

H&S/ UNICEF New Child Protection Project

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| Project Objectives | <ol style="list-style-type: none"> 1. Drafting of inter-agency Protocols for the protection of children and child abuse prevention and response 2. Establishment of multi-sector community teams for the promotion of child safety 3. Building Parents and adult's capacity to provide safe family environments for children, void of violence and dysfunction. 4. Generation of data and motoring of child abuse and CSA cases, through prudent use of protocol and child protection networks. 5. Crafting of Community Action Plans, reflective of a cohesive and collaborated network of persons working to demand intervention, protection, service and justice for children who suffer violence and abuse |
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Summary of activities – November 2014 –January 2015

| Date of Activity | Location of Activity | Topics Discussed | Sex | | Age Groups | | | | Facilitator |
|------------------|--|--|--------|------|------------|-------|-------|--------|-----------------------------|
| | | | Female | Male | 12-18 | 19-25 | 26-40 | 41-60+ | |
| 27/11/2014 | Uitvlugt Health Centre | Self Shapers; Parenting | 13 | 1 | 1 | 1 | 1 | 11 | Linda Hustler |
| 2/12/2014 | Uitvlugt Parent Group | Early Childhood development/ Shapers / cycle of violence & dysfunction / Child abuse & Rights / Parenting tips | 21 | | | 3 | 13 | 5 | Colin Marks |
| 27 /11/14 | Uitvlugt Secondary School Teachers | Self / Early childhood development/ Shapers / Parent-child communication/Child abuse & rights / Cycle of violence & dysfunction / Parenting tips | 19 | 8 | | 3 | 22 | 2 | Colin Marks & Linda Hustler |
| 14/1/2015 | Uitvlugt Football Club | Self/Self esteem/ Self Concept | 3 | 11 | 13 | 1 | | | Colin Marks |
| 15/1/2015 | Uitvlugt Secondary School | Role of parents in support of children's school work | 6 | 2 | 3 | | 1 | 4 | Linda Hustler |
| 22/1/2015 | Uitvlugt Community Development Council | Child Socialization/ Parent/child Communication/ Family violence & dysfunction /Parenting tips | 9 | 9 | | | 6 | 12 | Colin Marks |

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| 24/11/2014 | Jenny's Shop Good Hope | Exploring childhood experiences | 16 | | 1 | 4 | 8 | 3 | |
| 8/12/2014 | Lusignan Health Centre | | 22 | | 6 | 10 | 6 | | Suzanne Chung |
| 19/12/2014 | Jenny's Shop Good Hope1 | Experiences of Parenting | 7 | | 2 | 1 | 1 | 3 | Suzanne Chung |
| 9/1/2015 | Lusignan Primary School Grade 6,7,8 | Self / Self Esteem / Self Concept | 22 | 22 | 44 | | | | Colin Marks |
| 14/1/2015 | PTA Lusignan Primary School | Child Socialization/ S.P.I.C.E / Parent / child communication / Punishment vs. Discipline/ Family violence | 87 | 31 | * | * | * | * | Colin Marks |
| 26/1/2015 | Lusignan HC | Who is a parent/ Parent child communication/ Discipline vs punishment | 9 | | 2 | 2 | 5 | | Suzanne Chung |
| 3/12/2014 | Stewartville Parent Group | Self / Early childhood development/ Shapers | 12 | 2 | 2 | 1 | 6 | 5 | Colin Marks |
| 10/12/2014 | Stewartville Parent Group | cycle of violence & dysfunction / Child abuse & Rights / Parenting tips | 8 | 6 | 2 * | 4 * | 3 * | 5 * | Colin Marks |
| 19/12/2014 | Leonora Health Centre | Who is a parent/What is parenting, Early childhood Development, Self-Shapers, Parent/child communication, Why children get licks | 16 | | 3 * | 8 * | 5 * | | Linda Hustler |
| 26/1/2015 | Living Water World Outreach Church | Self- shapers/childhood development/ parent child communication/ Punishment vs Discipline | 11 | | 2 | 2 | 3 | 4 | Linda Hustler |
| 29/1/2015 | Living Water World Outreach Church | Parenting Tips/ Family violence- cycle of dysfunction | 12 | | 1 | 2 | 6 | 3 | Linda Hustler |
| TOTALS | <u>Stewartville/Uitvluqt</u> | <u>Parenting; Self- shapers, Early Childhood Dev.; Cycle of Violence; Parent/Child</u> | <u>293</u> | <u>92</u> | <u>82</u> | <u>42</u> | <u>86</u> | <u>57</u> | <u>Suzanne Chung; Linda Hustler; Colin Marks</u> |

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| <u>Nov 2014 - Jan 2015</u> | <u>/Good Hope</u> | <u>Communication; Discipline & CP/Child Socialization</u> | | | | | | | |
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*PTA age group for breakdown was not possible to identify due to large numbers

EVALUATION

| Participants Evaluation | Excellent | Very Good | Good | Fair | Poor |
|---|-----------|-----------|------|------|------|
| How would you rate participation? | | 15% | 77% | 8% | |
| Ask participants to rate their understanding of topics discussed? | | 16% | 75% | 8% | |
| Ask participants to rate you as facilitator? | | 8% | 92% | | |
| Ask participants to rate the overall session? | 8% | 53% | 30% | 8% | |

Facilitator assessment of activity:

- Activities and information were new to participants and they participated eagerly. Information was well received, participants said that they wanted what was best for their children and would work towards improving their parenting skills
- The session at the Lusignan HC was very much needed. Some participants were young, first time mothers with little or no knowledge.
- At Jenny’s Shop, Good Hope there was a small turn out, most persons were out doing last minute shopping or decorating for the Christmas season
- At Uitvlugt HC, the session was interactive and informative and described as an “eye opener”. Participants were able to see how important this information is to their daily lives. Topics on self- shapers and parenting showed how patterns of socialization had affected their development and if the same types of parenting technique were used on their children the cycle of abuse would continue
- The Stewartville session at the Church of Christ Church building was the first project forum held in this community. Facilitator gave a brief outline of the project action and challenged participants to share information learnt, in order to improve the wellbeing of children and families. Topic of self was introduced and though the group was very reserved at first, Individuals disclosed personal experiences when Johari Window model was presented for discussion. Other topics discussed were early childhood development – utilizing the SPICE model and self-shapers. Parents also briefly discussed discipline vs. punishment and relevant parenting tips. The importance of reporting child abuse witnessed at the community level was reinforced by the Facilitator.
- This follow up parenting forum at Uitvlugt was conducted with a mixed group of women, 80% of them parents. Reflecting on the previous session participants said: It’s the first time I was able to identify for myself the type of model I was using to parent my children; I didn’t realize that parenting

required skills to be effective; Understanding self was very new and interesting to me; Maybe if I get another chance at raising children, I would change a few things. Child discipline was also identified as a major concern for parents. Parenting styles was discussed as one of the possible reasons for behaviours and attitudes in some sections of the community. The role of adults in shaping and influencing children and young people's behaviour was discussed and early childhood development – SPICE model; self-shapers; family violence – cycle of dysfunction & violence; discipline vs. punishment and relevant parenting tips. The importance of reporting child abuse witnessed at the community level was reinforced by the Facilitator.

- At the follow up parenting session held at the Stewartville C O C church, participants shared what had stuck with them: Self esteem and self concept was very interesting for me; The Johari Window is something I want to speak about more; When we spoke about shapers I realized that there were many things which affects the life and outcomes of people; The hidden self, had me thinking a lot about myself. After brief discussions on previously explored topics, the following were introduced -early childhood development – utilizing the SPICE model; self-shapers; family violence – cycle of dysfunction & violence; punishment vs. discipline; basic rights of a child / types of child abuse
- At the session conducted as part of the Uitvlugt Secondary School's staff development curriculum approximately 40% -50% of teachers were parents which made the child focus segments of the session very interactive. Teachers shared that sometimes it was difficult for them to deal with the children at school because many of their problems were grounded in situations which exists in the home environment. Even though some of the teachers had been exposed to some of the information shared, they admitted that this was the first time they were reviewing the range of dynamics involved in caring, nurturing and protecting children and how good parenting affected the outcome of a child's state of protection and wellbeing
- The scheduled session with students of 8D was cancelled. Instead the HM asked that H&S facilitator focus on the role of parents in assisting their children with school work individually. Five (5) adults and 3 children were spoken with
- All of the session for the month of January were very interactive, many participants shared experiences and were able to identify the effects of certain behaviours and the impact it has or had on their lives. In some cases the cycle of violence discussed was continuing in participant's lives. H&S was praised for giving them the tools and skills for better parenting.
- This session was intended to empower young teenagers to make right choices and become "hard targets" for violence and abuse. A brief outline of the Project was relayed to the students. Students were asked to share some thing about themselves. Elements of self, identity, personality and aspirations were discussed after student shared aspects about themselves. Topic of self was introduced and though the group was at first, very reserved, there was some intimate sharing as the Johari Window model was presented for discussion. Other topics presented were -Self Concept, Self Esteem. Participants were also given some "home-work" which entailed writing a list of things and actions which expressed high self- esteem and another list of things and actions which exhibited low self- esteem
- The project team was asked to make an impromptu presentation at the PTA meeting of the Lusignan Primary School. The facilitator gave a brief outline of the project action to be implemented within the community and challenged the participants to share all the information from the session in order to improve the wellbeing of children and families. The Facilitator commenced the session by alluding to the evident challenges the society was facing to sustain safe and protective environments for our children and the concomitant responsibility of parent and teachers to groom the child through their early years of growth and development. Facilitator reflected on the many negative elements of family and community environments which made children vulnerable to abuse and trauma. Child rights as being the needs of a child was also briefly presented as well as other topics such early childhood development tips – utilizing the SPICE model, Importance of open communication with children, impact of children witnessing violence & dysfunction; punishment vs. discipline and adult role models. The importance of reporting child abuse witnessed at the community level was also reinforced by the facilitator.
- This youth session was organized by the Uitvlugt mobiliser. It was the first in a series of sessions for youths from the club membership and intended to raise their awareness and build their capacity to become "hard targets" for violent encounters and become promoters of non- violent socialization

among their peers. Participants were each asked to state who they were beginning with “I am” and asked to rate themselves from 1 to 10 in knowing themselves. As the club members gained more confidence about expressing themselves they shared the following within context of self: I’m working on my future; there are things I like and others I dislike, I’m a hard –working person, I’m a easy-going person, I am a jovial person. The facilitator explained that everyone should become comfortable about speaking about themselves as it reflects a positive self –concept and self is the core of an individual and represents the person’s unique characteristics. Other topics explored were; self- concept and Johari window models. There was much sharing as the participants sought more information on how experiences and interaction with other helps us to shape our own self-concept. The facilitator also posited that early childhood experience helps to strengthen a child’s self-worth because they are very dependent on affection and positive communication during that stage of development. Other aspects focused on were how self-value impacts on how we relate to others; things which makes them feel valued; how actions by one person can validate another; how negative expressions cause low self-esteem. The topics of abuse and fear; dealing with hidden feelings of hurt; fantasies and unexplored feelings; open communication; suppressed anger; peer pressure; early childhood experiences and expressing feelings

- This parenting forum was the first of its kind with this group the CDC a community based organization whose mandate was to sustain development across the spectrum of the community. When asked by the facilitator what were some of the most pressing issues affecting parent and children within the community; responses were focused overwhelmingly on delinquency, dysfunction and deviant behaviors displayed by young adults and some adolescents. Elements of early socialization resulting in norms and practices of individuals as key elements that influence behaviors was discussed. Other topics introduced and discussed were; child development, influence of culture and socialization, communication, family dysfunction and violence. Shapers and other elements of child growth and development were also discussed in-depth with facilitator and participants exchanging and sharing experiences of child nurturing and situations which harness the wellbeing and the transitioning of child to adulthood

Feedback from Participants (what they learnt, what they shared, found useful, how they will use knowledge)

- Participants spoke about their own experiences as parents and how sharing experiences helped them learn from each other
- Feedback was fair at Lusignan HC. A few promised to discuss the information they received with their spouses. An incident of rape or how to deal with it eight years later was discussed. Participant was given the numbers of Help & Shelter to seek proper counseling.
- A participant said she learnt that bonding and communication is vital in any relationship. I have two teenagers and now that I have learnt about effective parenting practices I would definitely put what I have learnt into practice.
Another participant shared that now she will be better able to parent her children by applying what she has learnt to become a better parent. “Before I just knew what my parents did when I was growing up, I know understand the effects beating can have on my child. I don’t want the same negative impact I suffered to be passed on to my children.”
- At Jenny’s shop, participants learnt that other persons had some bad things done to them in their childhood. This prompted them to share their bad experiences as well. This will help them to better understand their role as parents.
- Understanding self was new for most participants, and revealed how self-shapers, including past experiences can help in understanding self. Participants also said that learning about bonding, nurturing and parenting skills will definitely help them as parents to parent differently –“ we get lashes and we did the same with our children not knowing it was abusive so we will have to take this information and change our practice.” Effective communication was

recognized as important, parents said they will apply what they learnt and share this with others. Lots of stories were shared by participants about the upbringing of children- one woman said she is now able to understand why her husband isn't bonding with his children, he never knew his father and so being a father to his sons is hard, he always pushes them away and he rejects one out the two and blames him for everything. Allegations were made that a father is sexually molesting his daughter and previously his eldest daughter suffered the same abuse.

- The entire group of participants said that they had learnt something new such as – the impact of family violence; how different experiences helps to shape a person; discipline does not mean beating; early childhood experiences sometimes stay with an individual throughout their lives. Most of the parents disclosed that they had never considered how effective parenting would impact the child as an adult, they just followed the model which they were exposed to as children and hoped for the best results. Parents also committed to sharing information learnt and finding ways to do this and even though knowing that changing patterns of behavior is difficult they were determined to try out some of the first parenting tips
- Participants said they learnt about self, importance of self-worth and self- concept; that open communication comes from a positive self-image, many people don't understand themselves fully and childhood experiences can shape adult behavior. Parents in the group remarked that this was the first time they had been exposed to such information and it was different from anything they had heard; that the way they view their past had an impact on their present circumstances. Participants said they would use information first for themselves then they would share this with friends. They also felt that more person need to come out to these sessions in order to grasp this type of information, so the benefits can be realized in the wider community. The parents unanimously agreed that in very many cases their parenting styles did not take into consideration all the varying topics and elements which had been discussed over the two sessions, but they recognize that the benefits of positive parenting will always stem from the experiences they had while they were children
- Two young participants stated openly that most parents were out of touch with the things their children were going through and this caused problems and bad parent/child communication. Another parent stated that most of the parents in attendance would need to try out the new models of parenting and work harder at open and reflective communication with their children. It was agreed that all parent need this information if they want better relationships within families; that the information was good for single mothers as it might relieve some of their stressful family situations; that understanding the stages of growth and changes that children go through is important information for most parents; some parents don't have a clue about shapers and child development much less child abuse and rights. I would want some of those parents to get this information.
- All of the teachers from Uitvlugt Secondary said that they learnt something new from the session. Teachers disclosed that they were seeing many students affected by social problems however they were constrained in how far they could go in addressing such problems due to attitudes of parents. One teacher shared that she had intervened in a case where a student confided in her on a personal family matter and she was able to refer that student for an intervention. Another teacher stated that as individuals and parents they have their own struggles, so it's hard sometimes to deal effectively with some students' issues that are of a social nature.
- At Uitvlugt Seondary School the 8D students complained about bullying in school, not having money to go to school, wanting to run away from home and not wanting to attend school. Parents complained about their child being playful and not taking school seriously; that they found it challenging to help with school work due to their own lack of knowledge of subjects, instead they would get the older siblings to help the younger ones with school work. The mother of one of the male students disclosed that her husband had abandoned the family years ago but even while he was living with them he never contributed to the family's well-being. The children also witnessed the constant quarreling & fighting between herself and husband. She tried to get help from P&W but the husband refused to attend summons. The mother does some domestic work, but not on a regular basis and finds it hard to send her son to school. This mother and another mother who is living in an abusive relationship were encouraged to visit H&S Crisis Centre for counselling services. The woman with the estranged husband was informed about her right to summon him for maintenance for the son as well as herself.
- After discussion on Self using the Johari Window, the Living Water World Outreach Church participants agreed that they really did not know as much about self as they originally thought they did. The session expanded their understanding of how open, blind, hidden and unknown self has a part to play

in who they are and how powerful this knowledge was. One participant said she definitely has work to do on expanding her open self – “as the impact of the past is causing me a lot of pain and I will seek help.” Other participants said they will work on self and seek help. Participants also admitted that they parented in the same way they were brought up but the information on parenting was helping them to see a new side – “I believe children have to get licks and even though you are teaching alternatives, we would not abuse them so as to cause marks, but at times they need lashes.” – “I will no longer share lashes or beat my children.” Another participant said she understands how the cycle of violence continues and if we want a violent free society we got to work with we have learnt- the importance of bonding & communicating. Another participant learnt that parents should communicate ‘with’ their children not talk ‘to’ them. Others felt that more parents should get this information but recognized that it will be hard to implement but it has to be done for changes to take place. One participants explained that none of her teachers took the time to understand her “I was beaten, humiliated and sent to another school until I met you (H&S facilitator) who took the time to work with me.” “Please work with the teachers at the 2 schools that I attended to help other children who have issues like I did.” Participants also indicated that they now had a better understanding of non-violent ways of parenting. One parent committed to share the information with friends, workmates other members of the Church who were not present.” And H&S was asked to look into the situation at Uitvlugt Secondary where a male teacher is fondling our girl children.

- At another session at the LWWO Church, participants reflected on parenting tips learnt indicating that even though they knew some of the tips they don’t put it into practice. Another parent said “I am definitely going to model the best behavior now that I have a daughter, but I was very rebellious to my parents, even now at times.” Another parent remarked how “putting food on the table and making ends meet takes up most of my time, so no quality time is spent with our children, but I will try now.” Another parent shared that she was labelled in school and at home; her daughter wants to be a doctor and she was guiding her along that line. Another parent explained that she was parenting to the best of her ability and was very glad for the information given but asked about the school environment where children were exposed to racism and labelled, called names and beaten. This parent said she observed that her child was repeating what was said to her as well as other children. Parents also understood the need to complement our children and reward them and not to only focus on the negatives. Feedback from participants on cycle of disfunction indicated that this was happening in their own neighbourhood. One participants shared that “I was part of a dysfunctional family, I have anger problems that are causing problems in our home, I am dysfunctional, destructive to myself and my family members. I act out, I was taken out of school, I tried killing myself more than 2 times, I destroy things like my phone, my behavior nearly caused me my relationship and I have a daughter and I am trying my best to change. My child was not planned, I pick fights with my child father but my father is in the home also my mother, what can I do, I am confused. I need help. Other participants commented on the extent of violence and dysfunction among young people.
- At the Lusignan Primary School students said they learnt that they could be whatever they focused on; that they were valuable; that they can plan and pursue future goals; that they have hidden talents. Generally the students were very reserved but some of them began to open up and share hopes and dreams and skills that were not academic which they wanted to develop. A few students were very certain of what they wanted to be in the future and how they intended to achieve this. Some students said they would use information learnt to share with friends while others said they were not sure how they would use the information while others wanted to learn more
- At the Lusignan PTA session one parent stood up and remarked that she learned a lot in a very short period and she even mused that some parenting actions which the facilitator mentioned in the presentation, she was guilty of and she would really try to do things differently. The HM who presided over the meeting encouraged parents to take the parenting tips seriously especially if it would help to bring better communication with their children. Parents felt that there wasn’t sufficient time for individual sharing, but by their body language they showed that they were very attentive to the parenting tips. The HM in her expression of thanks to the facilitator also encouraged the parents to put into practice the information they received
- All of the members of the football club said they learnt something new from the session. Sharing was somewhat limited as some of the participants did not share their goals. At the conclusion the young participants were asked for a one word to comment on the session to which they responded; great; wonderful; extreme; good; powerful; exhausting; fascinating; enjoyable. Most of the participants were not sure how they would use information. One of the older male participants did express the view that this information was not even available in his home , so he would like to share it in his home environment

- The Chairman of the group stated at the conclusion of the session that he had learned quite a lot for the engagement and he was sure the other member did too. He indicated that he would try his best to have other members of the community present for the next session. Participants shared about the lack of communication between themselves and their children when they had reached early adulthood and even when they began the stage of adolescence. Another participant echoed that many older parents were not coping well with their parent /child relationships and that in itself was affecting socialization of the younger generation of children. Ninety (90%) of the group agreed that some parent tips and techniques which were introduced were quite new and seemed revolutionizing, since they were actually trying to, or would have tried to raise their individual families similar to how they were raised. There was 100% agreement that the information and topics discussed would especially benefit the younger parent within the community, because the parenting required skills that were more contemporary and reflective
- A few first time mothers at the health centre expressed appreciation for the discussion. A question on how they would react individually to a 3 year old spilling his crayons on the floor, all answered that they would have him/ her pick it up and a few added that they would pack it out of reach for the day.

Challenges:

- At the Lusignan HC it was not easy to get the women to participate even when they were assured of confidentiality
- At Jenny's Shop loud music coming from a few neighbours affected the persons talking and those listening.
- At the Uitvlugt HC it was difficult convincing some parents that children do not need lashes to bring about behavioral changes
- Time management was a challenge at the Utivlugt teachers session as the session went a bit longer than was expected due to the need to explore fully the range of topics, while entertaining feedback from all
- Some of the students were struggling with literacy, which required more verbal explanations for written information on the flip chart
- Not being able to entertain some questions from the parents at PTA meeting
- The weather restricted the attendance of members
- Late start which was due to a change of venue. The venue had to change because there was a birthday celebration with loud music at the originally chosen venue where regular meeting were held.

Successes

- Getting the commitment from the participants at Leonora HC to try different parenting skills without the use of violence and their pledges to continue attending the community sessions
- From facial expressions, body language and their undivided attention, I could tell that participants at Lusignan HC were very interested in the information given
- At Jenny's Shop, Good Hope, participants who had previously been ashamed and confused about their childhood were able to face their fears by sharing it with others who empathized.

- Most of the parents at the parenting session in Stewartville began to discuss some changes that they would work on personally.
- Teachers promised to be more sensitive and actively involved with students who they recognize as having problems using information shared on communication and child rights and protection
- After a while there was some open sharing of thoughts by some of the more reserved students who participated
- Parents' body language exhibited a sense of openness and acceptance of the information even though to some of them, it represented new concepts of parenting action.
- At the end of the session the group had relaxed and they remarked they were looking forward to the other session
- The older parents made promises to invite some younger parents from the wider community to attend the other sessions
- Having the session interrupted when the pregnant mothers had to leave for their Midwife / doctor visit

Recommendation:

- More follow up session at the Lusignan HC
- There should be more sessions so participants can explore more fully the past hurts and anger at Jenny's Shop, Good Hope
- The Stewartville and Uitvlugt parenting groups should be exposed to the child protection act and more information on the rights of the child
- Teachers should have the opportunity to be exposed to information on laws governing child protection