

**Welcome,
This Web Conference
Will Begin Soon**

Building Resilience in Children to Prevent Child Sexual Abuse

#PowerInPrevention
Ending Child Sexual Abuse Web Conference Series



#PowerInPrevention

Ending Child Sexual Abuse Web Conference Series

PreventConnect

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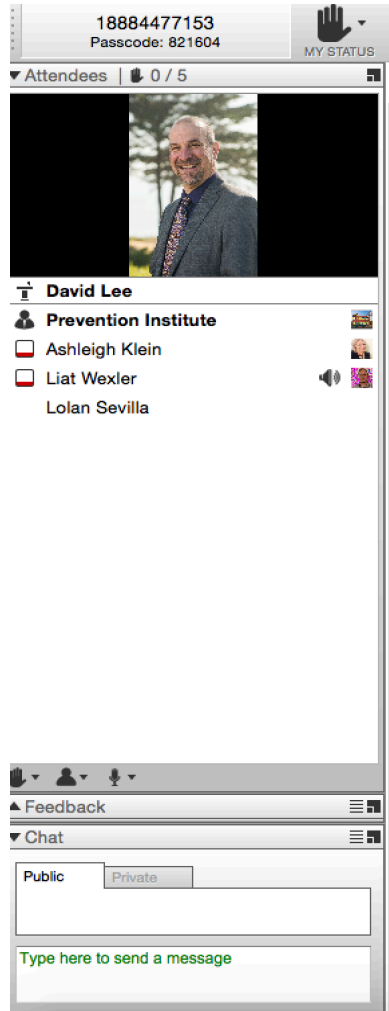
YouTube: www.youtube.com/CalCASAVideo

Email: info@preventconnect.org

Email Group: <http://groups.yahoo.com/group/Prevent-Connect/>



How to Use this Technology



- Raise hand
- Text chat & private chat
- PowerPoint slides
- Polling questions
- Phone
- Closed captioning
- Web conference guidelines
- iLinc Technical Support: 800.799.4510



Upcoming Web Conferences

April 4: **#PowerInPrevention Ending Child Sexual Abuse: Resiliency and Preventing Child Sexual Abuse**

May 16: Evaluation

June 20: Media and Marketing Environments to Prevent Sexual and Domestic Violence

July 18: Economic Opportunity and Supports to Prevent Sexual and Domestic Violence

August 15: Race and Culturally Informed Sexual and Domestic Violence Prevention

September 19: Centering the Margins in Sexual and Domestic Violence Prevention: Intersectionality and Health Equity

More dates and topics to be announced!



#PowerInPrevention

Ending Child Sexual Abuse

2016-2017

- [Survivor Leadership: It's Relevance to Child Sexual Abuse Prevention](#)
- [Prevention through Understanding and Addressing Sexual Behavior of Children](#)
- [A Practical View of the Role that Youth Serving Organizations Can Play in Preventing Child Sexual Abuse](#)
- [The Sexual Abuse to Prison Pipeline](#)
- [Expected and unexpected funding partnerships to prevent child sexual abuse](#)
- [Technology Strategies for Ending Child Sexual Exploitation](#)

2014-2015

- [Unique Opportunities for Child Sexual Abuse Prevention: Learning from Migrant Farmworker Communities](#)
- [Child Sexual Abuse Prevention at the Intersections: Commercial Sexual Exploitation of Children](#)
- [Restorative Justice: A Promising Approach to Ending Child Sexual Abuse](#)
- [Preventing the Harm, Promoting the Helpful: Healthy Sexuality](#)
- [Bridging Knowledge in Child Sexual Abuse Prevention: Promising Practices in Indigenous Communities](#)
- [Pillars of Policy for Child Sexual Abuse Prevention: A Discussion](#)

2013-2014

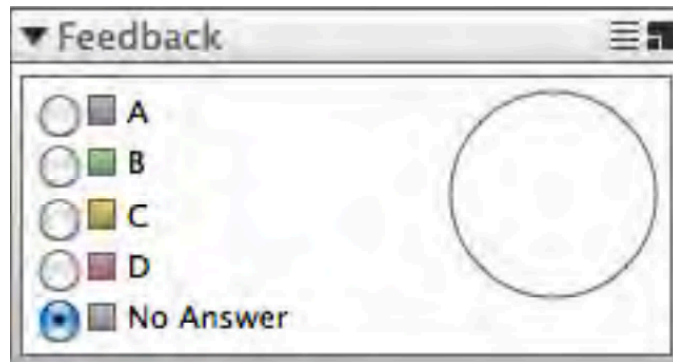
- [Faith Communities Engaged in Ending Child Sexual Abuse](#)
- [Secret Survivor's Tools for Strengthening your Prevention Efforts](#)
- [Power of Organizational Practices: Innovations to Keep Kids Safer](#)
- [Statute of Limitations and its Connection to Prevention](#)
- [Child Sexual Abuse and Disabilities](#)
- [Telling our Stories: Learning as we Build a Movement to end Child Sexual Abuse](#)

2012-2013

- [Including Child Sexual Abuse in the Sexual Violence Prevention Movement](#)
- [Using Media to End Child Sexual Abuse](#)
- [Preventing the Perpetration of Child Sexual Abuse](#)
- [Voices of Experience: the role of direct experiences in social change](#)
- [Healthy Sexuality and Caring Connections: Foundations for Prevention](#)
- [The Role of Arts in Ending Child Sexual Abuse](#)
- [Depictions of children in media and pornography: Implications for prevention](#)
- [After Sandusky: What we have learned to prevent child sexual abuse in youth-serving organizations](#)
- [Policy changes that help and hinder our ability to end child sexual abuse](#)

Previous #PowerInPrevention Ending Child Sexual Abuse Web Conferences

Answer on
the left



- A. This is the **first** #PowerInPrevention Web Conference I have attended
- B. I have attended **one previous** #PowerInPrevention Web Conference
- C. I have attended **more than one** previous #PowerInPrevention Web Conference
- D. I **regularly attend both** #PowerInPrevention and PreventConnect Web Conferences

Power In Prevention Ending Child Sexual Abuse Web Conference series is a national project of PreventConnect and the California Coalition Against Sexual Assault and information provided in this web conference do not necessarily represent the official views of CALCASA.

Building Resilience in Children to Prevent Child Sexual Abuse

Wednesday, April 4, 2018

#PowerInPrevention
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Cordelia Anderson



Joan Tabachnick

Series Co-Hosts

#PowerInPrevention
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Learning Objectives

- Identify the definition of resilience and some timely scientific research
- Introduce the concept of Post Traumatic Growth and resilience
- Discuss how to increase resilience through protective factors

Resilience

- *“I can be changed by what happens to me. But I refuse to be reduced by it.”*

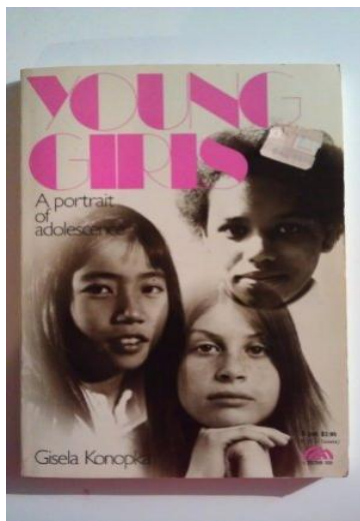
- Maya Angelou



Why this Session?

January: Updates on Child Sexual Abuse Prevention with Elementary Ages (Social Emotional Learning, systems and children with disabilities)

70's/80'd U of MN: Gisela Konopka, Michael Resnick, Bob Blum
Protective Factors vs Risks
Search Institute – the late Peter Benson -
Developmental Assets



HOPE



Risk Factors



Risk and Protective Factors



Now part of compassion fatigue/ professional wellness efforts



*(Underlying Competencies for Resilience:
Chadwick Trauma-Informed Systems Dissemination and
Implementation Project. (2016)*

Ms. Pat Stanislaski, Director
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www.partneringforprevention.com

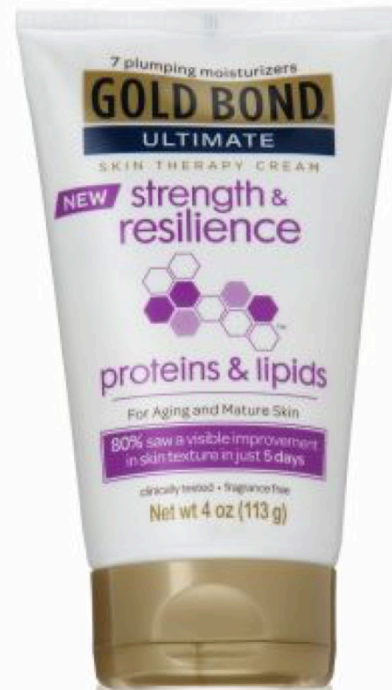


Presenter

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“Resilience” – We hear a lot about it!



What does it mean to you?

“The human capacity to face, overcome and even be *strengthened by or transformed by* the adversities of life.”



So what have we learned so far about this thing called “resilience?”

- It is not static.
- It occurs over a long period of time.



We know that whether or not we become resilient to stressors often depends on whether or not there are positive interventions by significant individuals.

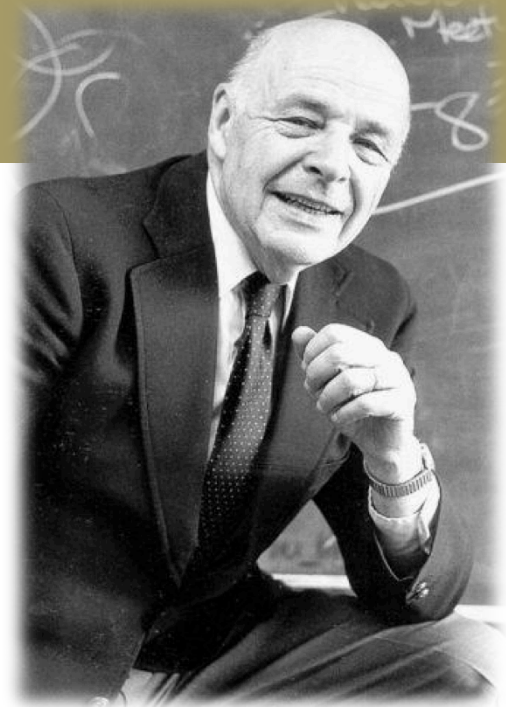


We know resilience can be learned!

Resilience has been studied for decades!

Early research: Garmezy and Masten, 1960's

“What began as a quest to understand the extraordinary has revealed the power of the ordinary.”

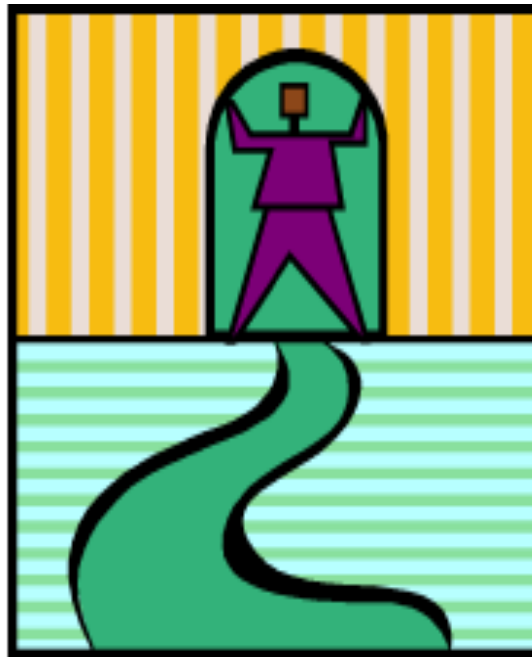


But let's not think -even for a moment - that child maltreatment is acceptable just because resilience is more prevalent than we thought.

RESILIENCE



Research is showing us there are several pathways to discovering the “why” of resilience.





G (genes)

X

E (environment)

In 2003...an amazing discovery!

Terri Moffett
and Avshalom Caspi
discovered an
actual resilience
gene!



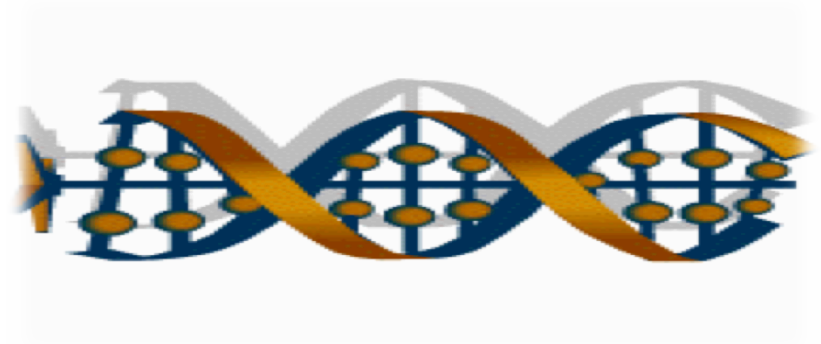
This newly discovered 5-HTT gene has one function – to carry Serotonin and regulate its absorption by the brain.

Serotonin – the chemical often called the “happy neurotransmitter”.



In humans, each 5-HTT gene has 2 alleles
(characteristics of the gene)

Each allele occurs
in either a long



or a short version.



How do they differ?



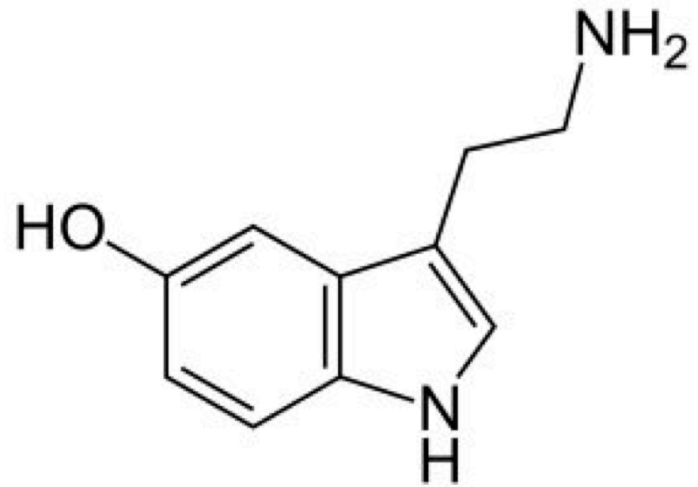
The longer version is twice as efficient as the shorter one in transporting serotonin to the brain.

Research has found that people with
at **least one short allele** are less
resistant to depression than those
with 2 long versions



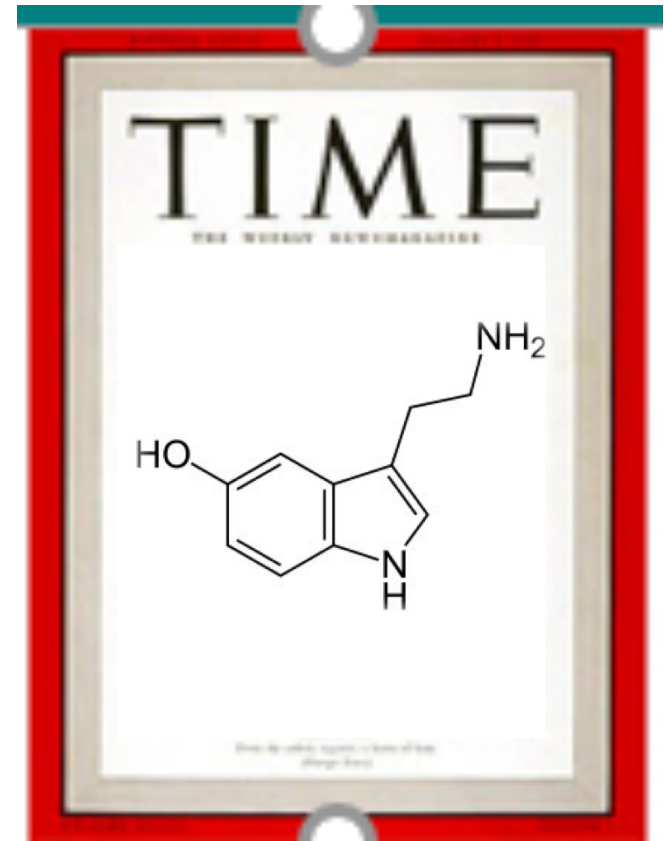
5-HTT acts as a buffer against adversity, but in the *absence of adversity*, it never kicks in!

So it is strictly a resilience gene! It is not a “depression-prone gene”. If there is no stress, no trauma, there is no need for increased serotonin.



January 17, 2011

Scientists have found that people with one form (shorter allele) of a gene that carries serotonin are especially prone to difficulty when faced with traumatic events, such as being diagnosed with an illness or being a victim of childhood abuse.



Another validation....

“Even mild stressors combined with the short version of 5HTT gene resulted in higher incidences of depression.”



Two researchers documenting the effect of the resilience 5HTT gene:

- Dr Stephen Suomi
http://media.mindinstitute.org/video/graphics/dls/2007/suomi_bioabstract.pdf
- Dr. Joan Kaufman: <http://www.nytimes.com/2006/04/30/magazine/a-question-of-resilience.html>

What version do you have?

- 17% of the human population is estimated to have 2 shorts; 51 % carry 1 long and 1 short and approx. 31% have 2 longs.
- 33% of the white population has 2 long alleles.
- African-Americans are more likely to have at least one long allele.

Protective Factors to Prevent CSA:

Caring
relationships

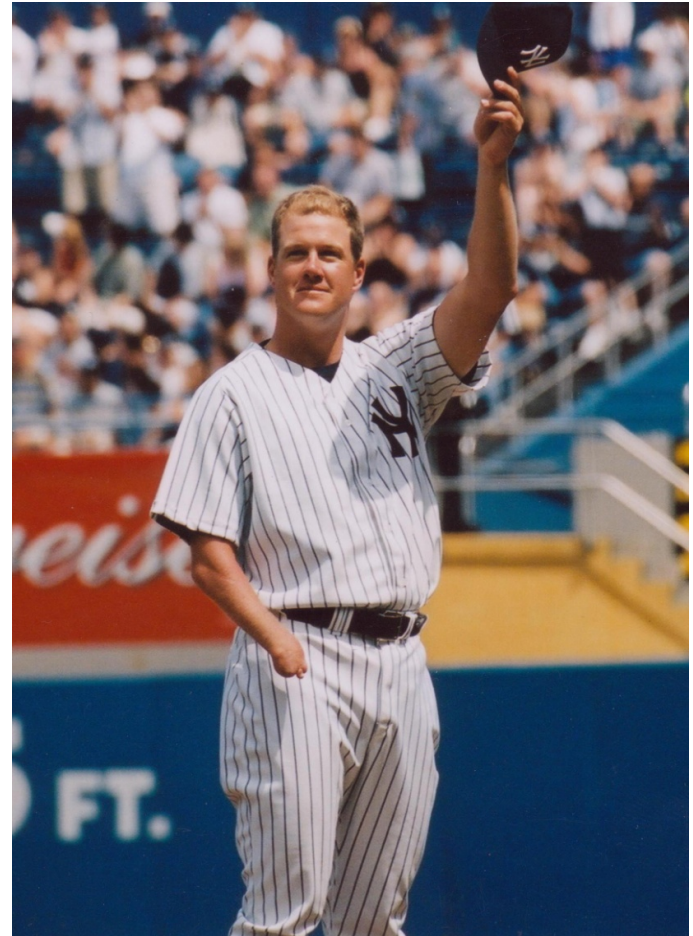


High expectations

Goals = Hope



Success!



Belief in one's self
and the ability to make
a difference



In The International Resilience Project, led by Dr. Edith Grotberg, experts from 30 countries developed a practical guide to promote resilience in children.

Their findings: Children need *three* sources of resilience:



External Supports:

“I have....”



.....people who love me.

.....friends who can help me.

.....someone to take care of
me if I am sick.

.....a teacher who thinks I
am great!

Internal Personal Strengths: “I am.....”

.....a confident person.

.....able to see the positives.

....responsible for the things I do.

....honest and hard working.



Social and Interpersonal Skills: “I can...”



-talk to someone if I have a problem.
-control my emotions when I am upset.
-try to figure things out by myself.
-ask for help if I need it.

... growing, adjusting, adapting

**Dr. Richard Tedeschi and Lawrence
Calhoun - UNC Charlotte**

**Specialize in bereavement and
trauma - 30 years of research**



Post Traumatic Growth

Post Traumatic Growth – Although an experience is traumatic, in the aftermath of it, people find that they have learned something valuable, they have changed the way they look at life, their values have changed or, for many, they have had a “personal transformation”.



Their findings indicate:

50%-75% of those they worked with, report a **positive change.**

It is *not* the trauma that made them grow but the way the trauma itself was *handed* that made the difference!



Personal strength

“We are much stronger
than we appear to be and
much better than we allow
ourselves to be”

-Maya Angelou



New appreciation of life

What do we
all have to
be thankful
for?



Stop and smell the flowers

We relate with others in new and better ways.



New possibilities open up to us.

New Ideas

New Connections

New Goals



MADD®



Spiritual Change...Meaning of Life



Why are we here?

What is life all about?

More Beautiful for Being Broken™

Kintsugi is a Japanese technique for repairing broken pottery with seams of gold. The word means “golden joinery” in Japanese. This repairs the brokenness in a way that makes the object even more beautiful than it was prior to being broken.



When we view our lives as broken or even shattered, we begin to understand that no matter the trauma, despair, hurt, fear, abuse, failure, addiction, disease, and even death, our scars are just part of us. Each time we fix ourselves the new beginning makes us stronger. Our life bonds are re-enforced through mending. Those breaks are a place for beauty to transpire. We are more beautiful for being broken.

KintsugiGifts.com

**“The world breaks everyone,
and afterwards,
some are strong at the broken
places.”**

Ernest Hemingway

A final philosophical thought...

The yin and yang of resilience: The yin is the love, care and support of at least one person in our lives - the resilience factor. The yang represents the challenges and adversities we experience in life.

It is the interaction of these two entities that prevents abuse and can help keep us emotionally “balanced”.



Resources

- Handbook of Post Traumatic Growth, Research and Practice Edited by Richard Tedeschi and Lawrence Calhoun; Psychology Press, NY 2014
- Tapping Your Inner Strength, How To Find Resilience to Deal with Anything, Dr. Edith Grotberg; New Harbinger Publications, 2001
- Nurturing Resilience In Our Children, Dr. Robert Brooks and Dr. Sam Goldstein; Contemporary Books, NY, 2002

Text Chat



How do you or can you integrate this resiliency information into your work?

Discussion



Take Away



**TAKE ONE
ACTION!**



What ACTION will you take?



What are you going to **stop** doing?

What are you going to begin **thinking** about?

What are you **going** to do?

Contact Information

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Thank you

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