

TRUE TREASURES!

THE TREASURE CHEST OF HELPFUL THINGS FOR KIDS

Information for mothers, fathers and other legal guardians

PREVENTION IN THE DAY NURSERY. ISN'T THAT TOO EARLY?

Protecting children from sexual abuse is the key aim of the PETZE-Institut für Gewaltprävention (PETZE Institute for Prevention of Violence). Sexual abuse often begins in the pre-school and primary school phases, so it is important to know how children can be protected. It is sensible to help girls and boys to become strong as early as possible.

THE PROJECT “TRUE TREASURES!”

Kim the Cat brings the “Treasure Chest” to the day nursery. She gives the children a gift that helps them to look after and protect the biggest treasure of all: themselves!

The key elements of this concept for preventing sexual abuse are strengthening self-esteem and building up a positive concept of the self. With the help of protective treasures such as games, books and songs the nursery teachers can develop the individual prevention messages with the children in a play-based manner.

However, since no children can protect itself alone, prior to this phase the entire day nursery team is given intensive training on the issue and supported in their use of the materials. You as parents and legal guardians can also make a major contribution to the success of the project by introducing the following prevention principles into day-to-day family life.

My feelings are valid and I can trust them!

It is important to let children become familiar with various feelings. Taking one's own feelings seriously can help one to become aware of sexual molestation. Girls and boys who are sexually abused often no longer perceive their own feelings. They often feel guilty. But the responsibility always lies with the molesting person!

Encourage and support your children in trusting their own feelings and expressing these.

I can tell the difference between good touching and bad touching!

Some forms of touching feel good and make one feel happy. But not all forms of touching are nice. Encourage and support your child in perceiving different types of touching and in thinking about which they find pleasant and which they do not. Give your child explicit permission to reject unpleasant forms of touching.

I get help if I can't deal with something by myself!

There are many situations in which children are unable to help themselves. Boys and girls should learn that getting help is not a sign of weakness but is actually brave and clever. Encourage and support your child in getting help in difficult situations and talk together about which people he or she can turn to for help in concrete terms.

You can obtain information and advice on the theme “sexual abuse and sexual violence” from the regional specialist counselling centre or the helpline for sexual abuse on

0800 2255530 (www.hilfeportal-missbrauch.de).

*You can also receive counselling in many languages (Turkish, Russian, French, English, Spanish, Portuguese, Italian, Polish, Serbo-Croat, Chinese, Bulgarian, Romanian, Arabic, Persian and Vietnamese) from the Violence Against Women helpline on **08000 116 016** or through chat or email counselling at www.hilfetelefon.de.*

I'm allowed to say "No" and it's not my fault if something happens to me!

All children have rights. It is important that they learn to set boundaries in certain situations and to say "No". They should be supported in upholding this right, also with regard to adults, and for instance to say "No" if they don't like something. However, sometimes girls and boys get into situations in which they reject being touched but their "No" is not respected. They need to know that they are never to blame if something happens to them – even if they were unable to say "No" or if their "No" was not respected.

My body belongs to me!

Children should know their own body and experience it as unique and valuable.

If they are proud of their body, their self-esteem will grow. Self-assured girls or boys have a better chance of defending themselves against sexual abuse, of saying "No" and of setting boundaries.

Children should learn that they are allowed to talk about their body and their sexuality so that they can label sexual abuse as such and get help.

I know the difference between good secrets and bad secrets!

Children often enjoy secrets, because having a shared secret with others is fun and exciting.

However, this enjoyment of secrets is exploited by perpetrators. They force their victim to keep silent about the abuse by putting him or her under pressure or describing the abuse as a shared secret. Children need to know that if secrets give them a strange feeling they should tell them to others.

Dear mother, dear father, dear guardian,

We warmly invite you to an information evening in our day nursery!

In the coming weeks our facility will be working with the prevention tool "TRUE TREASURES! – The Treasure Chest of Helpful Things for Kids". In this period your children will learn a lot about themselves and their feelings, about saying "No" and learning to get help, and will be strengthened in their self-esteem.

At the information evening you will get general information on the theme of "sexual abuse" and learn about ways of strengthening and protecting your child in everyday life. The evening will be attended by an expert from a counselling centre.

We look forward to a high attendance and your questions!

Kind regards

The day nursery team

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PETZE supports you in the development of protection concepts and prevention tools. Please go to our website for information about projects and materials.

PETZE PROMOTES PREVENTION!

Your commitment helps us to protect girls and boys from abuse and violence. PETZE is recognized as a charitable organization. We will be happy to send you a donation receipt.

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