

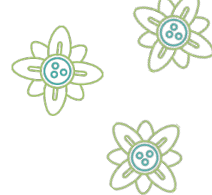
Exploitation, Prevention and Resources



SCO

Southern Chiefs'
Organization Inc.

November, 2022



Child & Youth Exploitation Awareness:

Child & youth exploitation has become a serious problem within our society and occurs more frequently than people realize, due to children and youth's access to social media. According to Statistics Canada, children under the age of 18 accounted for over half (55%) of all victims of sexual offences reported to police in 2012.

- What is concerning behaviour?
 - Advanced sexual knowledge
 - Sexualized behaviour
 - Withdrawn/depressed
 - Clingy
 - Decline in school performance
 - Distressed around a particular adult
 - Excessively seeks time with a particular adult
 - Aggressive
 - Self-destructive
 - Physical symptoms
 - Disrupted sleep patterns



Child & Youth Exploiters Awareness:

Research reveals that individuals who have exploited children and youth, usually know their victims and have built a trust rapport. This includes family members or someone in the family's circle of trust (e.g. a family friend, an educator, or a coach) or someone they met online. Offenders come from all walks of life and cannot be picked out or identified by appearance. It is essential to pay attention to behaviors and situations that present risk rather than focus on an individual's character.

- Responding to “odd” interactions or concerns:
 - Use your instinct as a guide
 - Control your reactions
 - Determine how the child feels about the behaviour
 - Do not dismiss disclosures or your red flag of concerns
 - Take action

How to support children during disclosure

- Listen
- Control your reaction: "Be supportive and encourage"
- Do not correct language
- Take it seriously
- Praise the child for "speaking their truth".
- Protect the child and other children from too much exposure
- Show warmth, caring and love
- Avoid promise making
- Report the disclosure to authorities (ie. Police, RCMP, CFS)



Accessing Resources and protocol:

FAMILIES AFFECTED BY SEXUAL ASSAULT (FASA) PROGRAM

We believe that parents or guardians are the best resource for their children. In our collaborative work with families, we provide trauma-informed, developmentally appropriate therapy to help children and their families recover.

- Sexual assault of a child affects all family members
- Parents play an active and essential role in therapy
- Children who are believed and supported can and do recover

FASA provides service when:

- Disclosure of the sexual assault is recent, the child is under 18, living with the family, and has been reported to Child and Family Services
- The perpetrator of the sexual assault is not the child's parent/caregiver or sibling
- The Child is not in care

SEXUAL BEHAVIOUR PROBLEM (SBP) PROGRAM

A sexual behaviour problem is any developmentally inappropriate sexual behaviour exhibited by a child towards another person or themselves.

Our program works with families and other service providers to provide therapy or the appropriate resources for families to address concerns regarding their child's sexual behavior problem.

Parent/caregiver involvement is essential.

SBP program provides service when:

- The child is under 12 years of age
- Inappropriate sexualized behaviour has been disclosed or observed
- We may be required to report to Child and Family Services

There are no fees, and there may be a waiting list for the SBP program.



[ABOUT US](#) [OUR CENTRE](#) [FOR FAMILIES](#) [TAKE ACTION](#) [COMMUNITY EVENTS](#)



[CONTACT US](#)

TO REPORT ABUSE

CHILD AND FAMILY SERVICES

Within Winnipeg:
**Child and Family All Nations
Coordinated Response Network**
204-944-4200

Outside of Winnipeg:
1-866-345-9241

POLICE

Within Winnipeg:
Winnipeg Police Service
204-986-6222

Outside of Winnipeg:
Contact your local police agency

**If this is an emergency, call 911 or your local
police emergency number**



About the Canadian Centre for Child Protection

The Canadian Centre for Child Protection is a national charity dedicated to the personal safety of all children. Our goal is to reduce the sexual abuse and exploitation of children, assist in the location of missing children, and prevent child victimization through a number of programs, services, and resources for Canadian families, educators, child-serving organizations, law enforcement, and other parties.

Learn more about our 30+ years of protecting children on our [history page](#).



Other resources, and online trainings:

- [Cybertip.ca](https://cybertip.ca)
- [Needhelpnow.ca](https://needhelpnow.ca)
- [Protectchildren.ca/en/get-involved/online-training/](https://protectchildren.ca/en/get-involved/online-training/)



Loss and Grief



Presenters: Randi LeClaire and Sergiu Postica

Expressions of Loss



WHAT IS GRIEF?

Grief is an emotional reaction to loss.
It is more than sadness.

- Grief can affect your:
 - Actions
 - Emotions
 - Thoughts
 - Body
 - And spirituality



The 5 Stages of Coping With Death

Denial

Anger

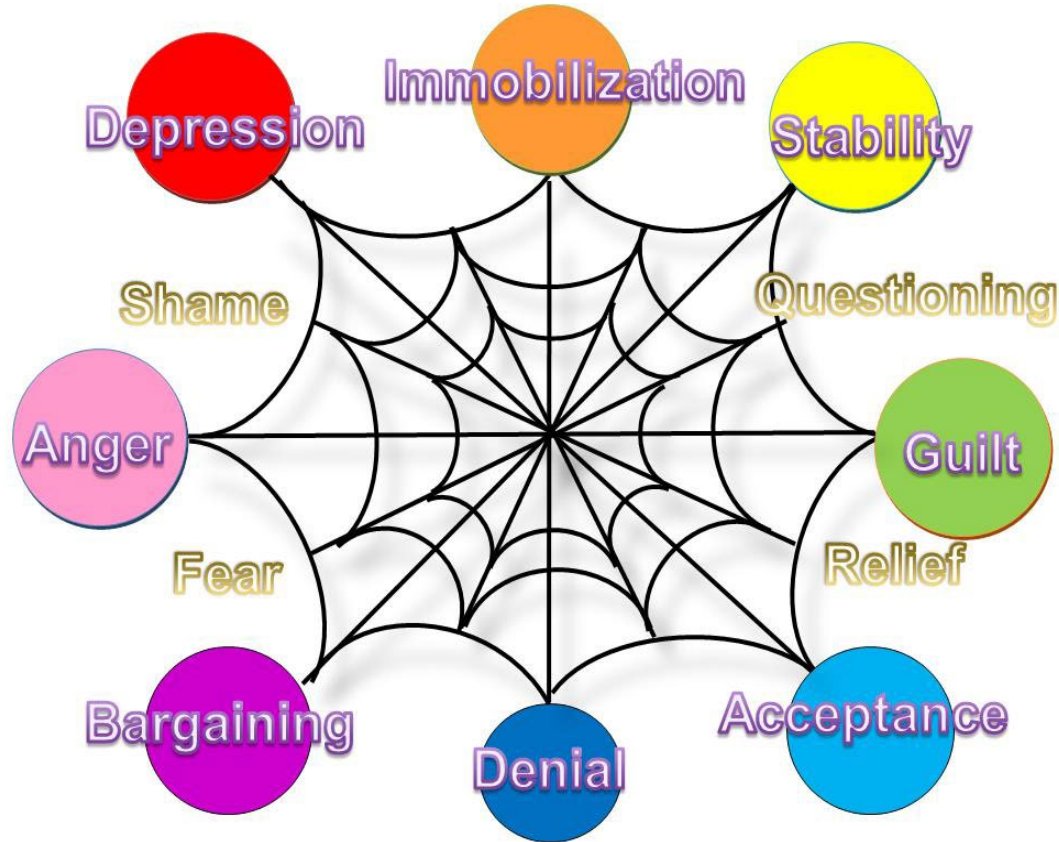
Bargaining

Depression

Acceptance



Grief Web – one example of looking at grief experiences



Grief can hold many feelings all at once and it has its triggers:

Examples

- the anniversary death of a family member, loss of a home, job, pet, terminal illness diagnosis, culture/language
- This Triggers can cause:
 - You can feel what is the point, as they are not here to celebrate with you
 - You can feel anger at the way life treated them
 - You can feel shame at how you feel, about how they treated you and feel love for them
 - You can feel love and anger and shame underpinned with deep grief
 - You feel a deep loss at not having closure, or at a loss by the last interactions



Coping and symptoms of grief:

- Trouble falling asleep or waking too early
- Addictions
- Loss of appetite
- Foggy Memory
- Withdrawing from others – self isolations from others
- Dreaming of the lost loved one
- Searching calling out the name
- Restless
- Poor eating habits – more – less
- Crying – Emotional



Emotions

- Sadness
- Anger
- Guilt
- Tired / fatigued
- Helpless
- Shock
- Yearning
- Numbness – no feelings – no thoughts – system has shut down
- Feelings are all negative
- Feel trapped and anxious – alone in our heads



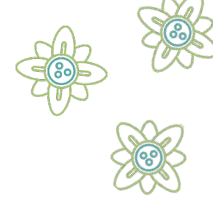
Thoughts

- Disbelief
- Self harm/suicidal ideation
- Preoccupation with the loss to the point of being consumed
- Hallucinations seeing or hearing
- Sensing feeling their presence
- Feeling a presence may be a noticing of a need for letting go;
- You would want to reflect and be curious ...

**The more man
meditates upon
good thoughts,
the better will be
his world and the
world at large.**

Confucius





Time alone is okay...it is okay to laugh as well



How to **move through Grief** in a good way

Working Through
Grief and
Forgiveness



Grieve Well



How to debrief?

- Debriefing that focuses on feeling and emotions instead of details of a traumatic situation
- Confidentiality is extremely important!
- Creating a safe space for sharing



Signs Of Burnout:

Sadness, depression, or apathy
Easily frustrated
Blaming of others, irritability
Lacking feelings, indifferent
Isolation or disconnection from others
Poor self-care (hygiene)
Tired, exhausted or overwhelmed
Feeling like:
A failure
Nothing you can do will help
You are not doing your job well
You need alcohol/other drugs to cope

Signs of Secondary Traumatic Stress

Excessively worry or fear about something bad happening

Easily startled, or “on guard” all of the time

Physical signs of stress (e.g. racing heart)

Nightmares or recurrent thoughts about the traumatic situation

The feeling that others’ trauma is yours



Get support from team members:

- Don't be afraid to ask for help
- Develop a Buddy System at work. In a buddy system, two responders partner together to support each other, and monitor each other's stress, workload, and safety.
- Get to know each other. Talk about background, interests, hobbies, and family. Identify each other's strengths and weaknesses.
- Keep an eye on each other. Try to work in the same location if you can.



Responder Self-Care Techniques

Limit working hours to no longer than
12-hour shifts.

Work in teams and limit amount of
time working alone.

Write in a journal.

Talk to family, friends, supervisors,
and teammates about your feelings
and experiences.

Impact Activity



The needs of survivors are not more important than your own needs and well-being.

Working all of the time does not mean you will make your best contribution.

There are other people who can help in the response.

Responding to disasters can be both rewarding and stressful. Knowing that you have stress and coping with it as you respond will help you stay well, and this will allow you to keep helping those who are affected.



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