

A FACILITATOR'S GUIDE FOR

NTOMBI'S SONG



I CAN ASK FOR HELP!



The objectives of this guide are:

- to help you explain to children **what sexual abuse is** and where they can get help.
- to help you create trust so that children are comfortable enough to **disclose** if sexual abuse is taking place.
- to respond appropriately to any disclosure of sexual abuse from a child that does occur.

USING "NTOMBI'S SONG" CAN RESULT IN CHILDREN DISCLOSING SEXUAL ABUSE. **ONLY USE IT IF YOU ARE WILLING TO HELP THE CHILDREN TAKE THE NECESSARY STEPS TO END THE ABUSE.**

If you would like training on this or other issues - contact one of the organisations listed on page 8 of Ntombi's Song. This guide is for use with the booklet "Ntombi's Song – I can ask for help" as well as CINDI's Red Book – "What to do when you or someone you know has been sexually abused". These books are available from the CINDI Network through www.cindi.org.za (Tel: 033 345 7994).

BEFORE YOU START:

Are you willing to help a child who discloses? CINDI's Red Book will assist you. Prepare yourself by reading this guide and "Ntombi's Song".

IF YOU ARE READING TO ONLY ONE CHILD:

- Find a quiet place where both you and the child feel safe.
- Ensure that you both have a copy "Ntombi's Song" and something to write with.
- Begin and end by doing a happy activity such as playing a game with laughing and fun, or singing a song.
- Do the activities together and discuss key messages.
- Ask open-ended questions when looking carefully at all the pictures eg: "Tell me about this picture" or "What picture do you like best?"
- Stop the discussion at any time the child wants you to.
- Let the child know that you will be available to talk to again.



WHEN READING THE STORY WITH A GROUP OF CHILDREN:

- Keep the **group small** (suggested 6 max).
- Begin by doing a happy activity such as playing a game with laughing and fun, or singing a song.
- Ensure that each child has a copy or photocopy of "Ntombi's Song" and something to write or draw with.
- Children in groups are easily distracted, so go through the book quite quickly, and then do the activities and discuss the key messages.
- **It is not good for the child to talk about his or her own abuse in the group!** This can have serious consequences for them and their families. Introduce this as Ntombi's story. Invite children who feel their own story is like Ntombi's story to speak to you privately after the group OR to someone they feel safe with.
- Make sure there is someone who can take them on their own and hear the disclosure privately – or do this after the session. Make sure you know what you will do when disclosure happens.
- Tell the children that they can come and talk to you if they want to, and give a time when you will be available.
- Close with a game or a song. End on a positive note.



WHEN A CHILD DISCLOSES ABUSE

For more information consult CINDI's Red Book – "What to do when you or someone you know has been sexually abused".

DO NOT:

- X** Do not try and counsel the child. Help the child get to trained professionals.
- X** Do not blame the child or act as a judge. It is not their fault.
- X** Do not keep questioning the child over and over or try to find out the truth. You are not an investigator. Your job is to walk with the child through the various processes and support him or her.
- X** Do not say negative things about the abuser – This person may be someone the child loves.

DO:

- ✓** Promise to get help but do NOT promise to keep it a secret.
- ✓** Report to the appropriate authorities listed on page 8 in "Ntombi's Song" and in the Red Book, and inform the child of the next steps.
- ✓** Keep the matter as private as possible, so that the child and family keep their respect – the fewer who know, the better. Do not discuss the child's disclosure with other educators.
- ✓** Keep a careful record, including the date, the child's name and contact information and any other important details. Keep this locked away.

IMPORTANT: If the child has been raped, ensure that the child gets medical help immediately. You can prevent HIV and AIDS by taking ARVs within 3 days of the rape. Medicines against other sexual infections or injuries should be given and older girls should have a pill to prevent pregnancy.

KEY MESSAGES IN NTOMBI'S SONG

PAGE 1: SAD FEELINGS ARE OK

- Ask open-ended questions to help children identify with Ntombi's feelings eg "How do you think Ntombi feels in this picture?" Words like 'sad', 'lonely', 'frightened', 'not interested in life' and 'withdrawn', could help the child say "That is just like me!"



PAGE 2: REACH FOR A DREAM - I AM WORTH IT!

- Hurt children need to keep up their hopes for a better future. They need to feel 'I am worth it!'
- Ensure that you have crayons, magazines and scissors available and help the children create pictures of their dreams for the future.



PAGE 3: YOU HAVE A RIGHT TO TALK - THERE ARE GOOD AND BAD SECRETS

- Children are often told not to tell about the abuse – they should know that they have a right to talk if they are not happy.
- Ask the children to think about some good secrets. Emphasise that that they do not have to keep a 'bad secret' - one that makes them sad.



PAGE 4: YOU HAVE A RIGHT TO GET HELP

- Help the children think of 5 people or places that they trust or where they feel safe. Write them in the fingers of the "Helping Hand". If they cannot think of any, refer to the organisations on page 8 of "Ntombi's Song".
- Sexual abuse does **NOT** only mean rape. Make sure children understand what is meant by private parts, and talk about some of the examples on page 4.
- Encourage the children to disclose anything that makes them feel uncomfortable.



PAGE 5: SOMEONE WILL LISTEN - IT IS NOT YOUR FAULT

- For the abuse to stop, the child must find an adult who will listen and take action.
- The child has a right to protection.



PAGE 6: TRY UNTIL YOU GET HELP

- The game with the maze **reinforces** the message that even though it can be difficult, children should keep trying until they find someone who will listen and get help to make the abuses stop.



PAGE 7: BOYS AND GIRLS ARE ABUSED - THERE CAN BE HEALING FROM SEXUAL ABUSE

- Ntombi introduces her new friend to illustrate that boys as well as girls are abused.
- Emphasise that help can be found, life can be worth living again and dreams are waiting to be realised!



PAGE 8: YOUR DREAMS CAN COME TRUE

- End with an uplifting activity, like a song. Remind the children of the list of organisations that can help them.



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