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Stop It Now![®]

30 Years of Hope

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A program of Klingberg Family Centers



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Stop It Now!

Mission: Prevent the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.

- Emphasis on modeling social change
- Primary prevention – **before** abuse
- Shift prevention from **children** to **adults**

Our Program Areas

Prevention Education
Help Services stopitnow.org whatsok.org 1.888.PREVENT
Training & Technical Assistance
Prevention Advocacy



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Perpetration Prevention

- Before someone causes harm
- Interrupt/deter
- Help, support, education, connection
- Accountability and responsibility
- Hope





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National Reach, International Impact

Founded by survivor Fran Henry in 1992, Now! was influential in the CDC recognizing child sexual abuse as a public health problem. Our programs are national, serving individuals and organizations across the U.S. Through leadership roles, Now! influences policy across the country.

Now! Chapters:

- UK & Ireland
- Scotland
- Belgium
- Flanders
- Australia

Helplines Trained:

- Canada
- Grenada
- Columbia
- Kenya
- Nigeria



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A Personal Approach

We create human-centered experiences to protect children and to prevent children, youth and adults from sexually harming.

As experts, we listen, validate, teach skills, practice conversations and outline clear actions adults can take.

Our Beliefs
Respect
Elimination of Shame
Empowerment
Emphasis on Action



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Key Statistics



Up to 90% of sexual abuse is perpetrated by someone the child knows.



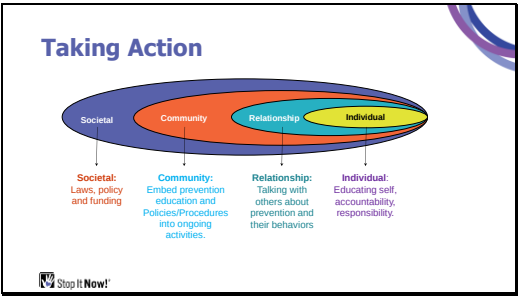
The majority of sexual abuse or assault is at the hands of other juveniles 70-77%.



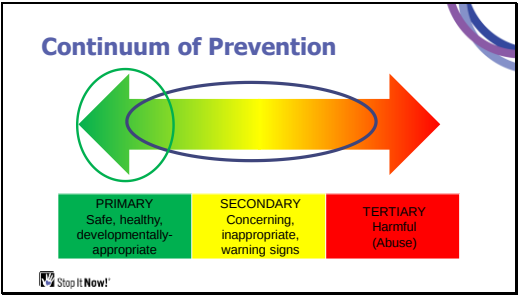
30-50% of children who are sexually abused are abused by a parent or another relative.



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360-degree Support

Support through all stages of CSA.

- **Primary prevention:** Stopping abuse before it starts. Creating safety plans, establishing safety and understanding healthy sexuality.
- **Intervention:** Taking action when boundaries are crossed. Including having difficult conversations with people we love.
- **Response:** Helping victims, bystanders and people who have been unsafe to navigate the road to safety and healing.

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Key Concepts for Prevention

- HOPE
- ADULTS ARE RESPONSIBLE
- Learn about sex abuse
- Plan for safety
- Promote healthy sexuality development

- Recognize and respond
- Develop confidence
- Take action - speak up
- Implement prevention focused, effective policies and procedures



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PROGRAMS Public Education

Our website is our most known resource, with international reach.

Our site hosts rich content that is vetted, evidence-based and updated regularly with advice columns, tip sheets, resource guides, webinars and learnings from our Helpline and experts.



Online Help Center

Welcome to the Online Help Center! Here, you can search for the information and guidance you need. Just click a search choice in one or both questions to pull up relevant information for your personal situation.

I'm concerned about:

I'm seeking guidance on:



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PROGRAMS Helpline

Free, confidential Helpline is open 36 hours/week with 3 PT counselors.

- Email, chat, phone, text (WhatsOK only) and social
- Ongoing training and supervision
- Online Help Center offers guided support when Helpline is not staffed
- Vision: 24/7 operation with professional counselors



1.888.PREVENT



helpline@stopitnow.org



stopitnow.org/chat



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Our Commitments

- Helpline – not a crisis line
- Anyone can call
- Expertise and knowledge
- Confidentiality
- Compassion and non-judgmental response
- Choosing words with sensitivity and awareness
- Providing guidance, support and resources – not therapy
- Emphasis on Action
- Communicating Hope

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Our Beliefs in Practice

- **RESPECT** — Every caller is treated with respect and compassion. We do not use labels or make personal judgments, regardless of whether a person has experienced abuse or has sexually harmed a child.
- **ELIMINATION OF SHAME AND ISOLATION** — Every caller is given a safe place to speak freely about uncomfortable and difficult feelings, especially shame. We support callers and help them move past challenging emotions, so they are confident in taking next steps to help children and themselves live safe and healthy lives.
- **EMPOWERMENT** — Every caller receives customized guidance and support that equips them to prevent child sexual abuse and protect children. Every adult is encouraged to act compassionately and to always hold themselves and each other accountable for their actions.
- **EMPHASIS ON ACTION** — Every caller is asked to identify the action steps they are willing to take to keep children safe.

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Goals

Heard

Hope

Calm

Prepared

- Support system and allies identified
- Feeling of safety
- Resources identified
- Choices identified and understood
- Safety plan (follow up)

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Key Strategies

- Provide information about choices
- Move caller to next step
- Focus on positive aspects of responding
- Dispel myths about people who abuse
- Focus on protective actions

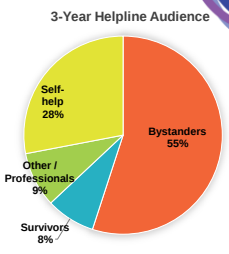


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Helpline

Free, confidential resources and accurate information for anyone!

- *Not a crisis line or therapy*
- Empowerment and encouragement
- Meet people where they are
- Respect and compassion
- Accountability



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The Questions

• Am I a monster ?	• Shame
• Why am I like this?	• Self-loathing
• Will this go away?	• Fear
• Is there help for me?	• Anger
• What will my life be like?	• Grief
	• Depression



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Overcoming Obstacles to Prevention

ESCAPING

Isolation

Shame

Helplessness

Fear

Silence

RISK

WITH THE HELP OF

An ally

Compassion

Hope

Resources

Practice talking

SAFETY PLANNING



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What We Hear on Our Helpline

My 8 y.o. son sexually abused his 4 y.o. cousin

My child's uncle tickles her even when she says no

I was abused as a child. I want to make sure this never happens to my children.

I found "child porn" on my partner's phone

I don't want to be attracted to children. I'd never hurt a child.



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WhatsOK

Sexual abuse prevention for youth and young adults



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Meeting a Need

- Majority of child sexual abuse offenses known to authorities are committed by other juveniles (Gewirtz-Meydan & Finkelhor, 2019)
- Nearly 1 in 10 youth report some type of self-involved sexual perpetration (Ybarra & Mitchell, 2013)
- Adolescents and young adults are often engaged in identity quests, including their sexual identity.
- Limited existing resources
- Filling a gap – 14-18



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WhatsOK: Change the Conversation

- Culture and systems changes in how we address PSB
 - Need for education and support, not criminal justice response
 - Normalizing the gray of the bell curve
- Continual review of developmental levels and cultural humility
- Sustainability through partnerships



Scan for shareable resources!

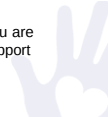


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Content Objectives

Tone	Messages
• Welcoming	• Healthy and accurate sexual development
• Hopeful	• Consent/Permission/Navigating boundaries
• Encouraging	• You are not alone – you are entitled to help and support
• Non-shaming	• Help is available
• Supportive	
• Informed	



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Website Content – FAQs



What is OK?
Understanding relationships, boundaries and consent.

Get Answers



Am I OK?
Concerned about your own sexual thoughts and behaviors.

Get Answers



Sexual Content
Porn, CSAM, sexting, webcam, hentai and more.

Get Answers



Concerned about a friend
Worried about someone who's sexual interests, comments and behaviors.

Get Answers



Finding Help
No matter what you are not alone. Here's how to find support.

Get Answers



Something else
Don't see your question? Compare what's hot, what is email our confidential team.

Contact Us



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Website Content – Blogs



I feel disgusting after watching cartoon images of children having sex."



Am I a monster?



My friend has been watching videos of other kids having sex - what should happen to him?



I feel like I've abused younger children in my family

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PROGRAMS

Training and Technical Assistance

- Circles of Safety trainings for professionals and community members
- Customized trainings, policy consultations for youth-serving organizations of all sizes

Featured Project:



CDC funding to evaluate Circles of Safety trainings for USA Football

100,000 adults trained so far!



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Prevention Tasks

- Recognize developmentally appropriate practice and exploration
- Model and provide safe environment
- Be a safe person
- Provide accurate information
- Teach and model consent
- Identify, model boundaries and respect

Validate
Empower
Respect

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Adults Setting Boundaries

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Safety Planning

RESPECT	CONSENT	PRIVACY
BOUNDARIES	BODILY AUTONOMY	TOUCHING BEHAVIORS

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Won't Children Tell Us?



- Children have relationships with person (child or adult) harming or abusing them
- Children lack experience and understanding of sex abuse
- Lack of opportunity
- Children have been or feel threatened

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Barriers to Speaking Up

FEARS	BELIEFS
• Misinterpreting situation	• They're the "perfect" family
• Worry about offending others	• They are a "good" person
• Make things worse	• Every family has issues
• Safety concerns	• They wanted it
• Family disruption	• That's how they show affection
• Financial loss	• They are "too old"
• Shame and guilt	

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Working Together

- When you hear the words "Child Sexual Abuse Prevention", what comes to mind? What does this mean to you? What does this look like to you?
- What are the barriers to talking about healthy sexuality and overall sex/sexuality?
- What do you think could be done to learn about and improve how to keep children safe?
- Are you aware of policies, practices and codes of conduct in your program?
- What will help increase your a) confidence, b) knowledge and c) comfort level to create a safe environment, including safety planning, healthy sexuality education and responding to warning signs?

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Observing Behaviors – Not Intent



If we only knew when someone was walking down the wrong road, we might be able to stop them in their tracks, turn them around, and get them help before they harmed a child.

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Speaking Up



- Warning Signs
- Safety/Home rules are ignored
- Boundaries are crossed
- Before there is a concern
- Concern – no proof needed
- Conversations about behavior

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Speaking Up - Model

- Set the tone - shared responsibility and accountability
- Be honest and genuine
- Describe the behavior
- State what you want
- Speak up and set boundaries

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Speaking Up

- I know we both care about children, I know it's important for both of us that children in our home are safe. **(Set tone/responsibility)**
- I feel uncomfortable bringing this up but it's important to me. **(Be honest and genuine)**
- I notice you often whisper to Marcia, and I've heard you mention to her to remember to keep the secret. **(Describe behavior)**
- I want you to follow our family's/program rules/guidelines about whispering and keeping secrets. Our safety rules (or policies) state that adults will refrain from keeping secrets with children. I would like you to stop whispering to children and having any discussion with them about keeping a secret. **(State what you want)**
- Please follow our safety plan and rules (or policies and procedures.) **(Set boundaries)**

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PROGRAMS

Leadership and Advocacy

PUBLIC POLICY

- Serve as experts and leaders on national coalitions, abuse prevention organizations
- Collaborate with researchers to publish results, continue informing public policy

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“

Hello, this is A from the exchange at the start of the year. You may remember me from my situation where I recklessly showed my cousin how to touch himself. I've just turned 18, and with the help of your counsel and my family's support, I've made even more progress and have now made it to a month without using pornographic material. Thank you for being able to give me a more positive perspective despite the things that have happened.

”

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Thank you!

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Whatsok.org