

Introduction

Orange May is a Brazilian campaign to confront sexual violence against children and adolescents that contributes to protecting and guaranteeing the rights of children and adolescents. The campaign takes place on the 18th of May being the National Day of Combat Sexual Abuse and Exploitation of Children and Adolescents. This date was officially established by Brazilian law in the 2000s, in memory of 8-year-old child Araceli Crespo, who was kidnapped, raped and murdered on the 18th of May, 1973.

The campaign aims to mobilize and call up society in the fight against this problem. Unfortunately, sexual violence against children is not just a problem in Brazil, but all over the world. In some countries this may have even more alarming numbers than in our Brazilian nation. As a Christian missionary organization, which also works in the social sphere, Mission Focus Life understands and recognizes the responsibility to promote the subject and the non-omission in the face of it. Therefore, in support of the Maio Laranja campaign in 2021, MFL – Brazil, together with its international bases, articulated a series of informative awareness actions on its social networks, as well as online, open and free panels, facilitated by professionals to address the theme under the topic: "The world has stopped, but sexual violence against children has not" when referring to the context of restrictions of the Covid-19 pandemic, which we were experiencing at the time.

In this year 2022, MFL first launched the e-book in Portuguese, summarizing the contents covered in the thematic panels, with the aim of contributing to the knowledge of the cause and encouraging reader involvement. The impact has been extremely positive and we have received requests to create versions in other languages, so we are now publishing this same material in the English language in order to spread knowledge on this subject in other places and strengthen this fight against abuse and exploitation.

Summary

SESSION 01 - WHAT IS THE PROBLEM?	4
SESSION 02 - WHOSE IT IS THE PROBLEM?	10
SESSION 03 - WHAT DO I HAVE TO DO WITH IT?	15
SESSION 04 - PANEL OF HOPE	23
A WORD OF HOPE	27
ACKNOWLEDGMENTS	29



SESSION 1

WHAT IS THE PROBLEM?

A panoramic view of sexual violence against children.

By Mirza Abreu Nykanen (Bachelor of Social Work and missionary at MFL Finland)

Current Brazilian legislation defines children as individuals who are under 12 years of age, and adolescents as those who are under 18 years of age. From a historical perspective, it is important to emphasize that it was only from the 18th century onwards that children began to gain an important place in the family and social context. In Brazil, for example, it was recent, in 1990, when a normative instrument of rights, the Statute of the Child and Adolescent (ECA in Portuguese) was established. Before that they were in an even more vulnerable context and exposed to different types of cruelty.

Defining Sexual Violence

There are several types of violence, and sexual violence is one of them. It is understood that sexual violence against children and adolescents occurs when the child and/or adolescent is used to promote the erotic pleasure of an older individual, which may or may not occur through physical contact. It can be characterized as:

Abuse: happens inside and outside the family. It has to do with the abuser's power over the victim and the breach of trust. Examples: incest, indecent assault, rape, sexual harassment, invasion of privacy, pornography, etc.

Exploitation: is commercial, involving financial gain. Examples: human trafficking, pornography, prostitution, sex tourism, etc.

Sexual exploitation and its adherents are part of an organized crime network that has webs spread across the world. Sexual violence is a problem, which is present in all classes, but when the country or family is poor, children and adolescents are more exposed to exploitation. The normalization of sexual exploitation has made it a little evidenced fact and contributed to an attitude of non-denouncement.

Who are the Violators

In cases of abuse: According to the Brazilian Human Rights Ombudsman, 40% of abusers are the victims' parents or stepfathers, and that 75.9% of cases of abuse against children and adolescents occur in their homes.

Also in research carried out in São Paulo by the United Nations Children's Fund - UNICEF, in 2020, it was pointed out that rapes of the vulnerable are predominantly domestic crimes. On a historical average, 4 out of 5 records of this type of crime indicate the victim's own residence as the place of occurrence.

In cases of exploitation: Among the main exploiters are agents of prostitution, drug dealers, taxi drivers, owners of hotels, pensions, nightclubs and others, corrupt police and authorities, false employment, model and tourism agencies and etc.

Not every abuser or sexual exploiter is a pedophile, since pedophilia is considered a personality disorder, consisting of an adult who has an erotic attraction to children (usually under 13 years old) and the diagnosis can only be made by psychiatric professionals. However, many of the crimes of abuse and exploitation have also been committed by individuals who do not have this disorder.

Sexual Grooming

Grooming is essentially the process that pedophiles and child sex abusers use to contact their victims and prepare them for sexual abuse.

Emotional seduction is used as a basis for the ultimate purpose of achieving sexual contact. Encouraging occurs both in the approach of the recruiter to the family, to gain access to the child, and in the direct approach to the child in order to win her friendship.

Grooming Stages

- Victim selection (family and children)
- Achieving friendship, trust and relationships (family and children)
- Involvement and promotion of fun, food, drinks, etc.
- Test secrets of harmless things
- Victim isolation ("best friend", "special friend")
- Accidental (non-sexual) touching
- Decreased inhibitions (pornography exposure)

- Manipulation (sexual acts)
- Emotional blackmail
- Sexual harassment
- Reinforce silence and secrecy (threats, play with blame and
- embarrassment)
- End of relationship (no longer innocent and desirable, also no more the pedophile's preferred age)

Gaining the child's trust can occur both personally and through the Internet, an increasingly used media in which pedophiles pretend to have the same age as the child.

Sexual Violence on the Internet

In the Covid-19 pandemic, children and adolescents were more exposed to daily violence and also the lack of support or help.

Abuses are increasingly taking place via webcams and smartphones, by people sharing materials online on platforms. From 2019 to 2020, the proportion of web pages where children and adolescents are sexually exposed, increased by 77%. In some cases, children are manipulated, tricked or extorted into producing and sharing a sexual image or video of themselves.

The images and videos predominantly involve girls aged 11 to 13 years old, in their bedrooms or in another domestic room. After being published by criminals, these videos circulate on the internet for years.

Deep Web: is an area of the internet that cannot be easily detected by traditional search engines, guaranteeing privacy and anonymity for its agents. It is made up of a set of sites, forums and communities, which usually discuss topics of immoral and illegal nature.

Grooming: Refers to online sexual abuse and/or exploitation and its preparation. It consists of actions of seduction committed by an adult to contact a child over the Internet in order to gain their trust and friendship. Through the creation of emotional bonds, the criminal manages to lower the victims' inhibitions in order to deceive them in different ways. To achieve naturalness with children, it is common for them to use false profiles or identities, considering that *grooming* is performed through any digital means that allows interaction between two or more people.

Researches carried out in Europe have mapped out reasons why children start talking to strange adults on the Internet. More than half of respondents said they were bored and 40% said the reason was curiosity. A third of the children said they did not understand what it was about. A quarter cited that the reason was loneliness. One in five said they were looking for a friend or social relationship and 15% said they were interested in sex and sexuality.

Because of the covid-19 pandemic, many victims lived longer with their abusers inside their own homes. Children and adolescents were also more exposed to daily violence and lack of support from a coping or help network.

Globally, it is estimated that one in two children aged 2 to 17 years experience some form of violence each year (UNICEF). However, most cases are not reported and the victim does not receive help.



BEAVOICE

SESSION 2

WHOSE IT IS THE PROBLEM?

Work in the protection of children and adolescents

By **Bruna Duarte** (Pedagogue and missionary at MFL Cape Verde)

Sexual violence against children and adolescents is a problem that concerns not only the victim, and is not limited to the responsibility of government authorities. It includes all of us, as institutions and citizens participating in a society that is mobilized to protect children and adolescents.

Family (parents and relatives)

The family, as the child's first and main bond, has the responsibility to protect and educate children, teaching them about body parts and also about whom they should trust.

Some tips for this protective family education are:

Affection and security: A warm and affectionate home makes all the difference in protecting and preventing abuse and exploitation.

Teaching about the body: The children need to know the limits of their body, where they can be touched and the types of affection they can or cannot receive. It is important to talk about their private parts using age-appropriate language and that as they grow older, start to teach the correct names.

- The sooner, the better: from the age of 2, an introduction to sex education is possible. Following the child's language and understanding ability.
- *Playful explanation:* one suggestion is to use dolls to teach them about the parts of the body and ask them about types of touches that bother them, probing if they can perceive parts that the touch is not right.
- *Identity Affirmation:* teach the children who they are. Family affirmation promotes greater security for the child.

Relationship and dialogue: Express interest in listening to the minor in your normal day-to-day routine to generate bonds and trust. Maintaining a spontaneous dialogue helps in the perception of how the children are and what they are going through.

Attention: In cases of abuse, the first listening is the most important. The way the receivers react when hearing the children tell about an abuse situation that they went through, influences how the kids will deal with it later.

Safe environment and safety net: The children's exposure and socialization (on and off the internet) must be carefully monitored and selected by the parents. Places where there is a very large flow of unknowns are likely to contain more risks for children.

- *Guidance*: Teach them that if someone tries to caress them in a bad way they need to say "no", and they should tell their parents or an adult they trust.
- Empowering with instruction: It is important to explain to the children what is wrong, as well as why and what would be the right.
- Limits of distrust: Be careful not to induce them to distrust everyone.

Looking at the networks: Parents should also be aware of what children hear, whether in adult conversations, music, movies, as well as the child's access to the internet and online games.



Early erotization: It is the stimulation and/or exposure of children and adolescents to inappropriate sexual content for their age.

Eroticization has become an increasingly strong cultural element contributing to the overvaluation of sexuality in an unhealthy way. It can start from the children's own circle of coexistence, or even due to the easy access that the minor has to the internet and media that provide a variety of content not compatible for their age.

Society (school, church, social projects, communities, neighbors, etc.)

It is essential that the children find a safety net in the family. When this family safety net fails, that is where society comes in to listen and support children who can not find refuge at home.

Actions for protection as a society

Knowledge of the cause: knowing the problem, recurrence, proximity and risks. Abuse cases do not just happen at home, they can happen inside schools, churches, social projects, among others. The children are vulnerable in any environment that does not offer protection.

Lectures and training: institutions, as well as the community, should promote informative and preparatory lectures and training in order to train professionals and other individuals to identify and act on signs of violence against children

Information transfer: Share and disseminate content that brings knowledge about the cause.

Support and reception network: Offer help and support to victims of violence. Take a stand in the fight for the rights, protection and safety of juveniles.

State (government and institutions of authority)

The State, through its powers, has a great responsibility in promoting and exercising strategies that act in the eradication of sexual violence. Amongst them:

- Development of public policies;
- Provide victims with access to psychological support;
- Raise the reach on the subject, so that it achieves the population with less access to information;
- Promotion of national awareness and protection campaigns;
- Enforcement of laws that guarantee the rights of children and adolescents and the strengthening of compliance with them.

Protecting children and adolescents is our responsibility. Your voice can be that of many who are neglected, abused and sexually exploitative.



SESSION 3

WHAT DO I HAVE TO DO WITH IT?

Combating Sexual Violence: a legal duty of the citizen

By Ivna Lisi (Bachelor of Law and missionary at MFL Brazil)

Sexual Violence affects the victim causing damage to the lives of children and adolescents, which also contributes to social problems. Some examples of such damage are:

Physical: nightmares and sleep problems, changes in eating habits, loss of sphincter control (control of feces and urine).

Behavioral: drug and alcohol consumption, escapes, suicidal or self-harm behaviors, hyperactivity, decreased academic performance.

Emotional: generalized fear, aggression, guilt and shame, isolation, anxiety, depression, low self-esteem, rejection of one's own body, etc.

Sexual: precocious and inappropriate sexual knowledge for their age, compulsive masturbation, exhibitionism, sexual identity problems. Many adults who have disorders, mainly sexual, have developed such pathologies due to abuse in childhood and/or adolescence.

Social: development of deficit in social skills, social withdrawal, antisocial behaviors. "Child abuse can adversely affect the development of the personality of the survivor and their ability to regulate their emotions, which can lead to self-destructive and impulsive behavior, such as repeated self-harm or recurrent suicide attempts. Those who have been repeatedly abused over time can suffer dissociation and go into trance-like states, often triggered by reminders of the abuse, in which they relive abusive experiences."

Source:https://www.priorygroup.com/blog/how-child-abuse-affects-adult-survivors#:~:text=Adults%20who%20have%20buried%20their,illness%2C%20disturbing%20memories%20and%20dissociation.

Civil Responsibility

As a society, it is necessary to understand that action to combat sexual violence against children and adolescents is not about acting out of empathy or just fighting for a cause, but a legal duty of the citizen. It is a civil responsibility, provided for in the Brazilian Constitution and also in many other countries. Find out what the legislation in your country says about this.

See below:

It is the duty of the family, society and the State to guarantee children, adolescents and young people, with absolute priority, the right to life, health, food, education, leisure, professional training, culture, dignity, respect, freedom and family and community coexistence, in addition to protecting them from all forms of negligence, discrimination, exploitation, violence, cruelty and oppression. (Transcription of Art. 227, Brazilian Federal Constitution of 1988.)

The same rights to children and adolescents are guaranteed by law in Art. 8 of the Cape Verde Child and Adolescent Statute and in article 3rd, no. 3 of the Treaty on European Union. As responsible citizens, we need to be equipped at least with basic knowledge of what local legislation points out to us as rights and duties in this matter.

Sexual crimes against vulnerable

It is common that by custom, culture or lack of information we have knowledge of cases, but we do not report it because we believe that some behaviors or acts are not crimes, when in fact they are.

ADOLESCENT RAPE (ART. 213): To constrain someone, through violence or serious threat, to have sexual intercourse or to practice or allow another lewd act to be practiced with him.

- If the conduct results in serious bodily harm or if the victim is under 18 (eighteen) or over 14 (fourteen) years old:
- Penalty: imprisonment, from 8 (eight) to 12 (twelve) years.

RAPE OF VULNERABLE (ART. 217): Having sexual intercourse or practicing another lewd act under the age of 14 (fourteen).

• Penalty: imprisonment from 8 (eight) to 15 (fifteen) years.

Attention: This is with or without the victim's consent!

INDUCE THE VULNERABLE TO SATISFY THE LEWDNESS OF OTHERS (ART. 218): Inducing someone under 14 years of age to satisfy the lewdness of another.

• Penalty: imprisonment, from 2 (two) to 5 (five) years.

Attention: In the case of this criminal type, the inducement refers to convincing a minor under 14 years of age to submit to the lasciviousness of a third party in exchange for pecuniary advantages, or not, but which would apparently bring them benefits.

TO SATISFY LEWDNESS BEFORE THE VULNERABLE (Article 218-A): To practice, in the presence of someone under 14 (fourteen) years of age, or to induce him to witness, sexual intercourse or other lewd acts, in order to satisfy his own lust or that of others.

• Penalty: imprisonment, from 2 (two) to 4 (four) years.

FAVORING SEXUAL EXPLOITATION AGAINST MINORS (Article 218-B): Submitting, inducing or attracting to prostitution or other forms of sexual exploitation someone under 18 (eighteen) years of age or who, due to illness or mental disability, does not have the necessary discernment to practice of the act, facilitate it, prevent or make it difficult to abandon it.

• Penalty: imprisonment, from 4 (four) to 10 (ten) years.

TAKE ADVANTAGE OF THE PROSTITUTION OF A MINORS (ART. 230): Take advantage of the prostitution of others, participating directly in its profits or being supported, in whole or in part, by those who exercise it:

- If the victim is under 18 (eighteen) and over 14 (fourteen) years old or if the crime is committed by the victim's ascendant, stepfather, stepmother, brother, stepchild, spouse, partner, guardian or curator, preceptor or employer, or by anyone who has assumed, by law or otherwise, an obligation of care, protection or surveillance:
- Penalty: imprisonment, from 3 (three) to 6 (six) years, and fine.

HUMAN TRAFFICKING FOR SEXUAL PURPOSES (ART. 231): Promoting or facilitating the entry into national territory of someone who will engage in prostitution or other forms of sexual exploitation, or the departure of someone who is going to exercise it abroad.

- Penalty: imprisonment, from 3 (three) to 8 (eight) years.
- The penalty is increased by half if: the victim is under 18 (eighteen) years of age;

Promoting or facilitating the displacement of someone within the national territory for the exercise of prostitution or other forms of sexual exploitation:

- Penalty: reclusão, de 2 (dois) a 6 (seis) anos.
- The penalty is increased by half if: the victim is under 18 (eighteen) years of age;

SEXUAL HARASSMENT AGAINST MINORS (ART. 216-A): Embarrass someone with the aim of obtaining sexual advantage or favor, the agent taking precedence over his/her condition of hierarchical superior or ascendancy inherent to the exercise of employment, position or function.

- Penalty: detention, from 1 (one) to 2 (two) years.
- The penalty is increased by up to one third if the victim is under 18 (eighteen) years of age.

Child and Adolescent Statute (ECA) and Child Pornography:

In general terms, in order to only point out such crimes without exhausting the grounds, the crimes provided for in articles 240, 241 - A, 241 - B, 241 - C, 241 - D, and 244-A are pointed out. All related to image preservation and physical and moral integrity.

Article 240 deals primarily with the image, prohibiting "conducts such as producing, reproducing, directing, photographing, filming or recording, by any means, an explicit or pornographic sex scene involving a child or adolescent".

241 addresses the sale or display of pornographic material. 241-A and B, respectively, deal with the disclosure and possession of such materials. 241-C and D, provide for production and enticement respectively.

Finally, 244-A, which is similar to article 218-B of the Penal Code, mentions prostitution and sexual exploitation.

The ECA is an instrument on the rights of children and adolescents that is accessible to the public and can be downloaded free of charge on the internet, by accessing the link:

ACCESS HERE

COMPLAINT: How does it work?

It is possible that the question arises as to whether what the offender (abuser and/or exploiter) did is a crime, in order for him to be denounced. In the meantime, it is important to highlight a few points.

Observation: the signals the victims are giving. If they tell you something, listen carefully to what they have to say. Do this not out of curiosity, but out of a real interest in providing the right help.

Information: The more you know about the crime, the easier it will be to identify if the child/adolescent is being a victim of violence.

The path of Complaint

- 1. Identification of a case of sexual abuse and/or exploitation;
- 2. The complaint is registered at the police station;
- 3. The minor is identified and requested the necessary medical, social and psychological care;
- 4. Police investigation;
- 5. The criminal action is initiated: trial conviction.



Reporting increases the possibility of taking the child or adolescent out of the situation of violence!

The content of this section and the laws written therein are based on the Constitution of the Federal Republic of Brazil and laws that govern the country.

Remember that all children and adolescents must have their human rights preserved in any global and social context. Therefore, we advise you to know the laws in your country.



SESSION 4PANEL OF HOPE

Caring for the child and adolescent victim of sexual violence

By Yasmin Freire (Psychologist)

The experience of sexual violence experienced by children and adolescents can be traumatic and harm their entire development, in addition to taking on alarming proportions and very negative impacts.

Many times, we fail to provide correct help to a victim because we do not know how to behave in front of children and/or adolescents who have suffered abuse or exploitation. We need to learn to care for and deal with the emotional, cognitive, behavioral and social consequences of victims of sexual violence.

First Care

Initial care is about sheltering and walking alongside someone who is carrying emotional wounds after trauma. Considering that a children's recovery takes time and can be slow, walking alongside them should mean following the children's pace. The first step is being supportive and emotionally welcoming.

In this reception, some essentially important steps for caregivers, family members/professionals are:

1.Preparing feelings for conversation

We also need to take care of our feelings to listen to a child who has been raped. It is important to be full of grace, patience and compassion to listen to the suffering of another and to comfort the suffering victim. Remember that feeling supported and loved is an important part of healing.

2.Listen with attention and empathy

Listen with love, attention, and wait patiently while the child is reporting. Follow the children's rhythm. Show empathy when faced with strong reports or emotions. You can use phrases like: "I believe in you!", "I am here to help you!", "You are not guilty!", "You are very brave.", "You are not alone."

The focus of this moment should be on the children's feelings. Listen carefully with a welcoming posture.

3. Analyze the children's needs and mobilization for support

Check which public bodies and which professionals should be contacted and take necessary measures if the children are in danger. It is important to respect confidentiality, but always transmitting the steps to the child will be necessary for them to be safe and free from violence. The children need to be aware of the steps so that there is no breach of trust.

4. Give hope

Do not let the child/adolescent feel alone and hopeless in the face of the problem.

At the time of sharing the report of violence, or during initial care, the children may be very sad, so the objective while welcoming is to provide emotional support. Just as physical wounds heal, so do emotional wounds! It is important for the children to be able to have this hope and to know that violence is a sad chapter in their history, but that their life will not be defined by the moment of suffering, that it is possible to see better days in safety.

There is a restore path, a process that can be slow, but it is possible.

Remarks on emotional support

- When we help children to deal with their emotions, to manage their anxiety, their pain and their distorted perceptions about them and the world, we enable a restructuring of their cognitions, their emotions and their self-image so that they develop healthily.
- Trauma-focused *cognitive behavioral therapy* is one of the widely recommended interventions for the care of adolescent victims of violence.
- The effects of any treatment and psychological care intervention will only be positive for children and adolescents when exposure to violence is stopped.
- Caregivers need to be included in emotional support for victims, family presence and care is a priority.
- The environment that will welcome the child after suffering sexual violence must offer protection, unconditional affection, space to accept their pain where there is no re-victimization and blame.

 Psychological support is indispensable, but the victims also need interdisciplinary support, starting with their family relationships and extending to professionals in the law, medicine, education and social service. Psychotherapy applied in isolation from other supports may have minimal effects in cases of sexual violence.

A word of hope



"Heal me, Lord, and I will be healed". (Jeremiah 17:14a)

The experience of suffering sexual violence, whatever it may be, can cause damage that cannot even be accurately measured. The marks on the body, in some cases, heal or even disappear with time, but the soul needs more than that.

Jesus is the remedy. He is the balm capable of completely healing our wounds, the marks of suffering, guilt, hatred, shame, bitterness... that insist on sculpting our heart. And they call to us, saying, "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28) NIV.

No one can change your past, but we can strengthen our resilience through the Holy Spirit. And what is resilience? It is the ability that we all have to overcome great pain, great trauma. For many people, experiencing sexual abuse is a difficult prison to escape, and much more difficult when you are alone in this escape.

Devastating situations will try to define us and reduce our existence to the unfortunate event of our history. God does not have that for us. He wants to give us the name of life!

What He created us to be does not change according to miseries, sadness, abuse, exploitation... God sent his Son to give us back our identity. You are not what you went through. Christ makes you a beloved child! Look to Jesus and you will find his identity in Him.

If you think you can and need to say this prayer:

Lord,

I am a survivor of sexual violence. I am not to blame for the harm done to me. I don't feel that I was protected. For a long time I felt pain and I still do. Help me to look at my past and generate hope and forgiveness in my heart. Help me to look to You, Jesus, with the faith I need to go on. Help me to look at myself as you see me, with your sweetness and gentleness. It helps me to take steps of confidence and have healthy relationships. Help me to live without fear and sleep peacefully, not frightened by bad memories. Help me to find my identity in You. Heal me, Lord, and I will be healed.

In the name of Jesus, Amen.,

Acknowledgments

As a Christian missionary organization that recognizes its social responsibility, we are grateful to God for granting us the privilege of, through the knowledge, gifts and talents that He has given us, raising this cause by contributing to people being reached and transformed.

Our gratitude to the representatives of the MFL bases in the campaign, the missionaries Bruna Duarte, Ivna Lisi and Mirza Abreu, who dedicated their time, professional training, and in so many other ways. To Yasmin Freire, for accepting the challenge and the invitation to present us with her contributions also in the light of psychology.

Thanks to the members of the MFL communication team – Djeimili Brenda, Jeane Chaves, Miquéias Ramos and Sérgio Figueira – who gave life to the creative part of the campaign on social media, as well as the organization of this e-book. We are grateful to the leadership of the Mission Focus Life for supporting and encouraging such initiatives. We thank everyone who understood the importance of this subject and disseminated this material among their friends and family.

And finally, thanks to Lídia Cavalcante who translated this material into English.



The fight against child and youth violence continues!





