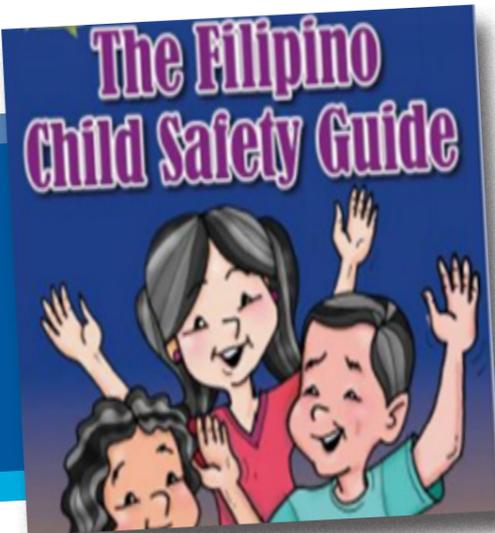


Personal Safety Lessons

CPTCSA, Philippines



THE LOCAL CONTEXT

Across the Philippines, 1 in 5 children, both boys and girls equally, have reported being victims of sexual violence (the National Baseline Study on Violence Against Children). A woman or child is raped every 53 minutes and 7 out of 10 victims of violence are children (the Philippine Center for Women's Resources (PCWR), 2016).

ABOUT CPTCSA

CPTCSA is a non-governmental organisation working in the Philippines since 1994. It provides therapeutic support to young perpetrators and survivors of child sexual abuse, and trains foster care providers for children who have been sexually abused. It operates under the principle that prevention and treatment are interdependent.

Find out more about CPTCSA: www.cptcsaph.org

Or contact Gina Lompero, Prevention Officer: cptcsa20@gmail.com

THE PROGRAMME

The Center for the Prevention and Treatment of Child Sexual Abuse (CPTCSA) implements prevention and treatment programmes for sexually abused children in the Philippines. The core principle which drives their work is "Everybody has the right to feel safe, all of the time".

The Personal Safety Lessons (PSL) programme began in 1995, and is at the centre of CPTCSA's work on prevention. The programme is aimed at children from the age of 4 up to 18 years old. It consists of lessons for children on a variety of topics, and training for adults in support roles.

The programme is designed to empower children through growing their awareness about the risks of child sexual abuse; to build their skills and self-esteem; to grow their capacities to protect themselves; to create support systems around them; and to develop capacities of schools to prevent child sexual abuse, to handle disclosures, and to build relationships with authorities.

The lessons cover:

- vocabulary
- safety rules about private body parts (including rules about touching)
- understanding emotions
- assertiveness
- using support systems
- 'it's not your fault' (blame issues).

Strict child safeguarding policies ensure that everyone involved has clear guidelines on how to respond to disclosure when it occurs.

The PSL programme was originally adapted from the Committee for Children (CfC) in the USA. CPTCSA's version of the PSL has now been adapted by organisations in Malaysia, China, India, Vietnam and Ghana.

IMPLEMENTATION

School-based Support Teams train school teachers to deliver the PSL to students. Parents are informed about the PSL through parent information nights. Support groups are formed for parents, teachers, and students.

PSL are now used not only in schools, but also in homes and churches. Guidelines exist about how to implement it in different contexts.

CPTCSA developed a management information system to document and monitor PSL nationwide.

CPTCSA's goal is that PSL will be implemented by all public and private schools across the country, and that it becomes part of a university course for teachers.



OUTCOMES

1 The Philippine Government declared the second week of February of every year to be the National Awareness Week for the Prevention of Child Sexual Abuse and Exploitation.

2 In 2009 a Philippine Government mandate stated that PSL should be implemented in all schools across the country; this was a direct result of 14 years of lobbying by CPTCSA.

3 Groups of school children have come forward and disclosed the abuse they have experienced.

4 PSL is now a household name across CPTCSA's network, and other organisations implement it in their own communities.

CHALLENGES

Socio-cultural and religious beliefs can be a barrier to the reporting of child sexual abuse in the Philippines.

Getting the Government on board and willing to take ownership of PSL has been challenging.

The Philippine Department of Education cannot guarantee funding for the PSL. Therefore fundraising has had to be done at provincial level and with local corporations and politicians.



Everybody has the right to feel safe, all of the time."



By practitioners, for practitioners.

FURTHER INFORMATION

Family for Every Child is a diverse membership network of civil society organisations based around the world.

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