Impact evaluation of Child Assault Prevention Program for Teens

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**Child Assault Prevention (CAP)** that provides community based assault prevention programs for parents, school staff, and students. Through education and prevention programs designed to increase children's safety from bullying, abuse and assault, CAP is committed to break the cycle of abuse in communities. CAP seeks to integrate the best resources of a community in an effort to reduce a child's or a young person’s vulnerability to verbal, physical and sexual assault.

**Its goals are:**
- To reduce vulnerability of children and their exposure to different forms of abuse by informing and educating them effective preventive strategies,
- To encourage the local community to recognize violence as a very important goal of preventing violence among people, especially child abuse, and invest in it,
- To encourage educational institutions to implement systematic approach to the prevention of child abuse.

CAP utilizes a three-pronged approach to prevention education:
- **Teacher/Staff In-service:** training for all school staff
- **Parent workshops**
- **Student workshops,** followed by individual counselling

Using role-plays or scenarios and guided group discussion, the classroom workshops train children and young people to recognize and deal with potentially dangerous situations. The role-plays or scenarios represent the most common assault experiences a child or teen might encounter. CAP emphasizes self-assertion, peer support and communication and reporting skills as prevention strategies. All student workshops are centered on the rights of children and young people to be SAFE, STRONG and FREE.

The TeenCAP program is one of CAP program version intended for the adolescent’s. TeenCAP responds to the causes of vulnerability of adolescents by providing them with specific and concrete information to strengthen them in order to reduce isolation and to teach them strategies for behaviors in dangerous situations.

**The goal: to determine effectiveness of the TeenCap workshops for students, caregivers and school staff.**

<table>
<thead>
<tr>
<th>Elementary School</th>
<th>No. Students</th>
<th>No. Parents</th>
<th>No. Staff</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>pre</td>
<td>post</td>
<td>pre</td>
</tr>
<tr>
<td>Trnško</td>
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<td>23</td>
<td>22</td>
</tr>
<tr>
<td>Stenjevec</td>
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<td>32</td>
<td>43</td>
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<td>Frana Galovica</td>
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<td>51</td>
</tr>
<tr>
<td>Tituša Brezovacka</td>
<td>82</td>
<td>82</td>
<td>71</td>
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<tr>
<td><strong>TOTAL:</strong></td>
<td><strong>169</strong></td>
<td><strong>169</strong></td>
<td><strong>187</strong></td>
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</tbody>
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Methodology:
- pre-post desing
- Wilcock Signed Ranks Test, McNemar test

**RESULTS**

**STUDENTS:**
- In total: significant differences in 23 out of 43 variables (attitude and knowledge)
- Significant shift in knowledge of their own rights
- Confidence
- Knowledge of sexual harassment
- Attitudes toward sexual harassment and abuse
- Attitudes related to romantic relationships
- Attitudes toward upbringing.

The results show that, after participating in the TeenCap program, to a large extent students understand certain forms of sexual harassment/abuse. Significant results are in; incest (p=0,000), exhibitionism (p=0,000), forced pornography (p=0,031), sexting (p=0,000), exposure to pornography (p=0,012) and verbal comments (p=0,016).

Before and after there are differences in recognizing 8 out of 17 mentioned behaviors as forms of sexual harassment / abuse. This forms of sexual harassment / abuse are more recognized after workshops (p ≤ 0,05) in your opinion, are these behaviors forms of sexual harassment / abuse?

1. Inappropriate touching
2. Exposing to pornography
3. Verbal comments
4. Sexual content jokes
5. Name calling (e.g. „slut“, „cunt“)
6. Sharing intimate photos or video clips on social networks
7. Showing sexual gestures
8. Inappropriate touching
9. Exposing to pornography
10. Verbal comments
11. Sexual content jokes
12. Name calling (e.g. „slut“, „cunt“)
13. Sharing intimate photos or video clips on social networks
14. Showing sexual gestures

Young people who recognize a certain behavior as a form of abuse are significantly more likely to report some forms of abuse/ harassment, such are; rape, forced prostitution, forced pornography, and sharing other intimate photos or videos on social networks without the permission of the recorded person. To smallest extent they would report; cheating, joking of sexual content and naming names.

It is most likely that they would report to:
- mother/father/caregivers
- siblings
- teacher
- police

Unlike they would report to: priest and headmaster.

Regarding self-defense strategies there are significant differences in 11 out of 12 strategies (ps0.05). The only difference that was not significant was in strategy: „don’t give information about you to stranger“ due to already high knowledge of these strategy on 1st measurement.

**PARENTS/CAREGIVERS & STAFF:**
Evaluation of the effect on parents/caregivers and school staff shows no significant shift in knowledge before and after the lecture. The evaluation results suggest that lecture is not enough to make a change in knowledge and / or attitudes and that additional activities for parents / caregivers and school staff should be planned.

**CONCLUSION**

Students in the program learned to understand (concepts) and recognize some forms of behavior as sexual harassment/abuse. It is especially important that after the program they recognize more forms of sexual harassment (such as sexual jokes, name calling (e.g. „slut“, „cunt“)). Also, after the program, they are more likely to report (personal and/or friend’s experience) that can be related to better knowledge of various forms of abuse/harassment. Out of 12 strategies they report significantly higher knowledge of self-defense skills. Out of this results it is possible to conclude that the TeenCap modul for children demonstrates high effectiveness in teaching about sexual harassment / abusive prevention / defense strategies.