

New Jersey Child Assault Prevention

TEEN CAP Guide for Adults



An Assault Prevention Project
Committed to Empowering
Teens to be Safe, Strong & Free

A Project of the Education Information and Resource Center (EIRC) and
the New Jersey Department of Children and Families (DCF)

TEEN CAP

The International Center for Assault Prevention (ICAP) at EIRC has developed the Teen CAP project as a response to violence in the lives of adolescents. Teen CAP has three primary goals:

1. Increase community awareness of assaults against adolescents.
2. Provide adolescents with knowledge and skills to handle dangerous situations.
3. Empower teens with the belief that they have the rights.

Violence will end only when members of the community, whether that community is a school, a neighborhood, or a nation begin to take responsibilities for each other. Teen CAP works closely with local schools to provide programming for parents and community residents as well.

The Teen CAP project has three distinct phases:

1. Teacher/staff workshops in the schools
2. Parent and community resident education programs
3. Presentations for teens in schools

Prior to working with teens, Teen CAP facilitators present in-depth workshops for teachers, parents and community residents with information on assault, identification of possible assault victims, crisis intervention skills, how to respond if a teen discloses abuse, and a description of the Teen CAP workshops. This work, with school personnel, parents and community members, lays an essential groundwork for recognition of the problem and for community intervention and prevention.



Adult Workshops

Teacher/Staff In-service

The teacher/staff in service is usually one and a half hours long, but additional time is often needed for an extended question and answer session. It is usually presented in the school itself. School staff can expect to:

- Understand the kinds of assaults committed against adolescents and the roots of that violence
- Understand the criteria for effective primary prevention programming
- Understand Teen CAP's design and implementation
- Recognize the signs of abuse in adolescents
- Learn how to respond effectively to a teen in crisis
- Learn what resources are available in their community for teens in crisis
- Understand their own rights and responsibilities under New Jersey reporting law

Parent Program

The Teen CAP parent program is open to any interested members of the community. It is usually two hours long, and the school involved must advertise and provide space for the program.

Parents who attend can expect to:

- Understand the kinds of assault committed against adolescents and the roots of that violence
- Understand the kinds of information the Teen CAP student workshop presents and how it is presented
- Recognize the signs of abuse in adolescents
- Learn how to respond effectively to a teen in crisis
- Learn what resources are available in their community for teens in crisis

Student Workshops

After the adult and teacher/staff workshops, Teen CAP provides prevention programming within students' classrooms (one period a day, based on a 45-minute period) for three days. The first day of the workshop, two facilitators meet with an entire classroom (maximum of 35 students) to discuss personal safety rights, common kinds of assault against adolescents, and strategies for handling dangerous situations.

Throughout the workshop series, common assault situations are presented via short scenarios. The students are read an unsuccessful scenario; they strategize about what the teen involved could do; and then they are presented with a successful scenario that incorporates their most effective suggestions.

On the second day of the workshop, we challenge some of the culturally supported beliefs regarding physical and sexual aggression. The workshop concentrates on alternatives to peer aggression, discussing it from the points of view of a victim and a victimizer. Sexual harassment is discussed with an emphasis on the difference between sexual harassment and flirting. During the workshop, "self-protection" strategies are taught, including ways of walking assertively, the "CAP yell" and other self-protection strategies.

The third day of the workshop, the young people discuss various kinds of sexual assault, including known adult sexual abuse and date rape. Subsequent to each workshop, voluntary time is set aside for individual students to meet with workshop facilitators. This time enables CAP facilitators to reinforce, on an individual basis, the concepts presented; and it allows students a private setting to discuss concerns or questions.

Teen CAP takes complete responsibility for classroom discipline during the workshops, but welcomes teacher involvement. In addition, a variety of materials, suggestions and resource lists are available for teachers who wish to follow up or expand on the concept presented in Teen CAP.

Safe, Strong and Free

The CAP motto is that all children have the right to be “Safe, Strong & Free.” During the workshop we clarify what these three rights mean.



Safe

You have the right to be safe.

This means that you have the right to say “No!” to assault from any person, even an adult.

The right to be safe means that you have the right to ask for help when you need it.

Strong

You have the right to be strong, not just physically, but you have the right to be strong inside; to feel good about yourself.

The right to be strong means you have the right to trust how you feel about a situation. If you **feel** pressured-**then you are being pressured**.

Free

The right to be free means you have choices. The right to be free means that you have a right to seek safety when you need it.

The freedom to make choices about your body; so that if someone touches you in a way that makes you feel uncomfortable, you have the right to say NO and leave. No matter who that person is. Even if it is someone you know.

Definitions

Consent

Freely choosing to do something. Consent means you've said "yes," but you feel just as free to say "No!"

Force

Anything that prevents you from choosing freely to do something and force may be subtle.

- Force can be **emotional**-“I'll commit suicide if you don't love me!”
- Force can be **physical**-“I'll hit you if you don't obey me.”
- Force can be used by people who have **authority** over you. As a young person you know that adults can force you to do something just because they are adults.
- Force can come from other teens, too.

Neglect

Keeping food, shelter, clothing, education and/or medical care from someone on purpose. (Not to be confused with poverty; when someone is unable to provide those needs.)

Emotional Abuse

Deliberately not praising, insulting constantly, ignoring someone's emotional needs, or hurting someone's feelings on purpose.

Physical Abuse

Hurting someone physically. This can include hitting, slapping, beating, kicking, punching, throwing around, burning, etc. (Not to be confused with discipline.)

Sexual Harassment

Unwanted or unwelcomed sexual talk or actions. It may make you feel bad, confused, or trapped. It may also interfere with your life-for example at school or on the job. Sexual harassment is not about sexual attraction. It is about power-the abuse of power.

Sexual Assault is forced sexual contact. This can be any of the following:

Rape

Forced sexual penetration. Rape happens when someone forces a finger, penis or object into your anus or vagina or a penis into your mouth or when a male is forced to commit a penetrative act against his will.

Incest

Forced sexual contact among family members or people living together as a family.

Molestation

Forced sexual touch.

Voyeurism

Looking at someone's genitals or other body parts without their consent. (A "peeping tom" falls into this category, but so does anyone who watches you undress or shower without your permission.)

Exhibitionism

Showing genitals to someone else without their consent. (The stereotype here is of a man in a trench coat who is a flasher, but exhibitionism includes anyone who exposes themselves to you.

Sexting

Sending sexually explicit messages, or taking sexually explicit photos of yourself or others and then forwarding them to other people.

Pornography

Pornography becomes sexual abuse when persons are forced into having their picture taken without their clothing on or while they are engaged in sexual activities.

Commercial Sexual Exploitation (Trafficking)

The sexual exploitation of children through the exchange of sex or sexual acts for money, drugs, food, shelter, protection, and/or other basics of life. This is illegal.

Statistics on Assaults Against Teens

- "One in four young women, and one in five to seven young men, will be sexually assaulted before they reach the age of 18. Of those, over 85% will be assaulted by someone they know and trust." *OCAN, Office of Child Abuse and Neglect*
- Adolescents are victims of 45% of all physical abuse against children. *Outside the Dream, the Children's Defense Fund*
- "At least 12% of high school students have experienced physical abuse in a dating relationship." *Crichton, Sarah, "The Riddle of Dating Violence," Seventeen Magazine*
- According to a survey by the National Victim Center, 683,000 forcible rapes occur each year. Girls younger than 18 years old account for more than 60 percent of all victims. *Kilpatrick D., Rape in America: A Report to the Nation. National Institute of Drug Abuse*
- In one study by the National Center for the Prevention and Control of Rape, 92% of adolescent rape victims said they were acquainted with their attackers. Of these, women 15 to 25 years old are the majority of victims. *Prevalence, Incidence & Consequences of Violence Against Women, National Institute of Justice*
- Convicted rape and sexual assault offenders serving time in state prisons report that two-thirds of their victims were under the age of 18, and more than half said their victims were aged 12 or younger.
- The majority of offenders charged with rape are between the ages of 16 and 25. The highest frequencies include 16-20 year olds." *Ann Wolbert Burgess, The Sexual Victimization of Adolescents, a Report for the National Center for the Prevention and Control of Rape. U.S. Department of Health and Human Services: NIMH*
- Young adults (18 to 24 years old) experience homicide victimization rate of 12.7 homicides per 100,000.
- According to the National Crime Victimization Survey, juveniles ages 12 to 17 were nearly three times as likely as adults to be victims of violent crimes.

Suicide Statistics

- Suicide is the **SECOND** leading cause of death for young people ages 10-24. (2010 CDC WISQARS)
- Suicide is the **THIRD** leading cause of death for college-age youth and teens ages 12-18. (2010 CDC WISQARS)
- More teenagers and young adults die from suicide than from cancer, heart disease, AIDS, birth defects, stroke, pneumonia, influenza, and chronic lung disease, **COMBINED**.
- Each day in our nation, there is an average of over 5,400 attempts by young people grades 7-12.
- **Four** out of **Five** teens who attempt suicide have given clear warning signs.

The Youth Risk Behavioral Surveillance System (YRBS) is a survey conducted by the Centers for Disease Control and Prevention that includes national, state, and local school-based representative samples of 9th through 12th grade students. The purpose is to monitor priority health risk behaviors that contribute to the leading causes of death, disability, and social problems among youth in the United States.

If a teen is thinking of suicide:

- 1) **Pay attention to the warning signs**
 - ◆ Talking about dying or “being gone.”
 - ◆ Being sad, depressed, or listless for a long time.
 - ◆ Not getting over a traumatic event or loss.
 - ◆ Giving away things they really care about.
 - ◆ Doing risky things that could be dangerous.
- 2) **Tell your teen that you care and are concerned.**
- 3) **Don't try to solve the problem for your teen.**
- 4) **Help your teen to talk about what may be wrong.**

Date/Acquaintance Rape

“Date/Acquaintance Rape” involves coercive sexual activities that occur against a person's will by means of force, violence, duress, or fear of bodily injury. These sexual activities are imposed upon them by someone they know (a friend, date, acquaintance, etc.). Any kind of forced sexual contact is a violation of the person's rights.

Dating Tips for Students

- ◆ **Know your date.**
- ◆ **Trust your feelings.**
- ◆ **Be assertive!**
- ◆ **Leave the situation.**
- ◆ **Be honest about your feelings.**
- ◆ **Stand up for yourself!**
- ◆ **Take action! Say No! Yell! Resist in any way you can!**



What to do if your teen has been sexually assaulted!

- Believe your teen.
- Let your teen know it is not his or her fault.
- Listen to the teen and let him or her share feelings.
- Encourage the teen to get medical attention and counseling immediately.
- Be there-it may take a long time for the teen to deal with this.

Get Some Help!

You also call the National Sexual Assault Hotline 800-601-7200. They can help you to figure out what to do.

Get Medical Attention!

Tell your teen not to shower or change clothes before going. It is vital that she/he gets medical care, because she/he is at risk for sexually transmitted diseases and pregnancy, in addition to any physical injury.

Get Good, Long Term Support!

CASA can help you find long term support. Being sexually assaulted is a very painful experience emotionally, as well as physically. Your child may feel depressed, frightened, and guilty. She/he may be afraid to trust anyone. These are all normal reactions to sexual assault. She/he will need help to deal with her/his feelings.

***Remember! It is not her/his fault!
She/he is not to blame!***



Places to Get Help

SUICIDE HOTLINE 24/7
800-784-8255
800-273-TALK

Alcohol/Drug Information Hotline
800-322-5525
800-225-0196
800-238-2333

RUNAWAY HOTLINE
800 RUNAWAY
800-786-2929

NJ Coalition Against Sexual Assault
800-601-7200

NJ Women's Referral Center-24 hour hotline
800-322-8092

NJ Division of Child Protection & Permanency-24 Hour Hotline
877-NJABUSE

NJ YOUTH HELPLINE-2ND FLOOR- 24 hour hotline
888-222-2228

RAINN-Rape, Abuse, Incest National Network
800-656-HOPE

SAFE HAVEN FOR INFANTS-
877-839-2339

SPEAK UP- Hotline to anonymously report weapon threats 24/7
866- SPEAKUP

TEEN PREGNANCY HOTLINE
800-THE-KIDS



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