-Mandatory R-Recommended

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Training Each Sites' Staff to Recognize, Respond, and Report Child Abuse

- Online modules
- Yearly in-person training for new staff

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In-person Training for New Teachers and Family Support Staff

- Child Sexual Abuse risk factors
- Appropriate ways to respond to disclosures
- Reporting child abuse
- Demonstration of the "Rules about Touching" or "Recognizing When Rules Are Broken" Weekly Themes
- Resiliency resources for the staff



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Statistics on Child Abuse by Darkness to Light

Immediate Consequences of the Sexual Abuse:

- Emotional and health problems
- Problematic sexual behaviors
- Academic problems

Long-term Consequences:

- Mental health problems
- Obesity and eating disorders
- Physical health problems in adulthood

Child maltreatment is a public health problem

CDC recently estimated the lifetime burden of a new, substantiated child maltreatment to be \$210,012 per victim

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Responding to Disclosure

Do	Don't
Respond calmly and matter of factly.	Don't show disgust or alarm.
Believe the child.	Don't imply a child is lying. It's very rare that a child lies about abuse.
Encourage the child to talk by saying, "Tell me more." Write down the exact words the child uses.	Don't ask the child for a lot of detail or ask leading questions.
Tell the child that it is not his or her fault.	Never suggest the child is to blame.
Focus the discussion on the child's needs.	Don't make judgments about the abuser or suggest consequences the person may face, such as going to jail.
Reassure the child what will happen next to make sure he or she is safe. Inform him or her about the process in an age-appropriate way.	Don't scare the child, but don't make promises that things will "be fine."
Respect the child's need for privacy about what's happening.	Don't tell anyone who doesn't need to know.
Consult with child protective services about whether to talk to a parent and whether or not to send the child home.	Don't make a decision on your own about whether it's okay to send the child home. Don't take the child home with you!

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Reporting Child Abuse

- WA State definition of the responsibilities of Mandated Reporters
- Scenarios of the incidents and reflection on the steps to report



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Modeling the Lesson

Demonstration of the "Touching Safety Rules" by the Teacher-Mentor received positive feedback from the staff



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Resiliency Resources for Staff

- Signs of Compassion Fatigue
- Reflection on the tools to build the resiliency



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Resiliency Resources for Staff

"To be resilient means to go through life's daily ups and downs and be able to feel strong, experience enjoyment in school and family, and maintain overall positive outlook in life." (Barrett & Cook, 2011) (<https://depts.washington.edu/cqel/coaching>)

ACHIEVER's Strategies:

- **A:** Awareness and empowerment through mindfulness practices
- **C:** Choosing your attention and practicing gratitude
- **H:** Helping and doing good deeds for others
- **I:** Identifying unhelpful thoughts and adjusting them to be true
- **E:** Establishing good role-model and social supports
- **V:** Valuing clarification and commitment
- **E:** Exercising, eating well, and engaging in good sleep
- **R:** Rewarding yourself through relaxation and recreation



How We Partner with Families:

- A foundational tenet of ECEAP is the recognition of, and support for, a parent's role as the first and most important teacher of their child.
- We facilitate Policy Advisory Council training on the program's curricula, including the training on CPU.
- Parent-leaders share information at their site PAC meetings and empower other parents to get involved in the educational process



How We Partner with Families:

- On the site level, the staff provides ongoing communication with families before and during the introduction of the Weekly Themes
- Mini-posters



How We Partner with Families:

- Family Services are the foundational component of the ECEAP program.
- Partnership between teaching team and family support-staff provides opportunities to share if a family needs additional intervention or resources in the safety domain and to create a plan of how to support the family.



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Our Wish List

- Implement bi-yearly Professional Learning Community (PLC) meetings for all staff to share experiences to enhance the practice of teaching the curriculum and partnering with families.
- Strengthen the sites' work with families by experimenting with having a parent education event dedicated to the Safety Rules and Strategies in CPU.



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Q&A



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Join Our Awareness & Prevention Efforts

- Follow Committee for Children:
 - Twitter [@cfchildren](#)
 - Facebook [@cfchildren](#)
- Learn about our programs and connect with other *Second Step* educators:
 - Twitter [@2ndStepProgram](#)
 - Facebook [@2ndStepProgram](#)

April is Child Abuse Prevention Month

[EarlyOpenOften.org](#)
[AbierToyaMenuedo.org](#)
[HotChocolateTalk.org](#) *debuting next week!*

Look for resources to share with staff, parents, and your network!



Contact Information:

Bridgid Normand
bnormand@cfchildren.org

Anastasia Vitovitz
Anastasia.Vitovitz@co.snohomish.wa.us

Amy Walker
awalker@cfchildren.org





Thank You!