

**European Study Seminar on child abuse in the digital world**

**co-organised by COFACE Families Europe and Parents Association Step by Step, Croatia**

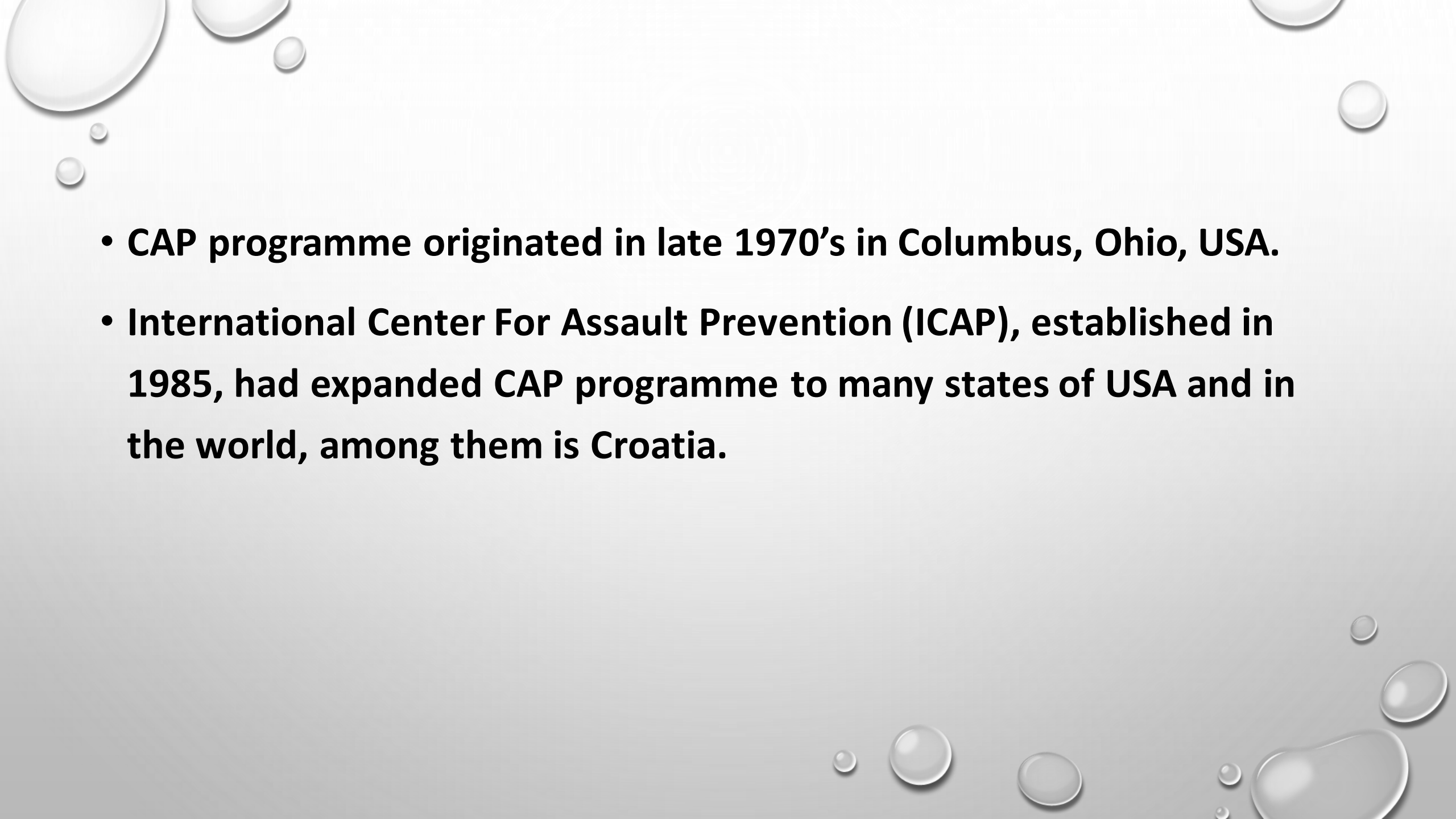
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# **CAP PROGRAMME IN CROATIA**

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- **CAP programme originated in late 1970's in Columbus, Ohio, USA.**
  - **International Center For Assault Prevention (ICAP), established in 1985, had expanded CAP programme to many states of USA and in the world, among them is Croatia.**

# CAP (Child Assault Prevention) PROGRAMME IN CROATIA

1999/2000

- PA Step By Step established a **cooperation with International Centre for Child Assault Prevention (USA)** whose CAP programme had been **implemented successfully** in many states of the USA as well as countries around the world.
- ICAP trainers educated an **initial group of 46 CAP facilitators** (teachers, psychologists and social workers) for implementation of CAP programme.
- Impementation started in **13 pilot primary scools from different parts of Croatia during school year 1999/2000.** with approval of the Ministry of Education.



DEPARTMENT OF PSYCHOLOGY, FACULTY OF HUMANITIES AND SOCIOAL SCIENCES,  
UNIVERSITY OF ZAGREB CONDUCTED  
THE EVALUATION OF THE CAP PROGRAMME IN 13 PILOT PRIMARY SCHOOLS (2000)

**Concluions:**

- *Data collected through **resource evaluation, evaluation of the implementation and evaluation of effects** speak in behalf of the CAP programme.*
- *It is justified to continue the project and enter the third phase that presumes wider implementation of the programme. **Evaluation results show that CAP programme needs to be offered to schools with no exception as one of continuous program of primary child abuse prevention.***

# CHILDREN'S VULNERABILITY

- Lack of information
- Powerless and dependence
- Isolation from source of support and assistance



**INFORMATION – EMPOWERING - SUPPORT**

# CAP'S APPROACH TO PREVENTION

- Can be described as "prevention education".
- Educating children about abuse prevention reduces their vulnerability through:
  - providing developmentally appropriate information;
  - encouragement and empowerment to use different options;
  - instructing them to seek support from peers and trusted adults to reduce their isolation.
- CAP teaches children what they can do on their own if they find themselves in a dangerous situation, who they can talk to and how to ask for help and support.
- Utilize a three-pronged approach to prevention education: training of staff, parents and children.



# IMPLEMENTATION OF CAP PROGRAMME

- All children have the right to information, skills and strategies to gain greater security and control over their lives.
- All important adults in their lives have the right and duty to have information, skills and strategies to help them support and protect children in the right way.
- Therefore, CAP programme contain 3 types of activities:
  1. Lecture for kindergarten/school staff
  2. Lecture
  3. Workshops for children





## **Implementation of the CAP programme – lectures for adults**

- **Lecture for kindergarten/school staff**
- **Lecture for parents**

Adult lectures precede the children's workshops. They cover the prevention and empowerment strategies given in the children's workshops and offer suggestions for the most effective ways to support those strategies at home, school and in the community.



# Implementation of the CAP programme – workshops for children

- The workshops are intended for preschool children, younger school children, teenagers and children with special needs.
- All CAP workshops start from the right of children to be safe, strong and free, presenting abuse as a threat to these basic rights.
- Each workshop is led by trained persons - CAP facilitators.



## Implementation of the CAP programme – workshops for children

- 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.



## Implementation of the CAP programme –workshops for children

The role-plays or scenarios depict the most common assault situations that children or teenagers may experience:

- Peer-to-peer violence
- Assault by an unknown adult
- Assault by a known adult



## After children's workshops: Review Time

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- Unique component of CAP
  - Children have the opportunity to speak to a CAP facilitator
  - Problem solving with the child
  - Staff intervention
  - Social services



**8-year old girl talking with court appointed expert:**

***“I thought it was my granddady's and my secret,  
although I oftenly felt uneasiness and pain.***

***I never knew it was not normal until I heard it  
at the workshop”***

## ***Undeniably, CAP programme influenced all of us...***

- encouraged to deal more deeply with the problem of violence against children
- expanded our competences
- strengthened our self-confidence
- assure ourselves in the great capacity of children to be proactive, to stand up for themselves and others, **if we adults show them in the right way how**

**To those who are wondering if preventive programmes such as CAP have any harmful consequences (fear, anxiety, confusion):**

- **Yes, they have consequences!**
- **But they are positive!**
- **Children learn that being safe is a basic human right, that the right to information is also an important human right.**
- **And adults who are important to children also deepen their knowledge and skills in order to more competently respond to the challenges of raising children in modern society.**

## **TRAINING OF CAP FACILITATORS 1999. -2023.**

<b>CAP PROGRAMME</b>	<b>STARTED</b>	<b>TRAINED</b>
<b>Elementary CAP</b>	<b>1999.</b>	<b>1.340</b>
<b>Preschool CAP</b>	<b>2001.</b>	<b>1.128</b>
<b>Teen CAP</b>	<b>2009.</b>	<b>579</b>
<b>Special Needs CAP</b>	<b>2010.</b>	<b>108</b>

**≈ 20% - ACTIVE FACILITATORS**



# IMPLEMENTATION OF CAP PROGRAMME IN CROATIA 2000. - 2023.

## LECTURES FOR PARENTS

Over **90.000**  
parents

## REVIEW TIME

Over **52.000**  
children and  
teenagers

## LECTURES FOR EDUCATORS

Over **30.000**  
educators

## WORKSHOPS

Over **130.000**  
children and  
teenagers

## **The lessons learned through implementation CAP programme:**

- **Importance of establishing a partnership of all stakeholders in the local community who care about the safety of children.**
- **Constant concern for quality of performance the programme and maintaining the network of CAP teams - trainings, follow-up, supervision, developing new activities in order to respond to the changing environment, refreshment of curricula....financing, financing, financing!!!**
- **Reaching parents!!!!**



**ALL CHILDREN DESERVE TO BE SAFE, STRONG AND FREE**