

## Implementing Personal Safety Training in Faith Based Institutions



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## Self Care



[www.ana.co.jp](http://www.ana.co.jp)



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## Prevention Programs

Engage the Bystander – Personal safety should not rest on the shoulders of a 12 year old

Grooming behavior doesn't just groom the child. Parents, extended family, social circle, and general community members are also targeted.



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## Jacob Wetterling Resource Center

"There's a dream that we dream how the world should be, where the children are safe and where the children are free. But, we know for this to happen, we must make it so. For we are Jacob's Hope." – Douglas Wood



Adult ownership in prevention



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## Spectrum of Prevention

[www.preventioninstitute.org](http://www.preventioninstitute.org)

### THE SPECTRUM OF PREVENTION



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## A Youth Minister's Downfall Is Tearing First Christian Church of Florissant Apart

"After Milburn graduated in 2011, Varvil let him move into her house. Shortly afterward, her teen daughter informed her that many of boys who used to come over now refused to because Milburn was a "creep."

'I asked her why, and she said he took a bunch of them out one night and he exposed himself to them, and then he convinced them to expose themselves to him, she says. But when Varvil confronted him, he explained it away, telling her it had simply been a youthful indiscretion.

'We were just joking around," he told her. 'It's just a guy thing, Dawn. You don't understand how guys are with each other.'

'Just the way he explained it, I believed him.'"

By [Danny Wicentowski](#)

[http://blogs.riverfronttimes.com/dailyrft/2015/05/first\\_christian\\_church\\_of\\_florissant\\_brandon\\_milburn.php?page=all](http://blogs.riverfronttimes.com/dailyrft/2015/05/first_christian_church_of_florissant_brandon_milburn.php?page=all)

May 6<sup>th</sup>, 2015



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## Myths – A false sense of security



Fear Freezes.  
Education Moves us To Act.



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59% of sex offenses against juveniles are committed by acquaintances, 34% by family members, and **7% by those unknown to the family.** (Snyder, 2000)

37% of non-family abductions (the rarest type of missing child case) are committed by an unknown individual. (NISMART 2- 2002)



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## NISMART - II

- During the study year (1999), there were an estimated 115 **stereotypical kidnappings**, defined as abductions perpetrated by a stranger or slight acquaintance and involving a child who was transported 50 or more miles, detained overnight, held for ransom or with intent to keep the child permanently, or killed.
- An estimated 58,200 children were victims of nonfamily abduction, defined more broadly to include all nonfamily perpetrators (friends and acquaintances as well as strangers) and crimes involving lesser amounts of forced movement or detention, in addition to the more serious crimes entailed in stereotypical kidnappings.

[www.ojjdp.ncjrs.org](http://www.ojjdp.ncjrs.org)



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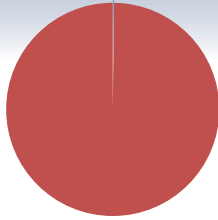
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## NISMART II Data

Stereotypical Kidnappings vs Nonfamily Abductions



- Stereotypical Kidnappings=115
- Non-Family Abductions = 58,200

NISMART II [www.ojjdp.ncjrs.org](http://www.ojjdp.ncjrs.org)

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## Focus on Behavior, NOT Relationship

- Youth have image in their head of a “stranger”
- Mixed Messages
- We want children and teens to know how to ask for help. They should be taught HOW to talk to strangers.
- Children and Teens are much more likely to be victimized by someone they know



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## Two New Questions

- Does this person try to get me to break my safety rules?
- Does this person give me an uh-oh feeling?



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## Gut Instinct or “Uh-Oh Feeling”

“Safety starts with knowing that your intuition about people is a brilliant guardian. Listening to intuition really means listening to yourself...To protect your child, you must believe in yourself.” – Gavin DeBecker, *Protecting the Gift*

Engage.

Empathy.

Consequences.



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## At what age?

Teenagers were, by far, the most frequent victims of both stereotypical kidnappings and nonfamily abductions. (*NISMART II*).

Persons ages 12 to 17 had the highest prevalence of violence of all age groups. (National Crime Victimization Survey, 2013).

Adolescents represent 14% of the population, but they represent about 25% of people suffering violent victimization. (*Bureau of Justice Statistics, 2001*).



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## Teenage Brain

The teenage brain has not yet fully connected the frontal lobes. Recent studies show that neural insulation isn't complete until the mid-20s.

"It's the part of the brain that says: 'Is this a good idea? What is the consequence of this action?'" Jensen says. "It's not that they don't have a frontal lobe. And they can use it. But they're going to access it more slowly."

Learning/Addiction part of the brain **is** tuned in.



Dr. Frances Jensen, neurologist  
<http://www.npr.org/templates/story/story.php?storyId=124119468>

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## Teenage Brain Perspective from Dr. Walsh

"We shouldn't be too surprised if teenagers make some foolish mistakes. It's the parent's job to convert the mistakes into learning opportunities by making sure that our kids deal with the consequences." (pg 57)

As puberty gets underway, the prefrontal cortex changes. "Because the prefrontal cortex is the executive center of the brain, its job is to think ahead to consequences and control impulses that shoot out of other regions of the brain. Because it is still developing during adolescence, however, teens do not have the impulse control of adults." (pg. 44)



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## Most children/teens don't disclose

Many children do not disclose abuse at all during childhood (London, Bruck, Ceci, & Shuman, 2005; Ullman, 2003). Delays in disclosure may be linked to a range of factors including concerns regarding the consequences of disclosing. For example, one study found that many children expected negative consequences for themselves and/or another person (usually their mother or sibling) if they disclosed (Malloy, Brubacher, & Lamb, 2011).

Children and young people are most likely to initially disclose abuse to either a parent or same-aged friend (Priebe & Svedin, 2008; Shackel, 2009).



<http://www.aifs.gov.au/nch/pubs/brief/pb2/pb2.pdf>

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## Lures



**REALITY:** Children and teen are most often lured by attention and affection.

Victims in sex crimes committed by people they met through the Internet were primarily 13-15 year old girls (75%). Half of the Victims were described as being in love or having close bonds with the offender.

Source: Crimes Against Children Research Center, University of New Hampshire. Information obtained from a National Law Enforcement Survey conducted between Oct 01 and July 02.



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## Grooming/Seduction

### Child Molesters:

A Behavioral Analysis  
For Professionals  
Investigating the Sexual  
Exploitation of Children

Fifth Edition, 2010  
Kenneth V. Lanning  
Former Supervisory Special  
Agent, Federal Bureau of  
Investigation (FBI)

[http://www.missingkids.com/en\\_US/publications/NC70.pdf](http://www.missingkids.com/en_US/publications/NC70.pdf)

NCMEC/FBI

"...grooming/seduction is defined as a variety of techniques used by a sex offender to access and control potential and actual child victims. This process takes access, time, and interpersonal skill. How much time depends on the needs of the child and skills of the adult. If done well the process not only gains the victim's initial cooperation, but also decreases the likelihood of disclosure by the victim and increases the likelihood of ongoing, repeated access.

**The greater the skill of the offender in selecting and seducing vulnerable victims, the more successful the acquaintance molester is and the longer he avoids discovery.** How long such offenders get away with this type of victimization is usually determined by how well they select their victims, how good they are at identifying and filling their victims' needs, how much time they have to invest in the process, how proficient they are at seducing and controlling their victims, and how proficient others who might observe the process are at recognizing and responding to it."

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## Parent Perspective

"Everything started when a sex offender who attended our church became involved with my then 14-year-old child. Secretly, they communicated online about harmless topics like music, boys, school and even church activities...Unfortunately, his predatory behavior eventually intensified, and he sexually assaulted Lindsey...Years later, Lindsey revealed that she blamed herself for the abuse, because she was molested only after she snuck out of the house to meet her "friend." In her young mind, because she met him willingly and didn't resist his touch, she was to blame for everything. How sad it must have been for her when the abuse escalated to an almost nightly event. Still, Lindsey never said a word. She assumed that she deserved the punishment for being deceptive..."

-Carol Ryan

<http://mecptraining.org/february-2013/>

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## Family (or Faith) Safety Night

An Evening to Connect and Have Fun!

- The whole family participates.
- No Distractions (Maybe order in?)
- Ongoing - twice a year
- Go over all things safety: fire escape plan, safety belts, bike helmets, calling 911, bus safety, internet and personal safety



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## What do I say to the children?

This is *UNCOMFORTABLE*...

- Teachable moments for kids and parents – WHAT IF
- Identify at least FIVE Trusted Adults
- Upbeat. Positive.
- Not "THE TALK" but lots of little talks. You don't have to cover everything all at once.



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## Kids Personal Safety Rules

### Check First

- Cars
- Homes
- Gifts
- Photos
- Change in Plans

Buddy System

Trust Your Gut

No Secrets

Family Password

Adults Ask Adults for Help

Private Parts are different than the rest of my body



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## You are Special & Deserve to be Safe

Don't go anywhere with anyone who won't let you **CHECK FIRST.**

- You are more important than your stuff.
- Making noise is a good thing.  
    Yelling not Screaming
- Get an adult to help you.



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## We talk about touches



- Know the names of private parts
- Know that private parts are different from the rest of your body
- Empower children by giving them permission to say no to anyone asking them to do something against a rule or against their uh-oh feeling



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## We talk about touches

For Small Children: Talk to a trusted adult if anyone tries to

- Touch or look at your private parts
- Wants you to touch or look at their private parts.

You can use teachable moments to talk about the times when adults may need to look at or touch private parts to help keep kids CLEAN or HEALTHY. When that happens, like at the doctor's office, use it as a teachable moment.



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## Confusing or Uncomfortable Touch?

Older Kids:

It isn't your fault if you were tricked Into a scary or confusing touch. It is ok to tell even a long time after the touch happened.



Young people should be told it is ok to say NO! to touches - even if the person is an adult they know. (Most Likely Scenario).



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**“No!”**

No is a complete sentence.



Even if you don't say no, it is still  
**NOT** your fault.



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### Get a trusted adult involved if...

- You are being HURT
- Someone else is being HURT
- Someone is threatening to HURT another person
- Someone is threatening to HURT themselves



Talking to an adult is very different from “tattling.”



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### “What If” games

What if someone from our faith community  
asked you to keep a secret from me?

I don't keep secrets from the people who  
take care of me. I would check first.



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## “What If” Games with Teens



What would you do if your boyfriend/girlfriend asked you to send them a nude photo?

What if the person you were dating wouldn't respect your boundaries?



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## Prevention Policies



- Does our community have a written policy on the prevention of Child Sexual Abuse and how to handle allegations of abuse?
- Do we offer trainings on child abuse prevention and our reporting practices?
- Do our children receive education on abuse prevention and appropriate boundaries?
- Do we have training and guidelines in place for ministries involving home visits or pastoral care?



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## Prevention Policies



- Did we consult with at least one child abuse expert before developing policies?
- Do we currently have a posted schedule of the ministries and group meetings offered?
- Are new ministries reviewed and approved before they begin meeting?
- How long should volunteers be a part of our faith community before getting involved with children/youth programs?



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## Prevention Policies

- Is there a designated or identified person to handle reports or questions regarding abuse or behavioral concerns?
- Do we use background checks and an interview process in hiring staff and screening volunteers?
- Is it understood that we always report to an outside agency (Child Protection Services or Law Enforcement) in addition to any notifications made within our own walls when child abuse is involved?




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## Red Flags

- Listen to your own gut feeling
- So important to have common language and policy to stand on
  - Internet/In Person
  - CDC has model policies for YSOs
    - Interactions
    - Monitoring
    - Training
    - Reporting
    - Screening




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## Adult “Red Flags” from [www.stopitnow.org](http://www.stopitnow.org)

- Ignores boundaries
- Refuses youth to set any limits
- Insists on physical affection and touching
- Frequently interrupts youth in the bathroom
- Turns to youth for emotional or physical comfort
- Over shares personal or private information
- Asks youth to keep secrets
- Spends excessive time communicating with the youth
- Seems “too good to be true”
- Allows youth to get away with inappropriate behavior
- Uses dirty or suggestive jokes
- Exposes youth to adult sexual interactions
- Over interested in youth’s sexuality




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## The importance of training

- Spreads out the responsibility
- Support for Reporting
- Volunteers have clear expectations
- Helps protect the most vulnerable and those working with them.



Other ideas?



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## A Youth Minister's Downfall Is Tearing First Christian Church of Florissant Apart

According to Carrie Anderson, two friends — one an abuse victim and the other a youth minister in another church — had approached her after seeing Milburn's earlier behavior around Harris. They asked her, "Is that an OK relationship your son has with Brandon?" Carrie took to the Internet and began researching sexual predators. What she found filled her with dread. "I started researching, and there was a list of things, the gift-giving, ingratiating himself with the family. And I went, "This is Brandon, this is Brandon, he groomed my son, he groomed our family, he abused my son."



By [Danny Wicentowski](http://blogs.riverfronttimes.com/dailyrft/2015/05/first_christian_church_of_florissant_brandon_milburn.php?page=all)  
[http://blogs.riverfronttimes.com/dailyrft/2015/05/first\\_christian\\_church\\_of\\_florissant\\_brandon\\_milburn.php?page=all](http://blogs.riverfronttimes.com/dailyrft/2015/05/first_christian_church_of_florissant_brandon_milburn.php?page=all) May 6<sup>th</sup>, 2015



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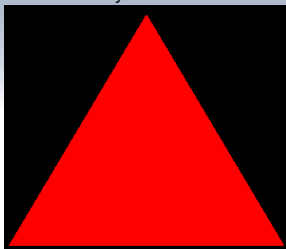
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## Prevention

Bystanders



Causing harm

Targets



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## Pay attention to Behaviors

Faith community members will rarely see actual abuse. Child molesters work very hard to keep the abuse secret. What people may see is a concerning behavior. Do not make the mistake of filing those away for later.

Scenario: You are leaving your own faith community. One of the female youth leaders is talking to a high school boy and her hand is on his upper leg. What do you do?



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## Many Different Options

- Insert yourself into the situation
- Tell the person in charge of the specific program
- Tell the person in charge of the faith community
- Tell the teen’s parents
- Explain to the adult that you do not allow that kind of behavior
- If you suspect actual abuse, call CPS or the police



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## Reporting

We are not Detectives. Don’t wait until you know “for sure” that abuse has occurred. Abusers work hard to keep the abuse secret.

Write it Down.

- Lots of Choices
- Avoid shock/outrage

Mandatory Reporter



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## Get Involved

- Don't be afraid to speak up...Report suspicious behaviors, talk to other parents in your community, most importantly TALK to your children!
- Be involved in your children's activities and daily life
- Screen all caregivers carefully
  - References
  - Supervise Activities
  - Unannounced Visits



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## We all have a voice

The Prevention of sexual abuse is not a woman's issue. It is a problem requiring many voices working on solutions.



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## The Importance of Caring Adults

Parental Involvement/Caring Adults =  
*Our best prevention piece*

- Family or Faith Safety Night
- Connecting Conversations
- "What If" Games
- **Use your power for good!**



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## Bystander Heroes

- Parents/Grandparents
- Neighbors
- Shop Owners
- Faith Community Leaders
- Children
- Waiters
- Burglar?
- You???



“Our lives begin to end the day we become silent about things that matter.” - The Rev. Dr. Martin Luther King, Jr.

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## Additional Prevention Resources

Demand the Change for Children  
[www.demandthechange.wordpress.com/](http://www.demandthechange.wordpress.com/)

National Center for Missing and Exploited Children (NCMEC)  
1-800-843-5678, [www.missingkids.com](http://www.missingkids.com)

MDH Sexual Violence Prevention Website  
[www.health.state.mn.us/svprevent](http://www.health.state.mn.us/svprevent)

NetSmartz  
[www.netsmartz.org](http://www.netsmartz.org)



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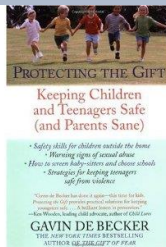
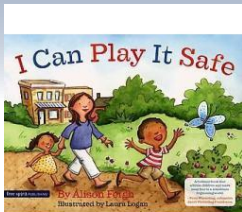
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## Book Resources



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## JWRC - GNCPTC

- “Like” us on FB
- Follow us on Twitter
- Join our Mailing list
- Sponsor an Event
- Donate to the cause
- Teach Family Safety Night Models
- Support the work/Volunteer
- Speak Up
- Spread the Education
- “Catch” people doing good



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## Empowering the Faith Community

“If we don't stand up for children, then we don't stand for much.” – Marian Wright Edelman



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## Contact Information

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