Breaking the silence of child sexual abuse in the Caribbean: A community-based action research intervention model

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Trinidad and Tobago

Pop = 1.3 million (est. 2011)

Gross national income per capita = 15,543 USD (2009)
Child Sexual Abuse in the Caribbean
15,695 students 10-18 years in 9 countries

- 34.1% were sexually active

- Age of first intercourse
  - 92.3% before the age of 16 years
  - 42.8% before the age of 10 years

- 47.6% females and 31.9% males described their first intercourse as forced or somewhat coerced by family members or persons known to the family.

• Ethnographic understanding of the socio-cultural meanings of CSA in 3 communities in Trinidad and Tobago
• Develop a gender-sensitive, community-based, action research intervention for empowering communities to prevent and respond to CSA
  – Strong focus on community participation and involvement
  – Strong focus on empowerment and conscientization
  – Novel data collection methods
  – Includes a national campaign
Preparation for the intervention

- Ethnographic case studies in each community
- National service providers study
- National stakeholders meetings in Trinidad and Tobago
- Project advisory committee
- Community stakeholders meetings
A community-specific gender sensitive intervention providing educational, skills building and service provision activities to increase awareness of child sexual abuse, with a built in evaluation component which also generated new knowledge on CSA.
COMMUNITY PARTICIPATION DURING IMPLEMENTATION

**RESEARCH TEAM** receives feedback/data from communities to revise methodology

**IMPLEMENTATION TEAM (NGO)** interacts directly with community, conducts activities, collects data and provides feedback to research team

**COMMUNITY TEAM** (Key community members) is the link between Project team and general community, identifies relevant local issues and facilitates entry into community and acceptance of interventions.
Break the Silence

Lunchtime Seminar
Child Sexual Abuse in Trinidad and Tobago

As a teacher, what are the main issues you face in relation to child sexual abuse / incest?

Getting children to open up and speak about the issues so that they could get help and support of getting involved because of the legal ramifications as well as fear for personal safety. Our road to Toco can be victimized by perpetrators.

Do you have any thoughts, comments, or ideas that could affect change in your community?

Real exposure really bring to justify the perpetrators. Let them know what they will be persecuted.

MATURE TO MATURE
WE WRITE OUR OWN RADIO SOAP OPERA

COME LEARN

- Scriptwriting for Radio
- Acting for Radio: Voice, Speech and Characterization
- Sound Recording & Editing

REGISTRATION and ORIENTATION
1:00 pm
SUNDAY JULY 26th 2009
RADIO TOCO
VICTORIA PRITCHARD CENTRE, GALEA ROAD, TOCO

FAMILY HEALTH FAIR
ARANGUEZ NORTH SECONDARY SCHOOL
SATURDAY OCTOBER 31 2009
12:00 NOON - 6:00 PM
TESTING - INFORMATION - ACTIVITIES FOR ALL AGES
MOVIES - GIVEAWAYS - ENTERTAINMENT

A project of the Caribbean Women's Development Network in collaboration with the Trinidad and Tobago Coalition against Domestic Violence.

UWIT, UNICEF and The United Nations Fund for the Victims of Nuclear Weapons.

SERVICE PROVISION
## Community specific interventions

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<th>INTERVENTION</th>
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<th>CHARLOTTE VILLE</th>
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<tr>
<td>EDUCATION</td>
<td>Workshops for Secondary school teachers</td>
<td>Seminars for secondary school teachers</td>
<td>Seminars on gender, sexuality and communication for male and female parents and caregivers</td>
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<td>Drama-based workshops for Secondary School Students</td>
<td>Interactive theatre for men and women in community social settings</td>
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<td>Interactive street theatre for men and women</td>
<td>Drama based educational workshops for secondary school students</td>
<td>Story telling theatre for primary school children</td>
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<td>INTERVENTION</td>
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<td>ARANGUEZ / EL SOCORRO</td>
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<td>SKILLS BUILDING</td>
<td>Training in crisis intervention skills for homework centre facilitators, teachers and social workers</td>
<td>Effective parenting workshops to train community members to start parent support groups</td>
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<td>Training in facilitation skills to run support groups for the empowerment of women</td>
<td>Cottage meetings for a forum on “Protecting our children”</td>
<td>Development of skills for CSA/HIV related poetry writing and to produce a dramatic presentation on family life issues</td>
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<td>Development of skills relevant to producing radio drama presentations</td>
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<td>SERVICE PROVISION</td>
<td>Establishment of a community support group for the empowerment of women</td>
<td>Family Day facilitated by local and national service providers offering education on CSA/incest and HIV and youth friendly skills building workshops</td>
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BTS Data collection methods

- Ethnographic notes (thick descriptions) during interventions
- Debriefing sessions with project and community team members post interventions
- Pre/post evaluation questionnaires
- Pre/post intervention discussions using dramatic scenarios
- Focus group discussions and structured interviews with participants and facilitators conducted by an external evaluator 3 and 4 months after model implementation
- Focus group evaluations with students 6 months after model implementation
Outcome evaluation – 50 educational and skills building workshops in 3 communities

• 56-86% of all participants reported increased knowledge of gender ideologies, gender based violence and CSA.
• 50% of teachers reported greater capacity to talk about sexual issues
• 70-93% teachers felt better able to identify CSA
• All participants reported increased knowledge of how to respond to CSA
• All participants gained knowledge of CSA prevention and treatment resources in or near their communities.
• Break the Silence radio soap opera
Impact in communities – Establishment of community-led support groups

Participants in BTS interventions founded:
• support groups for women CSA survivors in 2 communities.
• parent support groups in 2 communities
• a homework centre/parent support group (parenting and child development)

Participating school principals and teachers hosted 6 youth-friendly CSA educational workshops for 400 secondary school children
Developing and using the CSA symbol

Break the Silence
What is Child Sexual Abuse?
Child Sexual Abuse is any interaction between a child and an older or more powerful person, in which the child is used for sexual stimulation. The offender is usually an adult, but could also be a more powerful child. It happens all around us, in rich homes and poor homes, affecting boys and girls alike. Most times we either don’t notice or choose not to see this ugly truth.

Incest is an offense committed by having sexual relations with a person, knowing that the person is a relative. The person could be related by blood such as his or her parent, child, brothers, sisters, grandparent, grandchild, uncle, niece, aunt or nephew, or live in the same household or be related by adoption or marriage.

Be aware of child sexual abuse because every child deserves to be safe.

Why is CSA kept a secret?
- Fear is the underlying cause of secrecy.
- No one will believe me.
- Few of people around me believe me.
- Most of them are unaware that it is not their fault.

Helpful hints
- Always be aware of your own personal safety.
- Keep your relationships with others.
- Engage the child.
- Adhere to the child.

How do I help my child?
- Educate and teach them about the things they need to understand.
- Help them to focus on things that are positive and not negative.
- Help your child to focus on things that are positive and not negative.

What are some effects of CSA?

EMOTIONAL
- Guilt
- Shame
- Fear
- Anxiety
- Self-blame
- Powerlessness
- Inability to say no
- Emotional shut down
- Blaming
- Splitting

RELATIONAL
- Identifying
- Overvaluing or devaluing others
- Fear of commitment
- Difficulty trusting self and others
- Withstanding
- Giving or receiving abuse
- Contributing relationships

PHYSICAL
- Withdrawing
- Hitting
- Sleep disturbance
- High pain tolerance
- Grief
- Disorders
- Eating
- Suicidal thoughts and behaviors
- Denial of bodily needs
- Self-imposed isolation

SEXUAL
- Inability to differentiate sex
- Intimacy and affection
- Visited or automatically
- Behaviors and fantasies
- Loss of sexual desire
- Generalized sexual
- Sexually utilizing
- All relationships
- Pain during intercourse
- Alternating between sexual
- Anticipation and comfort.
- Sexual re-victimization

Join the cause on facebook:
http://www.campaign.com/causes/12345
-break-the-silence-end-child-sexual-abuse

Digital billboards, buttons, lapel pins
BTS Media Interventions — Walls and Fences, Marches and Facebook cause
Research Team

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  Breaking the Silence Project

• Trinidad and Tobago Coalition against Domestic Violence
Thank You!