



Center for the
Prevention & Treatment
of
Child Sexual Abuse



Catalog of services and materials 2011



The Center for the Prevention and Treatment of Child Sexual Abuse

(CPTCSA) is envisioned as a leading agency serving as a major source of information and a holder of technology on child-centered prevention and treatment of sexual abuse in the Philippines. The Center commits itself to the elimination of child sexual abuse in the Philippines by empowering children so that they will become neither victims nor offenders, and by creating caring, responsive, and vigilant families and communities. The Center further commits itself to the recovery and healing of victims and young sexual offenders by encouraging them to speak out by providing them an indigenous, innovative, and focused therapy.

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*Become a FRIEND
OF CPTCSA
and receive dis-
counts on all items
in this catalogue,
as well as future
partnerships with
service or other
business ventures.*

*By joining you
participate in the
fight against child
sexual abuse
through donation
of funds, time, or
other resources.*

*To join, contact
Lois@cptcsa.net*



PREVENTION ... schools



Personal Safety Lessons as mandated by DepEd Order #45 (May 2009)

Full lesson plans with accompanying illustrations can be purchased individually by grade or in bulk.

The Center for the Prevention & Treatment of Child Sexual Abuse offers prevention materials for Personal Safety Classes for grades 1 through High School. These materials are produced for the classroom, yet can also be used within social service agency groups as well as community groups.

Refer to page 6 for materials that can be used for additional activities to enhance personal safety lessons on this page

The emphasis on personal safety classes to prevent child sexual abuse is through the empowerment of the child, teacher, and parents. The methodologies used are primarily through storytelling (for elementary using 11" X 16" illustrations) and role playing, with a variety of other activities to supplement and enhance learning. The focus of prevention education is on the provision of accurate information to the child, skills to act on that information, and self-confidence for the courage to practice skills learned.

Major issues in this age-appropriate series include definitions, assertiveness, support systems, reporting, self esteem, decision-making, and appropriate discipline behaviors. Older children also are presented with gender issues.

Prices depend on grade level and quantity ordered. Call for most recent prices.

Call CPATCSA to see if we can provide Personal Safety Lessons to your classroom as well as handling disclosure follow-up

ELEMENTARY SCHOOL



Grade 1 - 15 lessons Grade 2 - 17 lessons



Grade 3 - 15 lessons Grade 4 - 13 lessons



Grade 5 - 23 lessons Grade 6 - 26 lessons

PREVENTION ... schools



HIGH SCHOOL

Personal Safety Lessons

SCOPE AND SEQUENCE

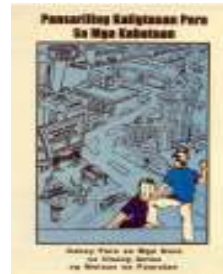
- UNIT 1: Personal Safety and Decision Making
- UNIT 2: Touching
- UNIT 3: Assertiveness
- UNIT 4: Support Systems
- UNIT 5: Physical Abuse and Neglect

The safety of our children is protected by our laws and within the United Nations CRC. It is the responsibility of all adults to care for and protect our children. Today 30% of our children are being molested in some form, which is a statement to adults that we have failed in our responsibilities. Personal Safety is needed to empower children, yet at the same time works to strengthen the ability of those socially and morally responsible for the protection of children.

Personal Safety is built on the Core Life Skills of decision making, problem solving, creative thinking, critical thinking, effective communication, interpersonal relationship skills, self-awareness, empathy building, coping with emotions, and coping with stress, within the direct context of safety from physical, emotional, and sexual harm.

Personal Safety IS Life Skills. When children do not feel safe, the result is often linked to social problems including drug and alcohol abuse, prostitution, truancy, running away from home, suicide and suicide ideation, and criminal behavior. Personal Safety is the right on which all other Life Skills are built.

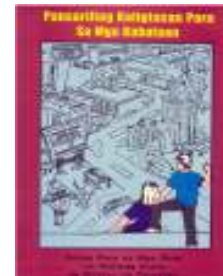
For supplemental materials at the high school level, contact Stairway Foundation for the excellent DVD entitled "daughter". (Also available from CPTCSA)



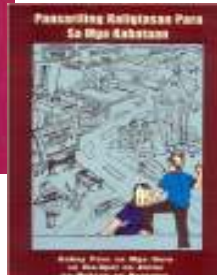
Level II
9 lessons



Level I
13 lessons



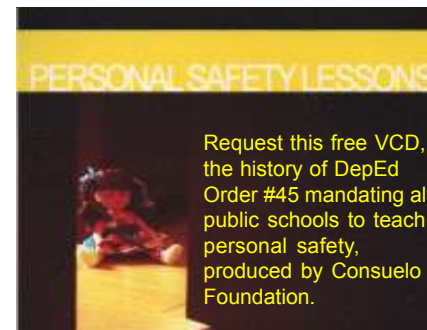
Level III
13 lessons

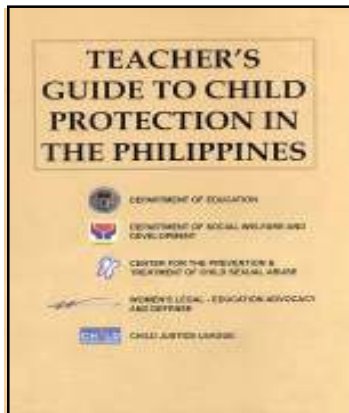


Level IV
12 lessons

WARNING: PERSONAL SAFETY CLASSES SHOULD ONLY BE TAUGHT FOLLOWING TRAINING. CALL CPTCSA FOR TRAINING AVAILABLE.

Materials are available at individual grade levels or in bulk. Call for most recent prices.





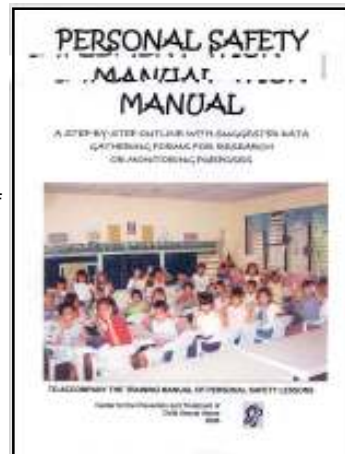
Teachers Guide to Child Protection

Personal Safety Lessons is a response to the UNCRC and Filipino laws to protect our children. This 15-page guide helps teachers know how to follow the law in a safe and effective manner. Within Personal Safety Lessons teachers are communicating to their students their wish to help all students. This guide provides teachers with information about mandated reporting and how to handle disclosures of students effectively.

One free handbook per bulk order of PSL

Personal Safety Implementation Manual

This guide provides schools and community centers with everything they need to plan and implement Personal Safety Lessons, from preparing teachers to building multi-disciplinary teams. All forms are included for documentation and research purposes if desired. Prevention of child sexual abuse requires a wholistic response, thus personal safety should not be provided without support systems already in place. This guide will walk you through the process for a school-based support system as well as a community-based support system to handle reports from schools.



One free handbook per bulk order of PSL

CPICSA can help your school set up a school-based and community-based support team to handle reports

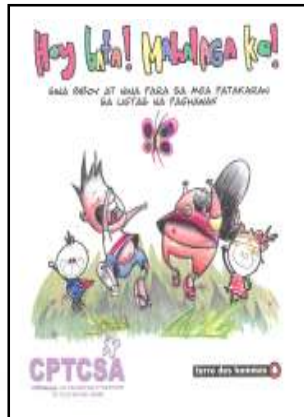
A guide to forming effective multi-disciplinary teams around child abuse is available from the Consuelo Foundation.



PREVENTION ... pre-schools



HOY BATA! MAHALAGA KA!

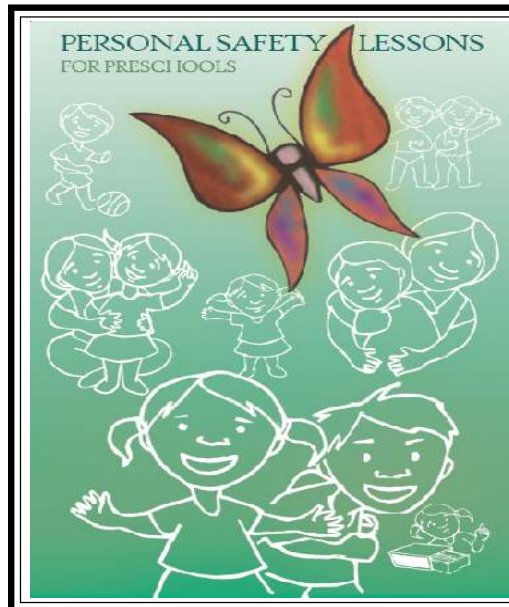


is a DVD that comes with a user's guide to help you provide a holistic program to teach children information (such as private body parts and Touching Rules), skills needed to handle the new information (such as assertiveness and telling), and most importantly to build their self-esteem so the child will have the courage to practice the skills based on the information. Personal Safety does not guarantee safety for children – instead, it helps low-risk children to say “NO”, high risk children to be able to tell someone from within their support system, and for most of the children who cannot say, “NO” or tell, the program hopes to inhibit a sense of guilt or blame. In addition, we hope that we can teach the children today not to become the abusers of tomorrow. The DVD can be used by teachers, parents, and other care-givers of our precious children.

Personal Safety for Preschool Children is a series of 19 age appropriate lessons for pre-school or mentally challenged elementary students. The lessons focus on giving vocabulary to private body parts, the touching rules, and building strong support systems. Together with the DVD “Hoy! Bata!” our young children can begin a strong understanding of their right to feel safe.

“CPTCSA’s development of these age-appropriate safety learning tools to teach young children about personal safety and protection measures is indeed commendable; it is a very timely and crucial early intervention in helping prevent child sexual abuse in young children.” MARILYN F. MANUEL, Deputy Executive Director (for ECCD Concerns), Council for the Welfare of Children

A Chinese proverb reads:
“I see and I forget.
I hear and I remember.
I do and I understand.”

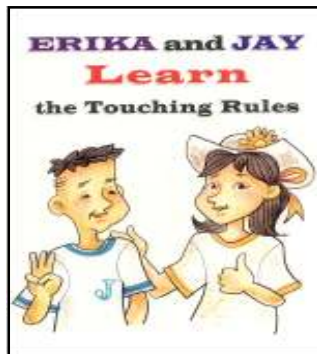


PREVENTION ... children's materials



Hoy! Bata! Storybook

is a 36-page color illustrated book that can accompany the animated DVD or be read by itself. The story is based on two characters and their alter-egos helping them learn protective behaviors and seeking help when needed. The book is focused on preschool children and provides useful information in a fun and non-threatening manner to build their self-confidence. Parents and children can become even closer connected when they read the story together and talk about their personal daily experiences.



Erika and Jay Learn The Touching Rules

is a 35-page color illustrated book written in rhyme for young children with a guide for parents how to read the book to their children. The book is educational for parents and children and provides needed information in a non-threatening and supportive manner to build children's confidence and parental peace of mind.

Ang Aking Aklat para sa Pansariling Kaligtasan

is a 55-page workbook using story telling to give children ages 6 - 12 information, skills, and building self-esteem in their own protection. The child and parents can use crayons for their writing and drawing skills as they build on their own relationship so that children have a strong support system from which to seek help if needed. Each workbook includes a guide for adults and suggestions for alternate activities.



Purchase all three items above and request a FREE colorful Touching Rules poster for your home.

PREVENTION ... parents /communities



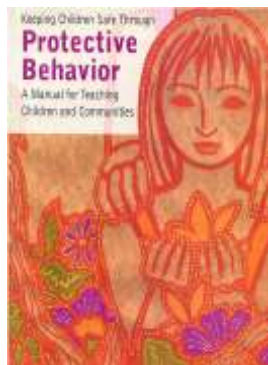
A parents practical response to child sexual abuse

is a 20-page booklet outlining the definitions of child sexual abuse, vulnerabilities of children, characteristics of offenders, simple prevention strategies, symptoms to look out for, and where to get help. These booklets may be used alone, but is best when supplemented with a presentation and discussion.

This practical tool is available in Tagalog and Cebuano



**A PARENT'S
PRACTICAL
RESPONSE
TO CHILD SEXUAL
ABUSE**



The Department of Social Welfare and Development, with participation from CPTCSA, developed a manual for teaching children and communities protective behaviors building on the themes of "Everyone has the right to feel safe all the time" and "Nothing is so terrible you can't talk with someone about it." This manual provides both training elements as well as direct service of teaching client activities.

This manual is for free.

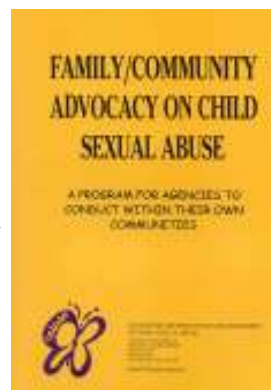
All community-based or agency-based services can also utilize the school-based Personal Safety Lessons on page 2.

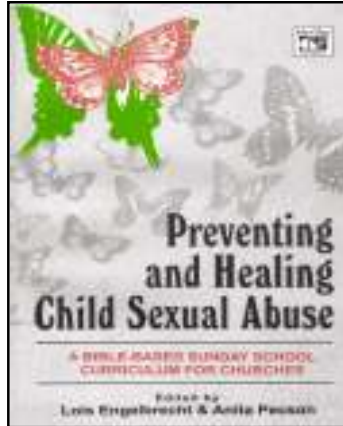


CPTCSA may be requested to lead community advocacy sessions or assist social workers within their own communities.

The Family and Community Advocacy Manual

provides a full script for half-day sessions to raise the awareness on child sexual abuse. Topics include definitions, characteristics of sexual abuse, characteristics of offenders, vulnerabilities of children and effects of abuse on child development, fears of disclosure, and handling disclosure. Activities include interactive lectures, small group workshops, story telling, singing, and role playing. The purpose of the manual is to help community workers lead their own sessions within their own communities. *This Manual can also help with PTA meetings to introduce child abuse.*





Preventing and Healing Child Sexual Abuse: A Bible-based Sunday School Curriculum for Churches

CPTCSA is proud to announce the NEW DAY publication of the three-year project funded by Lutheran World Federation and Kinderen in de Knel, in collaboration with CEFAM's Anita Pecson. This project worked with dedicated Sunday School teachers and deaconesses in the Lutheran Church of the Philippines, without whom this project was not possible.

This book provides 10 lessons for school-age children using familiar Bible verses and stories (such as The Lost Sheep and Jesus and the Children) to promote child protection. The book includes instructions to teachers, as well as working with government officials to provide holistic protection and healing.

This book is also available from New Day and in bookstores.

CPTCSA
will provide free advocacy and prevention sessions to churches

Here's an idea ... take the prevention materials in this catalog and insert Bible stories or texts for a wholistic psychosocial-spiritual perspective.

But if anyone causes one of these little ones who believe in me to sin, it would be better for him to have a large millstone hung around his neck and to be drowned in the depths of the sea. Matthew 18:6

The midwives, however, feared God and did not do what the king of Egypt had told them to do; they let the boys live.

Exodus 1:17

For God did not give us a spirit of timidity, but a spirit of power.

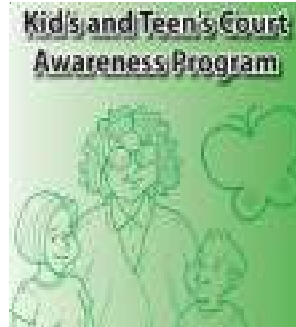
2 Timothy 1:7a

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11

TREATMENT & HEALING

Kids and Teen Court

is a one-day program held in an actual courtroom to prepare children for their day in court. Issues include telling the truth, relaxation, and knowing the people and practices of the court system. Families are invited to attend sessions to help parents understand the system, be prepared for possible outcomes, and support their children through the process.



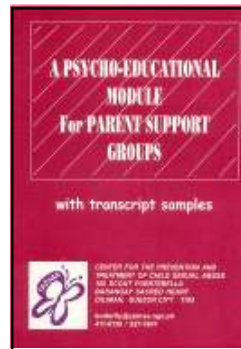
Group Counseling Sessions for Boys Having Displayed Sexually Inappropriate Behaviors



is a 38-page documentation of an actual series for a group of adolescents reported with sexually responsive behavior. CPTCSA has its own format for recording sessions, recognizing individual needs of the group members as well as working on group goals together. The sessions are outlined as a tool for counselors to follow in their own work. Different boys have different issues, so this book does not claim to handle everything, as each group must respond directly to its particular youth. A possible accompanying tool is *Case Studies of Sexually Aggressive Youth* found on page 14.

A Psycho-educational Module for Parent Support Groups

Is a 31-page book that shares a module used by CPTCSA as a suggestion for other social workers or professionals to help parents whose children have been abused. The module includes sample cases and responses by participants. This group samples facilitation by a professional yet can also be used by support groups that only want a visiting professional to provide the information.



Ang Aking Ak

is a 46-page (8.5X11) book with 10 levels, but can be a

all prevention materials from pages 2 and 3 can also be used for therapeutic purposes - remember that prevention and treatment are intertwined.

Major issues in the family systems, empathy

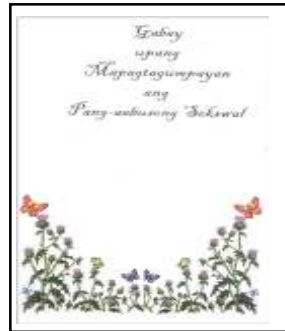
TREATMENT & HEALING



CPTCSA will provide group or individual counseling to victims, survivors and young offenders. Counseling will be provided at our office, at school, or at a peer agency. Issues include shame, guilt, interpersonal relationships, safety, setting boundaries, feelings, grieving, forgiveness, sexuality, the court, and building self-esteem. Counseling can be single-session or over several months following assessment of client and all support systems.

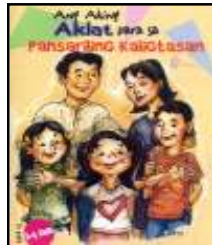
GABAY UPANG MAPAGLAGUMPAYAN ANG PANG AABUSONG SEDSWAL (GUMAPAS)

is a set of activities for adolescents who have positive coping mechanisms and family or community support yet require extra attention to help them deal with their negative experience of sexual molestation. The activities teach children about journal writing, imagery, and self talk, as well as help them understand appropriate role boundaries and prevention issues. The major focus is on the emotions of shame, guilt, anger, and fear. Each set comes with a **CONTRACT TO MYSELF** that the child completes with the social worker dealing with specific issues of the child in relation to the activities, such as keeping a balance by doing recreational things s/he enjoys. The contract covers about 8 weeks of "self help" with a list of symptoms provided for the child and family to look out for which could indicate the need for further professional help. GUMAPAS is meant for adolescents with the capabilities for self help, but can also be used along with a professional to help children begin to understand their emotions about their molestation and subsequent behaviors or even to help the child recognize the need for disclosure or further professional help.



Ang Aking Aklat para sa Pansariling Kaligtasan

is a 46-page (8.5X11") workbook primarily used for personal safety at elementary age levels, but can be also used for older children within certain situations.



Other uses for the workbook include:

- early treatment intervention
- individuals within community-based centers suspected of being abused in a one-on-one session with the staff hoping for a disclosure towards healing
- individuals who have already disclosed and in preparation to join a group for counseling
- beginning treatment for the sexually aggressive youth to help build empathy and insight

Major issues in this workbook include definitions, touching, assertiveness, support systems, empathy, reporting, and self esteem.

TREATMENT SERVICES FOR CHILD VICTIMS AND CHILD OFFENDERS OF SEXUAL ABUSE



Individual therapy is personalised and in-depth treatment, working to create a safe and trusting place for the child to share his/her thoughts and feelings about abuse with a therapist. The therapist helps the child understand his/her feelings so that the child can move forward and find emotional healing.

Group therapy allows children struggling with the same issues to confront and work through their experiences together. This is powerful in the healing process because the sexually abused or offending child often feels isolated from his or her peers. Therefore, sharing the experience in a group can lessen this loneliness.

TREATMENT SERVICES AT CPTCSA CAN HELP BY:

- Providing a safe release of feelings.
- Overcoming negative and potentially self-destructive behavior.
- Helping understand what part of thinking has been affected by the abuse and help correct distortions.
- Helping overcome self-blame and self-hatred.
- Helping build a sense of trust in yourself and in a positive future.
- Enabling children to gain a sense of perspective about the abuse and to gain the emotional distance necessary to keep the trauma from hurting in the future.
- Supporting the child to come to terms with her or his own sexuality, including good feelings surrounding sexual behaviours and the ability to discriminate healthy sexuality from abuse.

How often are sessions held, and how long does each session last?

Individual therapy sessions are set based on the need of the client, although generally once a week. Sessions for younger clients average between thirty to forty-five minutes; sessions with older children last between forty-five minutes to an hour. A total of six to eight sessions is needed for assessment of the child's presenting problems, after which, the course of the actual intervention (therapy) will be determined based on treatment goals, family support, child strengths, and other variables. The case and the progress of the client will be reviewed periodically through professional mentoring and supervision by inside and an outside Treatment Response Team to determine the need for further intervention or if therapy should be terminated.

Group therapy sessions range between eight to fifteen sessions. Each group therapy session lasts for ninety minutes.

Optimal group size is 6 – 8 members. Criteria for membership includes same-gender/ age groups, and the child is not psychotic or mentally disabled. Before any child can join group therapy, a screening process will be conducted by the group facilitator.

ADVOCACY

ANG DAPAT MALAMAN NG BAWAT ISA TUNGKOL SA SEKSWAL NA PANG-AABUSO SA MGA BATA

is a 16-page pamphlet on general base-line information of child sexual abuse, definitions, who are the offenders, the victims, how to respond to the abuse, and resources to contact. These booklets may be used alone, but is best when supplemented with a presentation and discussion.



Booklets in English and Tagalog

Early Warning Signs illustrates some of the most common tricks used by sex offenders that adults and children/youth should be aware of. A full set comes in three different posters and one flyer. Can be purchased as a set or individually.



Our Touching Rules Poster is our biggest order item. Touching Rules is a safety rule all parents should teach to their children and practice themselves. These colorful posters or flyers that can decorate any wall in your home, school, or office. These posters are free with orders when requested.



CONFRONTING CHILD SEXUAL ABUSE: The Story of CPTCSA is a DVD given free to all Friends of CPTCSA and can be used for advocacy in your community and a model for initiating personal safety lessons projects.

Visit www.cptcsa.org to read our quarterly newsletter *SHARINGS* and access other information

TRAINING



CPTCSA conducts trainings on numerous issues related to child sexual abuse. Below is a list of our most common requests, yet if possible we will tailor training sessions to individual agency needs.

Annual Summer Institute

CPTCSA leads three sessions each year on prevention, treatment of victims, and treatment of young offenders.

The session on prevention covers definition, characteristics, causes, and prevention components, including handling disclosures. Much of the time is spent workshopping the personal safety materials of CPTCsA. Other methodologies include interactive lectures, demonstrations, guest speakers, role playing, video showing, and sharing of materials and experiences.

The session on treatment of the child sexual abuse victim or survivor is based on effects on child development, person-in-environment elements, individual and group methodologies, and samples for dealing with 13 of the most common issues these children and youth experience through counseling. Methodologies include interactive lectures, guest speakers, workshops, small group activities, role playing, video showing, and sharing of materials and experiences.

The session on treating the young sexual offender covers the person-in-environment variables that help create and proliferate sexual misbehavior in boys within patriarchy. Therapy issues include impulse control, building empathy, relapse prevention, anger management, and sexuality. Methodologies include interactive lectures, guest speakers, workshops, small group activities, role playing, video showing, and sharing of materials and experiences.

CPTCSA will design training sessions based on our ability and your need. Some examples are:

1. **Personal Safety Lessons for Teachers** on definitions, characteristics, causes, prevention components, and using CPTCSA Personal Safety Lessons materials. Methodologies include interactive lecture, workshops, small group activities, video showing, role-playing and sharing of materials and experiences.



2. **The Role of the Church in Child Sexual Abuse** covers definitions, characteristics, causes with a focus on the church, prevention components, and using the Bible in the prevention of sexual abuse.

3. **Building a Multi-Disciplinary Team** covers definitions of child sexual abuse, causes, fears of disclosure, handling disclosures, professional roles in treatment and case management, and building team goals and activities. [SEPARATE TRAINING ON CASE MANAGEMENT UTILIZING CPTCSA'S PREVENTION AND TREATMENT MATERIALS IS ALSO AVAILABLE UPON REQUEST.]



4. **Protective Behaviors** is based on Australian training to build self-esteem and skills in students as well as developing their support systems.

TRAINING ... materials



CPTCSA has documented their training of teachers into a Training of Trainers Manual. The manual includes scripted presentations, overheads, suggested activities, handouts, workshop outlines, and a full list of any other resources needed. It is recommended that once teachers have been trained, they must teach personal safety for at least one year before becoming a trainer. In that way, the teachers can utilize their teaching skills to incorporate their own style and experience within the manual provided.

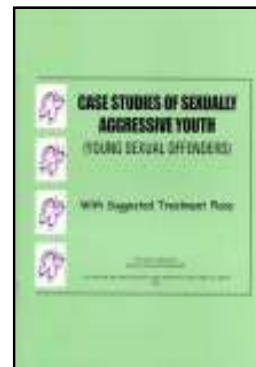
Manuals are provided free to teachers volunteering to become trainers during the special training of trainer's session.



Case studies for training purpose



CPTCSA has documented several case studies for training purposes. The books begin by stating some theoretical components of either building case studies or the issue being assessed. These books are excellent items to begin to understand what is needed in order to prepare for effective treatment plans for victims as well as the young sexual offender.



Case studies of child sexual abuseP150

Case studies of sexually aggressive youth P150

Handling Disclosure DVD

Is a training video intended to help child protection workers identify cases of child sexual abuse by understanding physical, family and behavioral indicators of abuse. The video also talks about handling children's disclosure of abuse, a skill which every child advocate and protection worker must possess for not knowing what to do with a child disclosing sex abuse may hinder the healing process. To complete the initial step towards the healing process, the last part of the video talks about the reporting process. This video comes in DVD form.



**CPTCSA announces our latest DVD training material,
*Traumagenic Dynamics: Stories of Overcoming Child Sexual
Abuse (including the manual)***

This training video is divided into five chapters. The first four are based on the four dynamics as developed by Finkelhor and Browne:

- √ Traumatic sexualization
- √ Stigmatization
- √ Betrayal
- √ Powerlessness

We sought the help of two experts in the field to share their insights on the survivors' experience through the lens of the traumagenic dynamics model, Dr. Jose Sotto and Ms. Anita Pecson.



The final chapter in the video outlines some guidelines for the assessment and treatment planning to facilitate the recovery process.

This video is designed to make us see sexual abuse from the point of view of actual survivors. When we can comprehend their journey by using the traumagenic dynamics model, it will help us design an effective action plan. Through the survivors' own voice, we hope to get an understanding of the unique process that each survivor of sexual abuse has to go through in dealing with a very difficult point in their lives.



RESOURCE LIBRARY



CPTCSA has a wonderfully large library full of a variety of materials focusing on child sexual abuse. The library houses professional and religious books from the Philippines and the West on theoretical issues, as well as practical guides to counseling topics such as shame and guilt, setting boundaries, forgiveness, self-esteem, social competence, sexuality, and prevention. A special section focuses on the young sexual offender, both theoretical and practical. In addition, the library houses videos for training on a variety of topics, from lectures to songs. CPTCSA resource center includes materials for the client, from books for parents to tapes and counseling games for pre-schoolers. And finally, the library subscribes to the Journal of Child Sexual Abuse and the International Child Abuse and Neglect Journal. In the future the library will include access to an international library for further research.

Books cannot leave the library, yet it is possible to photocopy portions as needed. Please call in advance to make sure that someone will be at the office to assist you if you are interested in using this resource service.

NETWORKS & REFERRALS

CPTCSA links up with numerous agencies to provide wholistic services. We focus on mental health issues involved in child sexual abuse, yet recognize that these cannot be dealt with in a vacuum. We are recognized by the Department of Education and accredited by the Department of Social Welfare and Development. We are members of the National Council for Social Development and the International Society for the Prevention of Child Abuse and Neglect.

Part of our mandate to increase awareness towards societal change is to be among the leaders of the National Awareness Week for the Prevention of Child Sexual Abuse, initiated by CPTCSA in 1995. This annual activity the second week of each February pulls together all interested persons and groups to plan and implement advocacy activities and materials based on mutual themes.

Our closest allies within the Philippines include

Philippine General Hospital Child Protection Unit

Stairway Foundation

Virlanie

Women's Crisis Center

Child Justice League

Visayan Forum

Open Heart Foundation

Zonta Club

Plan Philippines

Social Action Centers

SIMAG

Bantay Bata 163

Children's Legal Bureau

Council for the Welfare of Children (CWC)

Consuelo Foundation

TDH Netherlands

Cordaid

UNICEF