

## Alternative Training Packet for Session 4: Sexual Abuse and Trauma

**Note to Resource Coordinator** please provide these items to participant for this session:

- *Step Up Booklet (if no internet)*

**1. Read** the **Sexual Abuse and Trauma** chapter in *Foundations Part 2 Classroom and Resource Guide*; read both the class content and resource section

**2. Complete** “What I Believe About Sexual Abuse, T/F Learning Task “ in your manual, (answers attached on next page).

**3.** After you read the section on “**Grooming,**” Please answer the following questions:

- What surprised you about this information?

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- What is your understanding of the word “grooming?”

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- What actions can YOU take to **reduce** the chance that the child in your home will become a victim of sexual abuse or prevent him/her from becoming a victim again?

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**4. Read** “*Step Up: Protect Children from Sexual Abuse*”:

<http://dcf.vermont.gov/prevention/stepup>

**Additional Resources for Session 4: Sexual Abuse and Trauma:** The rest of these videos, websites and/or articles are *not* required, but they will compliment your learning about attachment.

➤ **Watch:**

- “Finding Courage to Talk About Child Sexual Abuse by Jill Tolles/ TEDX University of Nevada <https://www.youtube.com/watch?v=hGR079qsgTlad>

➤ **Read:**

- *Parenting a Child Who Has Been Sexually Abused: A Guide for Foster and Adoptive Parents* at <https://www.childwelfare.gov/pubs/f-abused/> **Also attached**
- *Parenting a Child Who Has Experienced Trauma* at: <https://www.childwelfare.gov/pubs/factsheets/child-trauma/> **Also attached**

➤ **Complete on line course:**

- **Foster Parent College** [www.fosterparentcollege.com](http://www.fosterparentcollege.com) : *Caring for Children Who have been Sexually Abused and/or Sexualized Behavior, Trauma Informed Parenting*
- **VTCWTP online module** Video on <http://training.vermontcwtp.org/> *Foundations for Trauma Informed Care- Developmental Trauma Module Part 1 (one hour) optional Part 2 (one hour)*

## Answer Sheet for Learning Task: What I Believe About Sexual Abuse

**1.** Pedophiles are sexually attracted to children.

**True.** Pedophiles are persons who are sexually attracted to children. They lack the appropriate impulse control to keep themselves from acting on their desire to have sexual contact with children.

**2.** Child sexual offenders can be male or female.

**True.** The vast majority of identified offenders are male, but female offenders do exist. Generally, female sexual offenders elicit more denial, shock, and upset in us because we do not like to think that women are capable of hurting children sexually.

**3.** Most people who sexually abuse children begin doing so as young adults.

**False.** Most people who sexually abuse children begin doing so when they are adolescents. *In Vermont, at least 45% of the abusers are under the age of 20, 94% were between the ages of 12 and 19.* (2011 DCF Child Protection in Vermont)

**4.** Child sexual offenders have many difficulties, such as holding a job or getting along with others.

**False.** Child sexual offenders differ in many ways from each other. There is no one physical or social profile of an offender. They come from all socio-economic levels, races, cultural backgrounds and religions. Some sexual offenders may be successful in many areas of their lives, such as professionally, yet be very troubled in regard to their sexuality and their abuse of power over children.

**5.** Many child sexual offenders experienced sexual abuse or other maltreatment when they were young.

**True.** Research shows that many child sexual offenders were sexually abused, watched the sexual abuse of others, and/or experienced other severe maltreatment during their formative years. Childhood experience is *not* an excuse for offending. The key factors are the duration of abuse and the other forms of trauma surrounding the sexual abuse (physical and emotional abuse) that have been found to correlate with adult offenders. Many adults who were abused as children grow up to be responsible citizens who do not take advantage of children in sexual or other ways.

**6.** Only about 5% of allegations of sexual abuse are found to be false.

**True.** Although the issue of false allegations gets a lot of media attention, incidents involving false allegations of sexual abuse are rare. The number of allegations is not a reflection on the current abuse. This is a crime that is under-reported. *The primary reason that the public is not sufficiently aware of child sexual abuse as a problem is that 73% of child victims do not tell anyone about the abuse for at least one year. 45% of victims do not tell anyone for at least 5 years. Some never disclose.* (Smith et al., 200; Roman-Fulks et al., 2007) *Statistics remain the same today.*

**7.** When a child tells of sexual abuse and then later denies it, usually it means that the sexual abuse did not take place.

**False.** When a child discloses sexual abuse, the offender can be expected to use his or her position of power to pressure the child to recant or withdraw the complaint. Other family members may also pressure the child to do the same. The offender may also try to undermine the child's credibility by calling them a liar or a troublemaker. It is not unusual in child sexual abuse cases for children to recant their allegations. When this happens, it should not be assumed that the allegations are not true.

**8.** Child sexual abuse is violent and painful and leaves its victims filled with hatred toward the offender.

**False.** While some offenders physically overpower the child and force sexual contact, others trick children into compliance by taking advantage of the child's need for affection and approval. Sometimes the sexual abuse represents a special time for the child to receive attention from the offender. Some children have never known anything else and find the behavior to be natural and *enjoyable*.