

YOUTH DISSEMINATING LIFE SKILLS (GENÇLERDEN GENÇLERE YAŞAM BECERİLERİ) PROJESİ
Human Rights Fund - *The Consulate-General of Netherlands in Istanbul*

DURATION OF THE PROJECT: 18 Months

STARTING DATE- ENDING DATE: 17 November 2014 – 31 May 2016

CURRENT SITUATION AFTER THE IMPLEMENTATION OF THE PROJECT:

The overall aim of the project was to focus youth's attention on child abuse and neglect and put an end to the lack of knowledge concerning violence against children which is a major and alarming problem for Turkey.

The statistics on children who have come or have been brought to security units due to 'victimization' has increased by 160% from 2008 to 2010 in Istanbul. The increase in numbers shows the urgent need to raise knowledge and capabilities of professionals on child abuse and neglect. However, students who study health sciences, law, psychology, sociology, social services, security, media and etc. whose work-life would most probably involve work related with the field of child violence don't receive the relevant knowledge. The university education occasionally provides relevant courses and the knowledge provided is usually theoretical, if any. Means and facilities for university students to extend their knowledge on child abuse and neglect is critical and needs to be enhanced.

On the other hand raising awareness of the youth about child abuse and helping them to increase their sense of social responsibility is an important way to prevent child abuse. Research suggests that peer-led training programs are beneficial for both trainers and trainees.

The 12 weeks training program prepared and implemented on European side of Istanbul. With the Project, which was focusing on empowering potential professionals on the field, more than 106 university students have been reached. Additionally students who had participated in the programme developed dissemination projects. The number of people reached by these disseminating activities were more than 2000.

Of course the project did not make comparable changes in the big picture for this alarming problem, but it made changes in the students' perspective to child abuse and neglect, and they had become aware of how much responsibility they have as youth and potential-professionals.

PROJECT ACTIVITIES:

Project Coordination

Project coordinator was responsible for; planning of the project activities, announcements of the trainings, coordination of training program by participants' and trainers' side, support participants to build up their projects (by technical side), follow-up and support to the participants' projects, reporting of the process.

Selection Of The Students And Supervisors

An open call had been held in January 2015, and participant quota was announced as 100; but after more than 200 applications, a selection was needed.

The students were mostly chosen from faculties which they would be dealing with child abuse cases in their future professional lives, such as psychology, health sciences, social work, child development etc. Students' advisors' reference were also important for selection. Project started with 140 participants on the first week and 106 - 120 of them regularly followed the program.

In parallel to training program each participant chose a supervisor group and participated to supervision meetings for 5 weeks with their supervisors.

Supervisors:

Rita Krespi – Kadir Has University

Özlem Toker Erdoğan—İstanbul Bilgi University

Serra Müderrisoğlu—Boğaziçi University

Alev Kurt—İstanbul Bilgi University

Training Program Development (4 months, February 2015- May 2015)

Training program developed by Prof Dr E Tolga Dađlı from Marmara University, Prof Dr Figen Şahin Dađlı from Gazi University and Prof Dr M Akif İnanıcı from Marmara University. The content of the trainings was prepared so that the students were exposed to the knowledge about child abuse and neglect from different perspectives and different disciplines. The trainers were selected from academicians and experts who work on child abuse and neglect in different disciplines.

Training program was including 12 weeks thematic training on child rights, child abuse and neglect and 1week training for project application.

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|-----------------------------|------------------------------------------------------------------------------------------|
| 1-February 13 th | <u>Child abuse and its effects</u>
Prof Dr Figen Şahin Dađlı |
| 2-February 25 th | <u>Emotional Abuse</u>
Ceyda Yılmazçetin |
| 3-March 04 th | <u>Developmental Characteristics in Children and Adolescents</u>
Prof Dr Bahar Gökler |
| 4-March 11 th | <u>Communicating with Children and Family Attitudes</u>
Prof Dr Figen Şahin Dađlı |
| 5-March 18 th | <u>Child Sexual Abuse</u>
Prof Dr Tolga Dađlı |
| 6-March 25 th | <u>Child Abuse from Legal Perspective</u>
Lawyer Hatice Kaynak |
| 7-April 1 st | <u>Children Living and Working on Streets</u>
Doç Dr Özden Bademci |
| 8-April 8 th | <u>Child Abuse from Social Work Perspective</u>
Soc.Wrk. Oben Südütemiz |
| 9-April 15 th | <u>Child Abuse and Neglect A Holistic Approach</u>
Prof Dr Tolga Dađlı |
| 10- April 22 nd | <u>Physical Abuse</u>
Prof Dr Mehmet Akif İnanıcı |
| 11-April 27 th | <u>Early Marriages</u>
Figen Kelemer |
| 12-April 29 th | <u>Child Rights</u>
Lawyer Seda Akço |
| 13-May 6 th | <u>Project Application</u>
Melda Akbaş |
| May 11 th | Closing ceremony of the training program |

Dissemination Activities (10 Months)

Another aim of the project was to encourage the participants to disseminate the knowledge they have acquired to other people through projects of their own and increase their sensitivity towards child abuse and neglect. Certified participants whom they were volunteer to build up projects, applied to project team (project coordinator, supervisors and trainers) for evaluation by their projects. 12 projects application had been done and 9 of them realized.

Projects:

1.Project title: *Improvement of mother-baby relationship: Crying is a baby's work.*

Name of the authorized students: Gizem Mardinođlu, Fulya Yurtsever

Brief presentation of the Project:

Shaken baby syndrome is one of the serious subtypes of child abuse. Effective preventive strategies could potentially save the lives of many babies and improve the lives of their families and society. Creating awareness "not to shake babies" among parents is a key component of prevention of shaken baby syndrome. The beneficiaries of the project include the public at large.

Implementation of the project:

Before the implementation of the project, Medical Ethics Committee of Marmara University Medical Faculty's approval was obtained. The project was performed in Child Health & Diseases and Obstetrics & Gynaecology outpatient clinics at Marmara University Hospital. The participants of the study were pregnant women and mothers who had 0-4 months babies coming to outpatient clinics. Mothers were pretested to assess their knowledge about crying baby and informed about this issue and shaken baby syndrome. Also the brochures were given and verbal information was provided to the mothers.

2. Project title: To be a Child in The War

Name of the authorized student: Feyzan Ustamehmetođlu

Brief presentation of the project:

Refugee Crisis in Syria is a serious issue from many different perspectives.

The aim of the Project was to raise awareness in public about `being a child in the war`.

Implementation of the project:

A panel on child at war was organized.

To look at the situation from different perspectives, we invited Clinical Child Psychologist Elif Akdađ Göçek (Bilgi University), CNN TÜRK TV Correspondent Göksel Göksu and Clinical Psychologist Cansu Alözkan (Association for Solidarity with Asylum Seekers and Migrants) as speakers in our panel which was organized on December 12th, 2015 at Bilgi University.

A poster and an introductive booklet were designed with a graphic designer's help and distributed to the participants before the panel starts. A mini-video show was made with Freelance Photographer Alper Tuđra Çakıcı's photographs and Ayfer Vardar's "Turnam Giderse Mardin'e" song.

Also, CNN TÜRK Correspondent Göksel Göksu's documentary on "ÖlümYolunda Ezidiler" was reedited to show on the Panel before her speech.

The Panel started with the introduction speech given by Tolga Dađlı on "Youth Disseminating Life Skills" project. Then, a mini-video was shown and Photographer Alper Tuđra Çakıcı talked about his experience on children at war. After the coffee break, Elif Akdađ Göçek made a presentation entitled "Listening A Child at War", and a documentary entitled "ÖlümYolunda Ezidiler" was shown. Göksel Göksu talked about "Refugee Children in Turkey" from a journalist's perspective and Cansu Alözkan talked about her experiences on field. At the end, in Q&A part, panelists answered participants' questions.

3. Project title: Child Emotional Abuse

Name of the authorized students: Handenur Kalay, Yađmur Özcan

Brief presentation of the project:

Child emotional abuse is as harmful as any other form of child abuse including physical or sexual abuse for the cognitive, moral, emotional and social development of children. The main objective of this project was to illustrate the ways in which parents or carers inadvertently emotionally abuse their offspring, and correct some myths about emotional abuse.

Implementation of the project:

A short film about emotional abuse was created. It was ensured that no children was used in the short film consistent with ethical guidelines. The actress of the short film was a 21 year old university student. She portrayed a girl who was emotionnaly abused through the use of abusive words. Throughout the short film, the experience of emotional abuse was made concrete and tangible by using make-up techniques to give the impression of bruising as in the case of physical abuse. That is, emotional abuse was portrayed with the help of virtual physical symptoms.

4. Project title: Seminar on Emotional Abuse

Name of the authorized students: Handenur Kalay, Yađmur Özcan

Brief presentation of the project:

The aim of the seminar was to raise awareness in the university students in relation to the notion that child emotional abuse is as harmful as any other form of child abuse for the development of children and to motivate them to prevent the transmission of child emotional abuse to future generations.

Implementation of the project:

The seminar was organised by Psychology Club of Kadir Has University in collaboration with ÇOKMED. The audience was the university students. The presenters included Prof.Tolga Dağlı Pediatric Surgeon, Prof. Figen Şahin Dağlı Social Pediatricist, Ceyda Yılmazçetin Clinical Psychologist and Seda Akco Lawyer. During the seminar child emotional was discussed drawing upon different professional perspectives. In addition, the short film prepared during the 3rd Project was also presented at the end of the seminar to seek feedback on how to improve it.

5. Project title: Conscious Parents, Happy Children

Name of the authorized students: Tuba Haciosmanoğlu, Kader Tarhan, Meltem Turan, Özge Helvacioğlu, Fatma Aktaş, Tuğçe Merve Aytaç, Zinar Ay

Brief presentation of the project:

The aim of the Project was to raise awareness about child abuse among the parents and students in firstgrade of elementary school. We aimed at not only raise awareness among the students themselves but also supporting them through workshops that would help them to develop their own self-defense mechanisms against abuse.

Implementation of the project:

The Project was executed on a Saturday at a pilot elementary school. Brochures, fliers, and invitations were prepared and distributed for raising attention for the event. The level of participation in the event was at 90%. The project was performed with 7 project coordinators, 38 volunteers and 5 specialists acting as trainers in workshops of children and completed safely. A three-hours-long interactive seminar session took place with 60 parents. Tea and coffee service during training and snacks given during the breaks increased the parents' concentration for the training. Along with that,70 firstgraders were able to participate in workshops whose main themes were self-defense and self-awareness. Every child attended to 3 workshops they have chosen themselves. At the end of the workshops a videorecord was done in which the children expressed their feelings. These videos revealed that the children had a wonderful time in the workshops

6. Project title: Detection of The Accessibility Format in “The Game of Söz Küçüğün”

Name of the authorized students: Enes Yalçın, Yunus Tarık, Yağmur Özcan, Deniz Ozcan

Brief presentation of the project:

In order to increase awareness of children about human rights, neglect and abuse, The Game of Söz Küçüğün was developed by Istanbul Bilgi University Child Studies Unit. However, since The game includes visual materials and content, it is not accesible for the students with visual disability. This project aims to see how this game can be more accesible for this group.

Implementation of the project: In three tables containing four children who are between 12 and 15 years old and are students in Türkan Sabancı Middle School for the Visually Impaired, this game was played for about 1.5 hour by a guide without visual disability. At the end of the game, the method of an accessible game as a draft was offered in the frame of feedback provided from students, observer school counselor and guides.

7. Project title: Slogans on Child Abuse

Name of the authorized students: Müge Işık

Brief presentation of the project: Slogans are words and phrases that summarizes the objective of an issue. Thus, slogans developed and used on an issue are important tools to understand the objectives and aims of efforts put forward in that area. The main objective of the project is to strengthen awareness on child abuse through recalling and using the slogans developed so far. The beneficiaries of the project include the professionals and others

working in the area of child protection.

Implementation of the project:

- 1) *Compilation of slogans: Slogans developed so far on child abuse complied through a desk review and with feedback from the professionals working in the area.*
 - 2) *Graphic design: The selected 5-6 slogans designed to create visibility materials including name tags, banners, standing boards, etc. to be used during workshops and other activities conducted in the area of child abuse.*
- Piloting: The selected slogans will be used during the closing meeting of the Project.*

8. Project title: *Raising awareness of medical students about child abuse.*

Name of the authorized students: *Fulya Yurtsever, Gizem Mardinoğlu*

Brief presentation of the project:

The aim of the project was to inform medical students about child abuse and neglect. An information stand was built and located in the Marmara University Medical Faculty Student Congress (MasCo) venue. Brochures, banners related to child protection were prepared and distributed to the participants during the congress.

Implementation of the project:

The project involved preparation and distribution of the brochures, banners and video presentations. It was envisaged that this would be one of the efficient ways of communication with their peers. The project team stayed at their stand during the congress and had chance to chat with the participants of the congress.

On one Banner common misconceptions about child abuse were displayed. Brochures have informations about not only definitions, types and signs of child abuse but also preventive strategies and responsibilities of health professionals about the issue. In addition to informative brochures and banners a video room was also prepared and videos about child protection were presented to the Congress participants.

9. Project title: *Child Abuse Can Be Prevented!*

Name of the authorized students: *Feyzan Ustamehmetoğlu*

Brief presentation of the project:

Child abuse cases are on the news every day in Turkey. These cases first create a public frustration, but they are forgotten short time after they happen. The discussions after each case also make clear that different recommendations are provided by different sections of the society on prevention of child abuse cases.

This project aims at making visible the diversity of the recommendations available on prevention and crease public awareness through these different recommendations voiced up by different professionals. The beneficiaries of the project include the public at large.

Implementation of the project:

1) *Preparing short videos: Short interviews will be conducted with students and academicians on “what can be done to prevent child abuse” during the closing meeting of the Project.*

2) *Editing of the videos: The interviews will be edited and short videos will be prepared to publish with the title “child abuse can be prevented”.*

3) *Sharing in social media: The videos will be shared in social media to reach public at large.*

Monitoring And Evaluation (10 Months):

The project was evaluated in two ways.

First all participants completed a knowledge questionnaire prior the start and after the completion of the programme for quantitative evaluation. Participants’ pre-training knowledge scores were statistically significant from post-training.

Secondly focus group interviews were performed for qualitative evaluation and explored participants’ experience of the programme. An interview guide approach was adopted during these meetings. These included nature and mechanisms of child abuse, feelings about it, barriers to and interventions for preventing it and feelings about

the programme, its benefits and ways to improve it. Qualitative analysis was undertaken in parallel with interviews and anonymised interview transcripts were analysed inductively following established conventions. A conference paper abstract related to our analysis was prepared and has been submitted and accepted as a poster presentation to “XXIst ISPCAN International Congress on Child Abuse & Neglect which will be held in Calgary Canada between 28th – 31th August 2016.

OUTCOMES-OUTPUTS PROJECT:

Training Program

12 weeks training programme that targets the prevention of child abuse was delivered by a multidisciplinary team of professionals to university students from different universities.

During the training program approximately 120 participants participated to each training. A total of 106 participants successfully finished the training programme and received their certificates.

Dissemination Activities

For disseminating activities component of the project, participants developed innovative projects, organized seminars and conferences about prevention of violence against children for their peers under supervision.

Project 1: Improvement of mother-baby relationship: Crying is a Baby’s Work

Outcomes of the project:

The project was taken in action in Marmara University Hospital by medical students. 1500 brochures were designed/printed and given to mothers to be and mothers having 3-5 months old babies explaining why they should not shake their babies. 50 mothers interviewed. Informations for the mothers about this issue will be maintained after this project.

Project 2: To be a Child in the War

Outcomes of the project:

With facebook event page and via email groups, the Panel was announced to nearly 150 people. Approximately 60 people (mostly psychology students from different universities) attended the panel. After the Panel, many news portals gave place to our panel in their portals. The panel was on CNN TURK TV Channel news. Bilgi University’s news portal “Habervesaire” wrote a critique about our panel.

Project 3: Child Emotional Abuse

Outcomes of the project:

1-A short film on emotional abuse was prepared and distributed.

2-The film was also downloaded to YouTube and viewed 248 times. (“Çocuğa Yönelik Duygusal İstismar” (<https://www.youtube.com/watch?v=44vjf3s2SMA&feature=share>))

3- The short film was presented to 250 university students during two different seminars organised at Bilgi University and Kadir Has University.

Project 4: Seminar on Emotional Abuse

Outcomes of the project:

1-85 university students participated in the seminar

2-.Written feedback received from 20 students following the seminar indicated that

2a- the seminar increased their awareness on emotional abuse

2b- they recounted that they themselves inadvertently engaged in child emotional abuse

2c-the seminar made them think about ways to prevent child emotional abuse

Project 5: Conscious Parents, Happy Children

Outcomes of the project:

Brochures, fliers and invitation cards were prepared. 60 Parents and 70 Children participated in the event.

Both the parents and the students gained awareness about child abuse. We received positive feedback from students and their parents who participated in the event and even expressed interest for such workshops in the

future. The workshops helped in social communication among children. It was also observed that the workshops made a significant contribution to the firstgraders' adjustment to their school. Group studies supported this as well.

Project 6: Detection of The Accessibility Format in “The Game of Söz Küçüğün”

Outcomes of the project:

For a more accessible game, physical difficulties and content problems based on blindness should be dealt with through using Braille alphabet, audio solutions and revision of the questions in the game that highlight visual knowledge.

Project 7: Slogans on Child Abuse

Outcomes of the project:

A total of six standing boards and name tags for all participants were prepared using selected slogans. These visibility materials were used during the closing meeting of the Project. 40 people were participated in closing meeting.

The visibility materials will be used in future meetings also.

Project 8: Raising awareness of medical students about child abuse

Outcomes of the project:

1-Brochures and banners were designed, prepared and distributed to the participants of the student's congress (MasCo).

2-Assure medical students that they will recognise possible child abuse cases and hopefully choose right steps to handle the situation.

3-This Project reached approximately 500 medical students in MaSCo to achieve these aims.

Project 9: Child Abuse Can Be Prevented!

Outcomes of the project:

A total of five short videos were prepared during the project. One of the videos is a compilation of different views on prevention of child abuse. The other four videos are short films on the views of four different experts. Each video lasts around 3-4 minutes and will be shared periodically in social media.

Evaluation of The Program

The evaluation findings suggest that the program has been beneficial to the participants and highlight the value of such delivering such programs for the youth. Moreover, qualitative findings contribute to evidence – base for improving programme.

YOUTH FORUM ISPCAN (International Society For Prevention Of Child Abuse And Neglect) 14th EUROPEAN REGIONAL CONFERENCE

Six students from the project teams participated in the Youth Forum of the ISPCAN 14th European Regional Conference, on 26th of September 2015 held in Bucharest Romania. They presented their projects to the other students (40-50 people) and conference participants (400 people). The purpose of the Youth Forum was to bring young people together with specific interest in the well-being of children and preventing and combating violence. Young people had the opportunity to meet, share their experiences and debate on issues related to child abuse and neglect.

Scientific Activities

The project activities and its outcomes were presented in several scientific meetings as follows: 1-What can University Students do to Prevent Childhood Abuse? A Project from Turkey: “Youth Disseminating Life Skills” Oral Presentation, ISPCAN 14th European Regional Conference, held in Bucharest Romania on 28 Sep.-1 Oct.2015

With this oral presentation, members of the scientific team gave a detailed information about the project to 400 Conference participants working on child abuse & neglect issue from different countries.

2- Towards Better Child Protection Programs: A Qualitative Evaluation of Youth Disseminating Life Skills Program. Accepted as poster presentation for the XX1st ISPCAN International Congress on Child Abuse & Neglect which will be held in Calgary Canada between 28th – 31th August 2016.

The number of expected participants for this world congress is approximately 600-800. The qualitative evaluation results of our project will be presented.

Child Protection Systems

A book titled “Child Protection Systems” (Çocuk Koruma Sistemleri) have been published in Turkish language. The chapters of the book were written by national and international well known scientists and professionals. The book will be distributed mainly to university students free of charge and it will also be available to download through internet with no charge.

Closing Meeting Of The Project

30 May 2016

Objective: The closing meeting aimed at sharing the sub-projects implemented by the youth during the project period.

Participants: The participants of the closing meeting included youth who received training and implemented student projects during the project period, professors who provided trainings and seminars, academicians working in this area and staff of Child Protection Centers.

Methodology: During the first session of the meeting, the students presented the sub-projects they implemented during the course of the Project.

The second session was allocated for a panel discussion where the youth had the opportunity to discuss the child abuse problem, the on-going efforts on prevention, research activities and intervention methods with the experts working on the field. It was decided to share the results of the panel discussion with the parliamentary commission working on this issue.

The meeting ended with a periscope broadcast titled “child abuse can be prevented” where the issues discussed during the meeting was shared with the audience. A total of 150 viewers participated to the periscope and a video recording was prepared on the issue to be shared in social media.

FOLLOW UP AFTER PROJECT:

The project participants shared their knowledge and received positive feedback from their peers. In addition to this positive feedback; university students stated that they also need knowledge regarding child abuse and neglect and are willing to be enrolled in similar kind of projects in future.

Realizing the importance of educating university students in the dissemination of knowledge, the project team felt the urge to extend the training program to other target groups (pre-school and primary school children, parents, teachers, different professionals working on child violence) and to increase public awareness on child abuse and neglect. This will eventually help to increase public awareness and knowledge related to child abuse and neglect.

After our project was presented in the ISPCAN Bucharest Conference, the board of ISPCAN was interested in the idea of youth participation to prevent child abuse by creating their own projects. Similar projects may be performed in other countries in the near future. We are ready to share our expertise with others.