



New Jersey Child Assault Prevention

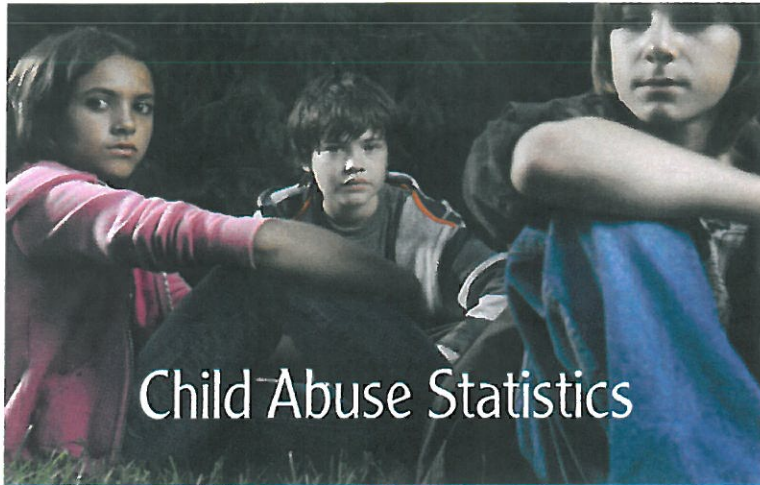


A Community Project
Teaching Children to Prevent
Verbal, Physical and
Sexual Assault



A Project of the
Educational Information & Resource Center
and the New Jersey Department of Children and Families

www.njcap.org



Child Abuse Statistics

Nationally, there are more than 3,000,000 cases of child abuse and neglect reported each year.

1 out of every 4 girls is sexually assaulted at least once before the age of 18.

1 out of every 5-7 boys is sexually assaulted at least once before the age of 18.

Almost 50% of the children abused are between the ages of 5-11.

Statistics indicate that offenders come from a variety of occupations (lawyers, doctors, clergy, coaches, etc.) and from all socio-economic groups.

50-80% of all cases of sexual abuse go unreported.

In New Jersey more than 80% of all abuse cases involve a parent or step-parent.

Over 90% of abused children are assaulted by someone they know and trust.

Three Pronged Approach to Prevention

Teacher/Staff In-Service



- ◆ Provides staff with current information on abuse.
- ◆ Addresses the questions of who is abusing children.
- ◆ Details the identifying indicators often seen in abused children.
- ◆ Covers New Jersey law regarding the reporting of abuse and neglect.
- ◆ Introduces skills on how to help communicate with children who might be abused.

Parent Program

- ◆ Is offered in each school district in order to reach all parents.
- ◆ Teaches parents how to empower their children to be safe.
- ◆ Reviews New Jersey reporting laws and ways to identify abused children.
- ◆ Provides materials to use at home with children.
- ◆ Offers community resources available to those who need help.

Student Workshops

The three empowerment skills taught in each workshop are:

- ◆ Self-assertiveness
- ◆ Peer support
- ◆ Telling a trusted adult

Student workshops address situations in which a child's personal rights are violated. Peer assault, stranger abduction, known adult and dating assault are some of the workshop topics.

Through guided group discussions, narratives and role plays, the students learn strategies to protect themselves and stay SAFE, STRONG & FREE.



Program Development

The New Jersey CAP Project has reached over
2,500,000 children and
300,000 parents and teachers.

It serves as the model for CAP programs now
implemented in 32 states and 18 countries.

Sponsored by the Department of Children and Families
on Child Abuse and Neglect, CAP works closely
with the Division of Youth and Family Services,
law enforcement, community groups and local
school districts.

The statewide CAP headquarters is based at the
Educational Information and Resource Center (EIRC)
in Mullica Hill, New Jersey.

In addition to CAP workshops in the schools,

CAP staff is available for:

- ◆ Community Outreach
- ◆ Media Interviews
- ◆ Professional Seminars

NJ CAP Offers Programs in:

- ◆ Elementary
- ◆ Early Childhood
- ◆ Special Needs
- ◆ Sexual Harassment
- ◆ Teen CAP
- ◆ Conflict Resolution
- ◆ Bullying Prevention
- ◆ Cyber Empowerment



Success Stories

Bullying/Suicide Averted by CAP

A fifth grade girl disclosed to a CAP facilitator after a “No More Bullies, No More Victims” Workshop that she did not want to live anymore. She had thought about killing herself because all the other kids were bullying and ostracizing her. As the result of the CAP workshop this student received intervention and much needed counseling.

Parent Supporting CAP

During a CAP Parent Workshop, a mother shared that she felt this is probably the most important program her children would ever have. She told of her disabled preschool daughter who had the CAP program the previous year. While in the car on the way home following the CAP workshop, her daughter disclosed that her uncle was molesting her. The child said the CAP people talked about safe and unsafe touches and this touch was unsafe. A report was made to DYFS. Her daughter got help and her nephew (the uncle’s son) who had also been assaulted by his father received intervention as well.



Staff Empowered by CAP

During a staff inservice, a teacher appeared very upset, but left the workshop without saying anything. When the CAP team later implemented the children’s workshop in this teacher’s classroom, she privately told the facilitators of her own abuse as a child at the hands of her parents. The teacher said the CAP inservice provided very realistic information about abuse and had caused her to think about her own childhood trauma. The inservice also encouraged her to share her story with other teachers who also had abusive childhoods. As a result of the CAP inservice, these teachers formed a survivors’ support group for adults within the school.



What people are saying about NJ CAP...

"Where were you when I was 8 years old?"
-Teacher Evaluation

"The CAP Facilitators were very professional!
We want them back!"
-School Administrator

"I feel safer knowing my child has these skills."
-Parent

"Every kid in the whole world should have CAP."
-Kindergartner

"Your program was great. It helped me to be brave."
-4th Grader

An empowerment philosophy requires us to
strengthen children, not frighten them.
Consequently, children leave CAP workshops
feeling good about themselves and the
things they have learned.

*For more information about CAP in your county
contact the CAP Regional Training Center at EIRC*

NJ CAP Project

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