



Safe Children,
Safe Families



CAPS AU.ORG



About CAPS

Founded in 1973, the Child Abuse Prevention Service is the oldest child abuse prevention organisation in Australia. Our story began when nurse and mother, Dorothy Ginn, began volunteering at the Wayside Chapel in King's Cross, Sydney,

There she helped to care for runaway children and people struggling with addiction. She soon noticed that childhood maltreatment and neglect were often the root cause of the trauma being experienced by the people in her care.

One day, Dorothy encountered a distressed man in the chapel. His wife had killed their baby that morning.

He asked her "Where do you go when something like this is happening, before it's too late?".

Dorothy would soon have the answer. She and a handful of other volunteers went on to found Prevention, the first-ever organisation in Australia dedicated to preventing all forms of child abuse.

Today, we are just known as CAPS. We are a non-government, non-religious, charitable organisation. Our vision is simple but powerful:

"Every child is safe, supported and loved"

We provide evidence-based educational programs, bespoke child safe organisation solutions and child rights consulting to build well-being, emotional resiliency and forever break the cycle of abuse.

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The need for our work



Child abuse is not a topic that is easy to discuss but, as a society, we need to talk about it because it destroys lives, families and communities.

The prevalence of child abuse in Australia is alarming.

A report released in 2019 by the Australian Institute of Health and Welfare found that 159,000 children across the country – one in 35 – received child protection services over the previous year.

We also know that child abuse happens behind closed doors and that many cases are never reported.

This means the true prevalence of child abuse in our society is likely to be much worse than it appears from the reported figures.

The consequences of abuse and neglect during childhood are often severe. These can include an increased likelihood of mental health and behavioral problems, learning and developmental problems, substance abuse, violence and criminal activity, homelessness and even suicide.

To avoid these devastating, lifelong impacts, we must all work together to prevent child maltreatment from occurring in the first place.

What is Safe Children, Safe Families?

We all have a responsibility to keep our most vulnerable safe from harm, and early childhood organisations and schools have an especially important role to play.

One of the recommendations of the Royal Commission into Institutional Responses to Child Sexual Abuse was the need for: “prevention education delivered through preschool, school and other community institutional settings that aims to increase children’s knowledge of child sexual abuse and build practical skills to assist in strengthening self-protective skills and strategies”.

Our award-winning Safe Children, Safe Families (SCSF) program, is an evidence-based prevention program that has been delivered in early childhood settings and schools since 2016.

SCSF provides young children with invaluable knowledge, skills and capabilities to build their resiliency against sexual abuse and other Adverse Childhood Experiences (ACEs), such as bullying and online threats.

In addition to the program for children, early childhood professionals learn how to recognise the early warning signs of abuse, are given expert advice on reportable conduct requirements and provided with professional guidance on how to apply risk-reducing practices at work.

Parents and carers are also equipped with the information and skills they need to develop strong support networks and better protect the children in their care.

SCSF can also be tailored to suit the unique needs of diverse cohorts. Versions of the program have been successfully delivered to:

- **Children with disabilities**
- **Children affected by domestic and family violence**
- **Children from CALD, refugee and recent migrant communities**



How does SCSF work?

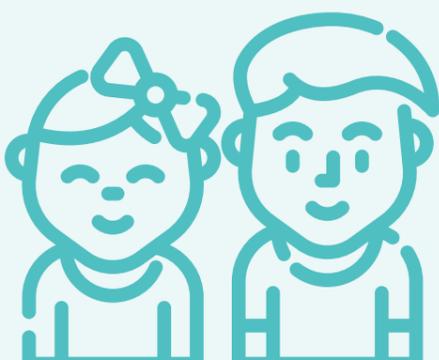
The SCSF program is delivered by our experienced psychologists in schools and early childhood venues across Australia. It has three components:

1. Program for Children

The aim of this component is to provide children and young people with the information and skills they need to avoid potentially abusive situations and how to get help sooner if they experience an unsafe or potentially unsafe situation. Topics addressed in an engaging and culturally safe manner include:

- Recognising early warning signs
 - Recognising feelings
 - Identifying the difference between safe and unsafe situations
 - The No-Go-Tell Rule
 - Developing a personal safety network of trusted adults.
- The program also includes engaging

The program also includes engaging personal safety books from Protective Behaviours Inc. and the NSW Office of the Children's Guardian SAFE book series.



2. Professional Development for Early Childhood professionals

The aim of this component is to develop staff capabilities across a range of child protection matters and to incorporate children's personal safety into their everyday activities. Topics include:

- Forms and prevalence of child maltreatment
- Impacts of childhood abuse and other ACEs
- Indicators of child abuse and neglect
- Effects of child maltreatment on children, families and the community
- Implementing prevention strategies in a workplace setting
- Responding appropriately to disclosures and suspected instances of abuse

3. Parent Information Night

The aim of this component is to introduce the SCSF program to parents and carers and provide expert advice on how they can better protect their children. Topics include:

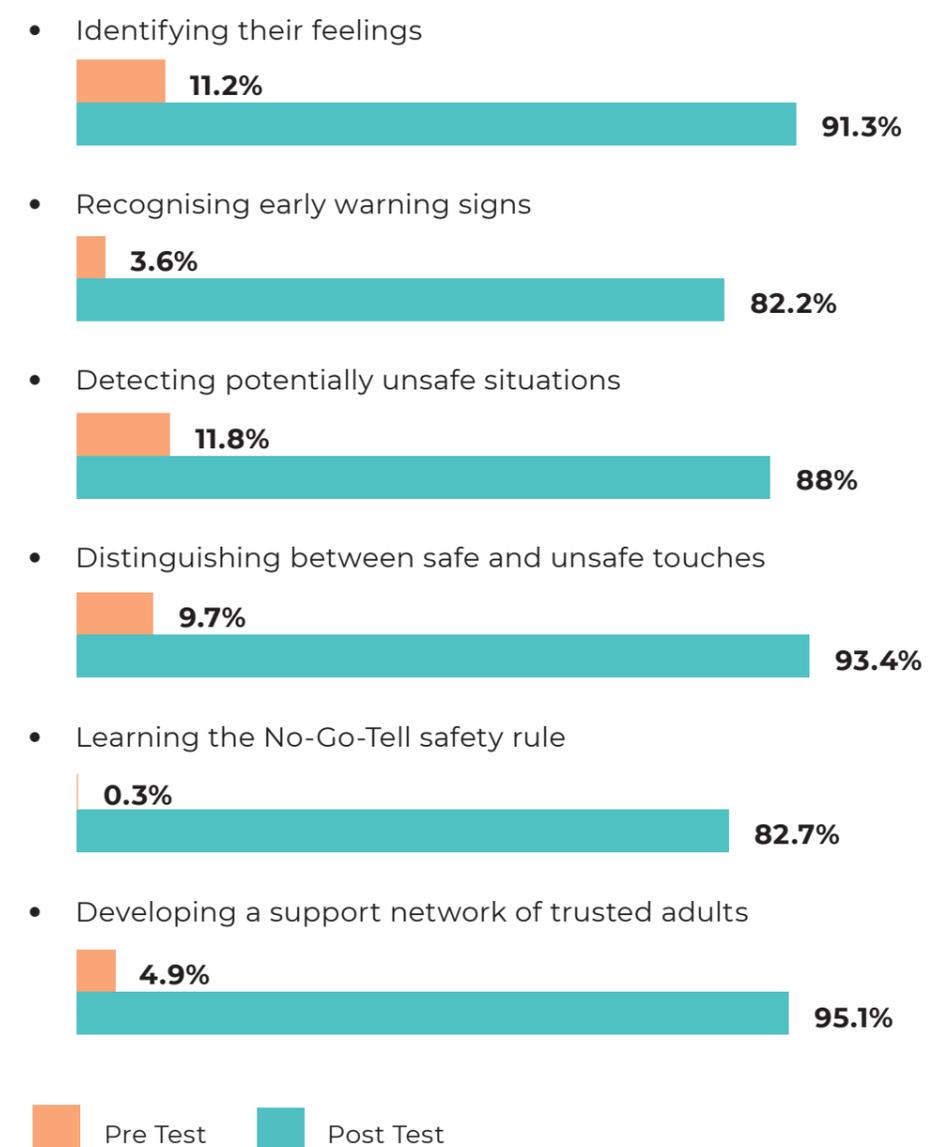
- How to initiate discussions with their children on personal safety topics
- Strategies to protect children from all forms of abuse and other ACEs
- How to respond to disclosures in a safe and supportive manner
- How to access the range of support services available if their child has been abused.



The impact of SCSF

Since 2016, CAPS has delivered SCSF in early childhood venues and schools, with impressive results.

According to pre and post program evaluation, children that participated in SCSF became significantly better at:



SCSF Testimonials

We had our professional development training last night and I really cannot express how fantastic it was. I have attended many child protection trainings as well as other trainings in the past 15 years but no training can compare to this one. I was really impressed with the children's sessions and last night's training just topped it off. I strongly support the provision of this program to all services as an important tool in keeping children safe from harm.

- *a childcare professional*

A great service, well worth the resources to keep children safe. I think we need to continue to educate young children as the royal commission into institutional child sexual abuse showed the horrific life-long trauma experienced by victims.

- *a parent*

Our other offerings

In addition to SCSF, CAPS can provide your organisation with the following services:

1. Child Safe Leaders

We work with organisations of all sizes to help them understand their child rights obligations and create the environment where children under their care are safe, happy and engaged.

We make it as easy as possible for staff to better understand the child protection system and learn how to comply with duty of care and reportable conduct requirements.

We also review all existing programs and processes that relate to children and provide expert guidance on what needs to be done to embed a child safe culture at the heart of any organisation.

2. Safe Arrival

The aim of Safe Arrival is to raise awareness of domestic and family violence and provide important harm prevention skills for refugee

and migrant women in local communities. Through a supported playgroup setting, participants learn about the escalating nature of abuse and how to safely access the variety of services available to them..

3. Customised Solutions

The specialist team at CAPS can create child protection programs that are tailor-made to suit your organisation's needs.

This includes master classes, train the trainer workshops or clinical supervision packages. We welcome the opportunity to co-design a bespoke program that reflects your organisation's unique requirements and culture.

For more information about our programs, please visit www.capsau.org

Contact Us

Should you have any questions about SCSF or wish to learn more about how we can help your organisation on its child safe journey, please contact us at:

hello@capsau.org

