

TRAU DICH!

**Bundesweite Initiative zur Prävention
des sexuellen Kindesmissbrauchs**

Gefördert vom:



Bundesministerium
für Familie, Senioren, Frauen
und Jugend



Bundeszentrale
für
gesundheitliche
Aufklärung

Children have the right to grow up in a violence-free environment. It is the obligation of everyone involved with children, not just their parents and relatives, but also their caretakers and teachers, to ensure that this right is respected. We are all responsible for protecting our children as much as possible from all forms of violence and abuse.



Prevention plays a major role in this effort. For this reason, the Federal Ministry of Family Affairs, Senior Citizens, Women and Youth (BMFSFJ) and the Federal Centre for Health Education (BZgA) launched “Trau dich!”, the National Initiative for the Prevention of Sexual Child Abuse, with the expressed goal of protecting girls and boys from sexual violence. Through an interactive theatrical play written specially for this purpose, we want to show how children and adolescents can recognize transgressive situations and develop ways of dealing with them. Above all, however, we want to encourage them to discuss any such incidents.

Yet it is equally important that adults learn to listen to children, to take them and their experiences seriously, and then to act prudently. For this reason, this initiative has developed special materials and set up actions directed not just at the children from age 8 to 12 years, but also to all adults present and active in their environment. The goal is also to strengthen the network of professionals who can help children who have become victims of abuse.

I wish this important initiative success and much interest on the part of the target groups. It is my hope that it succeeds in directing our attention to protecting children and adolescents from sexual violence.

Manuela Schwesig
Federal Minister for Family Affairs,
Senior Citizens, Women and Youth

The primary goal of the national initiative “Trau dich!” is to encourage girls and boys to get help should they ever be affected by abuse. But it also has the goal of enabling adults in their living environment to provide the help necessary in such situations. This does not just mean supporting victims after the fact, but in a very broad sense also working to prevent abuse, that is, to strengthen the children, their parents, and all of their caretakers.



This can succeed only if all the various components of “Trau dich!” are positively coordinated. The theatrical play provides a way for the girls and boys to directly exchange information and experiences. The further education courses offered to the teachers and caretakers impart the knowledge and skills necessary to this task. And parents can participate in informational meetings to get advice on how best to communicate with their children. The informational materials and the online offers prepared for the children and adolescents, their teachers and caretakers, and for their parents underpin the communicative measures undertaken and help to make the target groups better able to deal with any situations that may occur.

The parallel networks that are being created for all persons active within a particular region will hopefully be able to continue to create and strengthen the structures long after the performances of the play have taken place. And exactly that is what serves the protection and skills of the children and adolescents and the adults who support them.

Dr. Heidrun Thaiss
Head of the Federal Centre
for Health Education (BZgA)



TRAU DICH!

“Trau dich!” Together Against Sexual Child Abuse

The National Initiative for the Prevention of Sexual Child Abuse has combined its efforts to prevent the sexual abuse of children under the title “Trau dich!” (Dare to Do). This initiative is part of the Action Plan 2011 of the Federal Government for the protection of children and adolescents from sexual violence and exploitation. This concept comprises the insights gained by the roundtable “Sexual Child Abuse” and the recommendations issued by the Office of the Independent Commissioner for Matters Concerning the Sexual Abuse of Children.



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The Stakeholders

The Federal Ministry of Family Affairs, Senior Citizens, Women and Youth (BMFSFJ) and the Federal Centre for Health Education (BZgA) are jointly responsible for the conception, development, and execution of this initiative. Implementation at the local level is done in cooperation with the individual German federal states and local agencies that deal with sexual abuse. The national hotline for adolescents “**Nummer gegen Kummer**” (Call when it Hurts) is also closely involved.



The Goals

The main goal of this initiative is to protect children from sexual abuse.

This means informing and educating children, strengthening their skills, and encouraging them to confide in a trusted person of their choice. The parents and caretakers should receive the necessary information to increase their ability to become active. An intensive cooperation of all concerned parties both before and during the actions represents a major contribution to improving the network of local assistance offers. This initiative wants to provide impulses for dealing with the theme of sexual abuse in schools and to ensure the long-term impact of prevention and protection concepts.

The main target groups are children of grade-school age and those transitioning to puberty (8–12 years), their parents as well as their educational and psychological caretakers, especially their teachers in school.

The Strategy

The central thrust of this initiative lies in the cooperation with the responsible ministries of the federal states, relevant associations, and other initiatives to prevent sexual child abuse.

The planning and implementation of the initiative is done locally with the cooperation and coordination of the local stakeholders. Such networking contributes to increasing the prominence of the assistance offers, so that both children and adults know where they can turn if the need arises.



The active support of all partners serves to strengthen the prevention of sexual child abuse and to anchor it in social consciousness.

This initiative was scientifically monitored by means of a comprehensive evaluation. The children, their parents, and their caretakers were interviewed both before and after the interventions. The major question concerned which stakeholders from the fields of education, municipal politics, and counseling would participate in the implementation. This made it possible to review the stated goals during the course of the initiative at all levels and to optimize the individual components as necessary in order to guarantee a greater acceptance, effectiveness, and sustainability of the measures.

A panel of experts consisting of representatives from a number of disciplines and institutions accompanied the progress of the initiative: child and youth protection services, counseling services, teacher training/school development, children's rights, educational science, sexuality education, prevention research, churches, welfare organizations, science and research, jurisprudence, medicine, employees' associations, ministries, round/square tables. The components of the initiative were conceived such that all the target groups could be reached and could reinforce each other.

The Components

- 1 Interactive theatrical play and associated actions
- 2 Online portal for the children
- 3 Media and educational offers



Component 1: Interactive Theatrical Play and Associated Actions

“When is close too close?” “What do I say when someone crosses boundaries?” “Who can I turn to if necessary?”

The artists of the theater company “Kopfstand” took these and other questions into the schools and with the additional support of special expert services developed the interactive play “Trau dich! Ein starkes Stück über Gefühle, Grenzen und Vertrauen” (Dare to Do! A Powerful Play about Feelings, Limits, and Trust) for children 8–12 years of age. It actively engages children to participate, while also motivating them to take their own feelings seriously, to speak about any transgressions they may experience, and to confide in someone they trust.

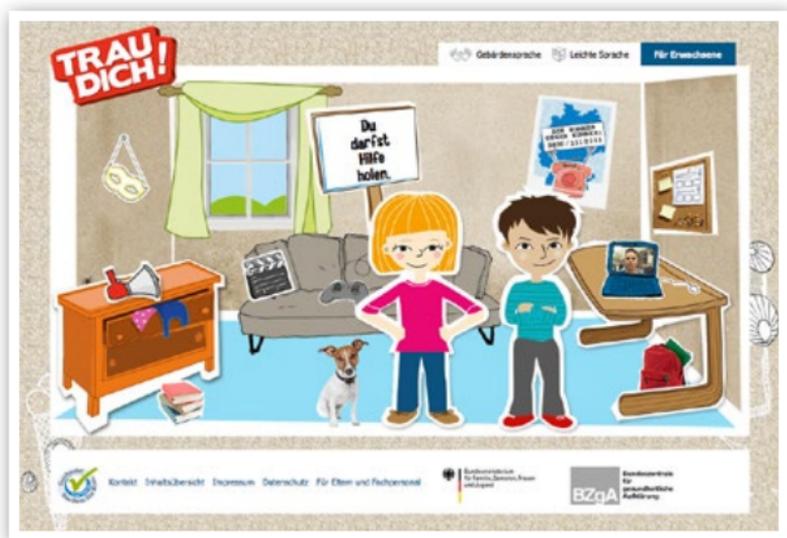
In connection with the play, the initiative and its partners developed materials, methodological approaches, and qualification offers for schools and parents’ meetings. All of these actions – from planning the performances to conducting the parents’ meetings and the teachers’ training – were conceived and implemented in chorus. The counseling services also participated in the play performances, presenting their offers. All respective stakeholders were involved in the preliminary work of coordinating and networking the local activities, including public relations, in order to sensitize the general public to this theme.

The initiative “Trau dich!” premiered in 2013 in Berlin and to date has been presented in the states of Schleswig-Holstein, Saxony, Baden-Wuerttemberg, Hesse, and Hamburg. It will continue its tour through the other German states through the end of 2018.



Component 2: www.trau-dich.de – The Online Portal

The online portal www.trau-dich.de offers children the support they need as well as answers to their questions. For example, one finds information on the rights of children, FAQs about child abuse, a lexicon, and interactive games. This portal uses a database containing the names of counseling services including email addresses and telephone numbers to provide the help children require in times of need. Further, by contacting the well-known national hotline for children and adolescents “**Nummer gegen Kummer**”, which cooperates with the initiative, children and adolescents can directly access counseling by telephone.



Component 3: Media and Educational Offers

Special brochures prepared for boys and girls cover the themes of children's rights, protection of children, sexual harassment, transgressive behavior, violence, and the availability of assistance. Another brochure informs **parents**, providing tips about how they can protect their children and strengthen their self-esteem. Other information is made available at the website www.multiplikatoren.trau-dich.de to the **expert personnel**, covering the theme of sexual abuse and project ideas that may be implemented in the school. In cooperation with the counseling services, the initiative offers **parents' discussion evenings** and **further education for teachers** and caretakers to take place before the play. In this manner teachers are prepared to take up the themes of child protection and the prevention of sexual abuse in the school classroom.

Materials for Children



**“Trau dich!
Du kannst darüber reden!”**
(Dare to Do!
You Can Talk About It)
Everything You Need to
Know About Sexual Abuse.
DIN A6 format brochure
Order no. 16100201



“Trau dich! Du bist stark!”
(Dare to Do! You Are Strong!)
Everything You Need to
Know About Sexual Abuse.
For Boys.
DIN A5 format brochure
Order no. 16100205



“Trau dich! Du bist stark!”
(Dare to Do! You Are Strong!)
Everything You Need to
Know About Sexual Abuse.
For Girls.
DIN A5 format brochure
Order no. 16100206

Materials for Adults



“Trau dich! Ein starkes Stück über Gefühle, Grenzen und Vertrauen”
(Dare to Do! A Powerful Play about Feelings, Limits, and Trust)
Information on the Theatrical Play.
DIN long format brochure
Order no. 16100301



“Trau dich!”
A Guidebook for Parents.
DIN A5 format brochure
Order no. 16100102



“Trau dich!”
A Method Booklet for Teachers.
Suggestions for the Pre- and Post-treatment of the Play in the Classroom.
DIN A4 format brochure
Order no. 16100104

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