



ESCAP HRD Training Series for Human Security

ESCAP HRD

Course on Psychosocial and Medical Services for Sexually Abused and Sexually Exploited Children and Youth



TRAINING MANUAL



Human Resources Development Section
Social Development Division

United Nations
Economic and Social Commission
for Asia and the Pacific



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Readership Survey

Human Resources Development Publications

The Human Resources Development Section, Social Development Division, ESCAP, is conducting a readership survey of the usefulness of its publication titled:

**ESCAP HRD COURSE ON PSYCHOSOCIAL AND MEDICAL SERVICES
FOR SEXUALLY ABUSED AND SEXUALLY EXPLOITED CHILDREN AND YOUTH
[ST/ESCAP/2208]**

It would be appreciated if you could complete this questionnaire and return it to us, by air mail or fax, at the following address:

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Social Development Division
United Nations Economic and Social Commission
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United Nations Building, Rajadamnern Nok Avenue
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QUESTIONNAIRE

Rating for quality and usefulness (Please circle)	<i>Excellent</i>	<i>Very good</i>	<i>Average</i>	<i>Poor</i>	<i>Very poor</i>
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1. Please indicate your assessment of the quality of the publication on:

• presentation/format	5	4	3	2	1
• readability	5	4	3	2	1
• relevance of information	5	4	3	2	1
• coverage of subject	5	4	3	2	1
• overall quality	5	4	3	2	1
• usefulness	5	4	3	2	1

Rating for overall effectiveness and impact (Please circle)	<i>Com-pletely</i>	<i>Sub-stantially</i>	<i>Suffi-ciently</i>	<i>Insuf-ficiently</i>	<i>Not at all</i>
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This publication aims to give information to health and social service providers to support their efforts in developing and implementing services for sexually abused and sexually exploited children and youth.

2. To what extent has the publication served its objective?	5	4	3	2	1
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Rating for module effectiveness and impact (Please circle)

Com-pletely Sub-stantially Suffi-ciently Insuf-ficiently Not at all

3. To what extent can you use:

• Module I:	The Social Context of Children in Especially Difficult Circumstances (CEDC)	5	4	3	2	1
• Module II:	Child Health and Growth	5	4	3	2	1
• Module III:	Health Effects of Sexual Abuse and Sexual Exploitation	5	4	3	2	1
• Module IV:	a. Substance Abuse	5	4	3	2	1
	b. HIV/AIDS	5	4	3	2	1
• Module V:	Assessment and Treatment	5	4	3	2	1
• Module VI:	Remedial Actions	5	4	3	2	1
• Module VII:	Care for the Care Providers	5	4	3	2	1

4. Please give examples of how this publication can contribute to your work, and in what area(s)?

.....

5. Suggestions for improvement of the publication:

a) on dissemination, presentation, quality, utilization:

.....

b) on subject area(s) which you are interested in having greater coverage:

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Occupation (e.g., policy maker, administrator, researcher):

.....

Field of work (e.g., education, health, social work):

.....

Institution (please specify type, e.g., government, NGO, other):

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Level and field of education (e.g., education, social work, public health):

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Signature: Date:

Thank you for your kind cooperation in completing and returning this questionnaire to us.

Economic and Social Commission for Asia and the Pacific

ESCAP HRD

Course on Psychosocial and Medical Services for Sexually Abused and Sexually Exploited Children and Youth



UNITED NATIONS

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Introduction

I. BACKGROUND

For the first time, governments in the Asia-Pacific region joined forces in 1997 to adopt ESCAP resolution 53/4 entitled “Elimination of sexual abuse and sexual exploitation of children and youth in Asia and the Pacific”. This resolution signalled the firm resolve of the governments of the Asia-Pacific region to tackle the many challenges of preventing and combating sexual abuse and sexual exploitation among its young citizens.

In response to the governments’ call, ESCAP’s Human Resources Development (HRD) Section, Social Development Division, launched a regional programme on combating sexual abuse and sexual exploitation of children and youth. Specifically, the programme seeks to raise awareness of the issue and strengthen the capabilities of social service and health personnel to assist young victims and potential victims of sexual abuse and sexual exploitation. The programme covers 12 countries in South Asia and South-East Asia, namely, Bangladesh, Cambodia, China (Yunnan Province), India, Lao People’s Democratic Republic, Myanmar, Nepal, Pakistan, the Philippines, Sri Lanka, Thailand, and Viet Nam.

This Training Guide is the result of a four-year ESCAP HRD regional programme that focused on combating sexual abuse and sexual exploitation of children and youth through human resources development. The *ESCAP HRD Course on Psychosocial and Medical Services for Sexually Abused and Sexually Exploited Children and Youth* is a collaborative effort between ESCAP and the Section for International Maternal and Child Health (IMCH), Uppsala University, Sweden. The *Course* is part of a series of activities under the project on “Combating Sexual Abuse and Sexual Exploitation of Children and Youth in the Greater Mekong Subregion by Strengthening National HRD Capabilities through Training of Social Service and Health Personnel”, funded by the Swedish International Development Cooperation Agency (Sida).

The overall regional programme has been supported by a consortium of donors, including Sida, the United Nations Office for Drug Control and Crime Prevention (UNODCCP), the Joint United Nations Programme on HIV/AIDS (UNAIDS), and the United Nations Population Fund (UNFPA) for activities in the Greater Mekong Subregion, and the



Governments of Japan and Australia for activities in South Asia and the Philippines. Sida also funded the services of an Expert on Children in Especially Difficult Circumstances (CEDC), who provided technical support throughout the project for activities in the Greater Mekong Subregion.

Project activities commenced in January 1998 with research to establish the health (medical and psychosocial) needs of child/youth victims of sexual abuse and sexual exploitation, as well as to explore the type of services available to them. The resulting national research reports identified the gaps in services to these children and youth. The reports formed the basis for activities in the subsequent years of project implementation.

The research found that young victims of sexual abuse and sexual exploitation experienced a wide range of medical and psychosocial health problems. At the same time, however, few services existed to address those health problems. (*See Module One for more information*). Thus the research highlighted a strong need for the training of health and social service providers.

Those findings were further confirmed during Year Two, in which training needs assessments (TNAs) among health and social service providers were conducted at the national-level, followed by community-level pilot projects. The results of the TNAs echoed the findings of the national-level research, underscoring the real need for training health and social service providers to provide more effective services to sexually abused and sexually exploited young people.

A prototype training curriculum was thus developed during Years Two and Three of the programme, leading to the establishment of the *ESCAP HRD Course on Psychosocial and Medical Services for Sexually Abused and Sexually Exploited Children and Youth*. In 2000 (Year Three), this *Course* was piloted among core groups of health and social service providers at the subregional level, in Pattaya, Thailand, and Kathmandu/Pokhara, Nepal.

Year Four (2001) of the regional programme centred on finalization of the *Course*, based on feedback from the subregional pilot courses. In addition, national-level *Courses* were conducted in South Asia and the Philippines, while awareness-raising activities were undertaken in the Greater Mekong Subregion.

The current ESCAP HRD programme will continue in 2002 and beyond, focusing on implementation of national- and provincial-level *Courses*, in order to build a greater pool of trained and skilled health and social service providers.



II. ABOUT THIS TRAINING GUIDE

This Training Guide is designed for health and social service personnel¹ working directly with sexually abused and sexually exploited children/youth, as well as programme managers (government and NGO) and those who train other professionals.

The Training Guide aims to help such personnel by:

- Providing knowledge on the medical and psychosocial needs of sexually abused and sexually exploited children/youth;
- Providing tips for developing skills on designing, managing and evaluating services for abused and exploited children; and
- Encouraging a collective, multidisciplinary approach to preventive and remedial measures, towards fostering the development of multi-sectoral country-level teams of professionals.

The Training Guide consists of Seven Modules:

- Module One describes the situation faced by different categories of children in especially difficult circumstances (CEDC), including immediate and root causes.
- Module Two focuses on general child health and the course of physical, psychological and social development.
- Module Three centres on the medical and psychosocial effects of sexual abuse and sexual exploitation.
- Module Four provides detailed information on the connections between drug abuse and sexual exploitation, as well as HIV/AIDS and sexual exploitation.
- Module Five discusses psychosocial assessment and treatment issues, including dimensions of stress, trauma, treatment and counselling.
- Module Six focuses on practical approaches to the provision of psychosocial recovery and reintegration services for sexually abused and sexually exploited children and youth.
- Module Seven centres on the challenges of care giving and understanding how the profession can affect the caregiver.

¹ Health and social service personnel are defined broadly. They include staff at government and NGO shelter homes, drop-in centres and health clinics, as well as teachers and police who are likely to come into contact with child/youth victims and those at risk of victimization.



Each Module deals with different aspects of sexual abuse and sexual exploitation, and the available medical and psychosocial services. Thus each Module could be used independently for a specific purpose. Ideally, the Modules should be used together for a comprehensive training programme.² However, it is recommended that you assess your target audience before using the Training Guide, so that the most appropriate Modules can be used. A typical Course could thus run from one to three weeks, depending on factors such as the trainees' time schedules, level of skills and knowledge and resource availability.

Each Module is divided into five sections:

- The first section, the session plans, contain suggested guidelines for the facilitator to use in the presentation of the Module. These should be used as guiding principles: The timing for each session, for example, will ultimately depend on what should be adapted to the specific learning needs of each group of trainees.
- The second section is the background document. This document provides the facilitator and user with in-depth information on the subject matter. It is recommended that these be provided to users in advance of the Course for their translation (if necessary) and reading.
- The third section of the Module consists of handouts. These are suggested materials to be given to participants during the Course, as supplemental materials.
- The fourth section comprises photocopies of PowerPoint slides. These PowerPoint slides are on the CD Rom provided with the Training Guide. Training Guide users may use the photocopies to take notes during the Course when the slides are displayed. If no PowerPoint facilities are available, the facilitator should use the slides with an overhead projector or a real object projector.
- The fifth section of each Module is the Reference List. Here, facilitators and users of this Training Guide are provided with resources for further information on the subject matter.

² In addition, users may wish to refer to the *ESCAP HRD Course on Project Management*, the *ESCAP HRD Course on Training of Trainers* and the *ESCAP HRD Course on Drug Use and Its Relationships with Sexual Abuse and Sexual Exploitation of Children and Youth*. For more information about these, and other, training manuals, please contact the ESCAP HRD Section.



In addition, each Module has been written by different authors, who are experts in their respective fields of specialization. Thus, not all Modules follow exactly the same format or presentation style. The Modules are organized in a user-friendly loose-leaf binder. This allows users to add information that is relevant for their specific local situations to any section of the Module. It is suggested that the Modules be translated into local languages, whenever possible, to facilitate their use and understanding by more local language users in the Asia-Pacific region.

The purpose of this Training Guide is to contribute to a strengthening of human resources development (HRD) capabilities of social service and health personnel for assisting young victims and potential victims of sexual abuse and sexual exploitation. We therefore encourage the widespread dissemination of this Training Guide, its adaptation, and its translation into national and local languages, with due acknowledgement of this Training Guide as the source.

III. ACKNOWLEDGEMENTS

The Training Guide was developed by ESCAP in cooperation with the Section for International Maternal and Child Health (IMCH), Uppsala University, Sweden. Ms Wanjiku Kaime-Atterhog, in her role as CEDC Expert, was responsible for preparing the overall framework of the Training Guide, as well as overall review of the Training Guide. Ms Laura Skolnik, HRD Section, ESCAP, coordinated the compilation and overall editing of the Training Guide, and drafted several sections. Final editorial review was undertaken by Ms San Yuenwah, HRD Section, ESCAP.

The main authors of the Modules were Ms Wanjiku Kaime-Atterhog (Module One), Prof. Mehari Gebre-Medhin (Module Two), Dr Bernadette Madrid (Module Three), Dr John Howard (Module Four-a), Dr Suporn Koetsawang (Module Four-b), and Mr Tony Culnane (Modules Five and Six). Module Seven was prepared by ESCAP with inputs from various sources. Please refer to the Modules themselves for further information about the authors and contributors.

We would like to thank the participants of the two subregional *ESCAP HRD Courses on Psychosocial and Medical Services for Sexually Abused and Sexually Exploited Children and Youth* (held in 2000), as well as participants of the *ESCAP-ILO/IPEC Training of Trainers Course on Psychosocial and Medical Services for Sexually Exploited Children and Youth* (held in 2001) for their useful feedback, suggestions and comments.



This Training Guide has been produced with the generous financial support of Sida, the United Nations Interagency Project on Trafficking in Women and Children in the Mekong Sub-region (UN-IAP) and UNAIDS.

We would appreciate receiving your feedback on this Training Guide. Please send your comments to the ESCAP secretariat at the following address:

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