

ACTIVITY REPORT
**EMPOWERING CHILDREN
FOUNDATION**



2021



EMPOWERING
CHILDREN
FOUNDATION

Table of contents

Child Advocacy Centres Network	6
Child Protection Standards	15
Helpline programme	17
Child in the Web	20
Research Department	23
“Abused child” Quarterly	24
Legal Department	26
PR Department	29
Training and Event Department	32
Fundraising Department	34

Dear Sirs/Madams,

The year 2021 was special for us for many reasons.

Firstly, it was the 30th anniversary of our Foundation. We have come a long way since Alina Margolis-Edelman registered our organization in 1991, then the Nobody's Children Foundation, and with a small group of experts who understand the needs of children, started looking for answers to the question of how to counteract the problem of child abuse in Poland. It has been a way of development, broadening the areas of our activity in order to comprehensively help abused children and their families, but also to build preventive solutions. After 25 years, we changed our name and now we operate as the Empowering Children Foundation. We entered the jubilee year with an interdisciplinary team of over one hundred specialists as a professional, reliable and effective organization. We are constantly grateful to all partners, employees, associates and volunteers for the fact that we have been able to empower children for so many years.

Second, 2021 was another year of operation in the COVID-19 pandemic. We still partially worked remotely - this was the mode of work for most of our educational activities: webinars, debates and conferences. Personal contact with participants of such events is invaluable, but thanks to the online form, we managed to reach more recipients and develop a virtual workspace. Consultations with clients - children and caregivers took place mainly in institutions, although online psychological and legal assistance has become a permanent part of our offer, because sometimes it is the only chance to provide support in situations of difficult accessibility, disability or disease. Our 116 111 helpline for children and adolescents worked continuously - 24 hours a day, 7 days a week. We were there for the children because they needed us very much.

The scale of mental crises was increasing due to distance learning, limited peer contacts, and the difficult situation of families. In 2021, our consultants made a record number of interventions in the event of threats to children's lives. On average, we prevented such crises three times a day. We also had tens of thousands of conversations with children in need of support.

We invite you to read the report - this list of educational events, assistance sessions and interventions shows the scope and scale of our activities for the better fate of Polish children. Behind each of this information is the effort, competence and mobilization of the Foundation team and all people, companies and institutions that support our work. We entered 2022 with the hope that we would continue to work together for the welfare of the child.

Monika Sajkowska

Monika Sajkowska

PRESIDENT OF THE EMPOWERING CHILDREN FOUNDATION



30 LAT

chronimy dzieci
przed przemocą



We have been protecting children from violence and sexual abuse for 30 years. We provide children and their caregivers with support, professional psychological and legal assistance. We teach adults how to wisely and effectively respond to violence against children and what to do when they suspect that a child is being abused. We support and engage parents to raise their children with love and respect. We influence Polish law so that it protects the best interests of the child. Every child deserves a childhood free from violence!

Year 2021

in the Empowering Children Foundation:

401 children provided with psychological assistance

683 caregivers provided with psychological assistance

4844 psychological consultations and individual therapeutic sessions for children

5675 psychological consultations, individual therapy sessions, and family sessions for caregivers

57 621 calls from children and young people answered

28 319 participants of our conferences

42 453 people signed our appeals and petitions





Since 2018, we have been coordinating the activities of five centres – Child Advocacy Centres, operating based on the Barnahus model. This model assumes that children victims of crimes, mainly sexual abuse and violence, and their caregivers receive interdisciplinary help under one roof. Child Advocacy Centres implement common standards, and their basic value is the best interest of the child. They offer a place for a friendly interview of children participating in criminal proceedings, as well as medical, psychiatric and legal assistance. The interdisciplinary team of the facility works in cooperation with local services. Currently, the ECF runs three centres of this type – in Gdańsk, Starogard Gdański and Warsaw. The next two centres are run by partner organizations: the Szansa Association in Głogów and the Klanza Association in Białystok.



Child Advocacy Centre in Warsaw

Goals: providing child victims and their families or caregivers with interdisciplinary help.

Main activities: psychological, psychiatric, and legal help for child victims and their families; supporting professionals who help child victims.

Activities in 2021:

- individual counselling for children and adults (psychological, psychiatric);
- preparations for interview;
- running a Child-Friendly Interview Room;
- running therapeutic support groups for parents and caregivers;
- running socio-therapeutic support groups for parents and caregivers;
- consultations for professionals (psychologists, pedagogic counselors, health care professionals, and social workers) in child abuse cases;
- being questioned as witnesses/court appointed experts at the prosecutor's office in the court in cases involving the Centre's clients;
- coordinating the Warsaw Network for Helping Children.

Year 2021 in numbers:

188 children covered with psychological assistance

84 new clients

241 parents and caregivers covered with psychological assistance

1848 psychological consultations and individual therapy sessions with children

1614 psychological consultations, individual therapy sessions, and family sessions for parents and caregivers

188 psychiatric consultations for children, young people and parents

5 paediatric consultations

66 consultations for professionals

28 meetings of sociotherapeutic groups attended by 8 children

78 hours of education support

13 families provided with social support

122 interviews at the Centre's Child-Friendly Interview Room

123 participants of trainings, seminars and workshops

Funding: Auchan Foundation
Childhood
Drzewo i Jutro Foundation
Justice Fund of the Ministry of Justice
European Commission
Warsaw City Hall
IKEA
Amazon

Contact details:



**ul. Przybyszewskiego 20/24,
01-849 Warszawa
tel.: 22 826 88 62, faks: 22 266 85 30
e-mail: cpd@fdds.pl www.fdds.pl**

Child Advocacy Centre in Starogard Gdański

Goals: providing children and families with direct help, education on child abuse prevention and good parenting.

Main activities: psychological, legal, and medical help for children and youth victimized by crime, especially physical and sexual abuse, training for professionals, providing a Child-Friendly Interview Room

Activities in 2021:

- individual consultations for children and adults (psychological, psychiatric, legal);
- consultations for professionals;
- interviewing children at the Child Advocacy Centre;
- organizing the Starogard Conference “Criminally Victimized Child”.

Year 2021 in numbers:

111	children covered with psychological assistance
51	new clients
84	parents and caregivers covered with psychological assistance
1562	psychological consultations and individual therapy sessions with children
1145	psychological consultations, individual therapy sessions, and family sessions for parents and caregivers
129	psychiatric consultations for children, young people and parents
325	consultations for professionals
160	legal consultations
115	interviews at the Centre's Child-Friendly Interview Room
1103	participants in the Starogard Conference "Criminally Victimized Child"

Funding: Starogard Gdanski Municipality
Urban-rural Commune of Skaryszewy
Tczew County
Rural Commune of Zblewo
Voivodeship Office
The Social Family Support Centre project
Barnahus Project
Amazon
bioMérieux
IKEA
donations of 1% of personal income tax

Contact details:



ul. Hallera 19a
83-200 Starogard Gdański
tel.: 515 235 716
e-mail: cpdstarogard@fdds.pl
www.fdds.pl

Child Advocacy Centre in Gdańsk

Goals: providing children and families with direct help, education on child abuse prevention and good parenting.

Main activities: psychological, legal, and medical help for children and youth victimized by crime, especially physical and sexual abuse, training for professionals, providing a Child-Friendly Interview Room.

Activities in 2021:

- individual consultations for children and adults (psychological, psychiatric, legal);
- consultations for professionals;
- interviewing children and preparation for interviews by psychology experts at the Child Advocacy Centre;
- educational activities in the field of improving parental competences.

Year 2021 numbers:

53

children covered with psychological assistance

7

new clients

81

parents and caregivers covered with psychological assistance

852

psychological consultations and individual therapy sessions with children

903

psychological consultations, individual therapy sessions, and family sessions for parents and caregivers

104

psychiatric consultations for children, young people and parents

77

consultations for professionals

165

legal consultations

53

interviews at the Centre's Child-Friendly Interview Room

42

participants of a study visit

Funding: The City of Gdańsk
Drzewo i Jutro Foundation
Childhood
Polpharma
bioMérieux
IKEA
State Street
Huawei
ECF's own funds

Contact details:



ul. Jana Uphagena 18
80-237 Gdańsk
tel.: 515 235 714
e-mail: cpdgdansk@fdds.pl
www.fdds.pl



Child and Family Centre

Goals: protecting young children (under 6) from abuse by supporting and educating their parents/caregivers in parenting without violence; promoting good parenting

Main activities: direct support for parents with young children; support for children under 6; support for professionals working with parents of young children; supporting multidisciplinary work.

Activities in 2021:

- direct help for families at risk of abusing young children and families in need of support, experiencing emotional and parenting difficulties, and struggling in their role (counselling, therapy, psychological and psychiatric support); direct help for young children;
- Organization of parenting skills workshops, support groups, and therapeutic groups ("Taming Depression", a group for fathers, "I Can Stop", a Lighthouse group, and a support group for mothers after giving birth);
- organizing the Conference „Be careful, a child! Prevention of abuse of young children”;
- co-administrating a web page for parents: rodzice.fdds.pl.

Year 2021 in numbers:

219	children and caregivers provided with psychological assistance
1751	psychological consultations and therapy sessions for children and parents
169	psychiatric consultations
4	legal consultations
8	webinars attended by 300 parents
11	monitoring meetings attended by 84 professionals
2	volunteers
12	support groups and parenting skills workshops attended by 77 parents and caregivers
2000	participants attended 13th conference „Be careful, a child! Prevention of young children abuse”

Funding in 2021: Warsaw City Hall
M&G Prudential
Polpharma
Warsaw District Office of Praga Południe
European Commission
Żelazna Medical Centre
Mazovian Social Policy Centre
IKEA
Erasmus+

Contact Details:



ul. Walecznych 59
03-926 Warszawa
tel.: 22 616 16 69
e-mail: cdir@fdds.pl
www.fdds.pl



Child Protection Standards



Goals: protecting children from violence inflicted by adults and peers by promoting standards of child protection, including the Policy Child Protection, in centres and institutions where children reside.

Main activities: providing an educational offer helpful in implementing child protection standards, ongoing support for institutions related to the introduction of systemic solutions to protect children from violence.

Activities in 2021:

- conducting the „Resilience Mentor” training and developing training materials (PEARLS project);
- conducting trainings on the prevention of violence for children staying in the centre for foreigners;
- conducting 4 online trainings „Train the trainers” for carers, psychologists and managers of 3 nurseries in Warsaw as part of the Nurseries at Start project;

- preparation of a report on the situation and of the assistance path for child victims of crime in Poland (PEARLS project);
- coordination of the creation of the new website of the program www.standardy.fdds.pl, which includes the generator of Child Protection Policies;
- cooperation with coalitions for the protection of children on the border with Belarus.

Year 2021 in numbers:

283

participants of trainings and webinars

12

trainings conducted

Funding in 2021: European Union
Erasmus+ „Stop!”
Norwegian Financial Mechanism
Warsaw City Hall;
European Social Fund
DOW
ECF's own funds

Contact details:



ul. Walecznych 59
03-926 Warszawa
tel.: 22 616 16 69
e-mail: chronimydzieci@fdds.pl
www.chronimydzieci.pl



Helpline programme

116 111 – Helpline for Children and Young People and
800 100 100 – Helpline for Parents and Teachers on Keeping
Children Safe



Goals: helping children and young people in need of support, care, and protection; to help parents and teachers who need support and information in prevention activities and helping children dealing with problems and difficulties.

Main activities: phone and online support for children and young people in difficult situations, phone and online consultations for parents and teachers on how to keep children safe; education and promotion activities aiming at encouraging people to seek help when struggling with difficulty and to use the helplines' services.

- Activities in 2021:**
- operating the free helpline 116 111 – 7 days per week and 24 hours per day;
 - operating the free helpline 800 100 100 – Monday to Friday, from 12.00 to 15.00;
 - administrating the programme's website www.116111.pl;
 - administrating the www.800100100.pl website and online counselling for parents and professionals on keeping children safe;
 - trainings for professionals on how to provide support and psychological;
 - preparation and implementation of an internship program for psychologists;
 - managing the profile of 116 111 on Instagram;
 - running the profile of 116 111 on Tik Tok.

Year 2021 in numbers:

57 621

received calls from children and young people

823

interventions in situations of immediate threat to the life or health of children

9232

replies to messages from children

1328

received calls from parents, caregivers and teachers

1123

substantive conversations were held

94

replies to messages



Funding in 2021: Kulczyk Foundation
Drzewo i Jutro Foundation
Ministry of Interior Affairs and Administration
DWF
Orange
Orange
Accenture
IKEA
Agora
Mercedes
Brainly
Euroclear
The Locomotive of Dreams Foundation
PEPCO
Tides
Erasmus ES
Childhood LGBT+

Contact detail:



ul. Przybyszewskiego 20/24
01-849 Warszawa
tel.: 22 826 88 62, faks: 22 266 85 30
www.116111.pl, www.800100100.pl



Child in the Web

Goals: preventing online risks to children and young people; helping children threatened online; assessing the scale and characteristics of online threats to children.

Main activities: education projects, media campaigns, phone help, research and analyses, “Child in the Web” counselling centre.

Activities in 2021:

- Safer Internet Day (conference, initiating local activities);
- Digital Youth Forum – online conference for young people;
- 15th International Conference “Keeping Children and Young People Safe Online”;
- the „LGBT+me” social campaign;
- social campaign „The body does not define”;
- managing the “Child in the Web” counselling centre;
- administrating websites: Sieciaki.pl and Necio.pl, and a mobile app Necio;
- distributing educational materials;

- publication of an educational book for children, „Sieciaki. Twarzozmieniacz i Wielka Gala Fejmu”;
- preparation and conducting of 4 series of „Attentive Parents” courses.

Year 2021 in numbers:

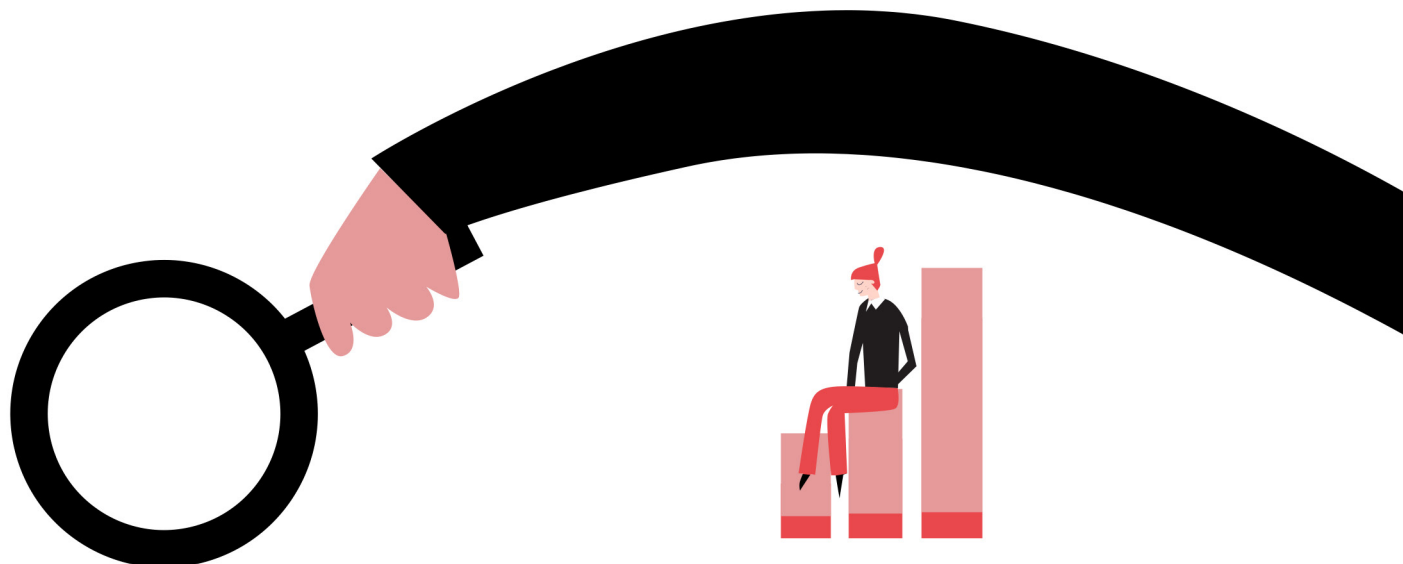
8108	participants of training, webinars, seminars and workshops
2968	participants of the expert debate „The body does not define”
840	parents and caregivers trained as part of the „Attentive Parents” course
42	children provided with psychological assistance
65	parents and caregivers provided with psychological assistance
494	psychological consultations and individual therapy sessions for children
350	psychological consultations, individual therapy sessions, and family sessions for parents and caregivers
464 288	participants of local initiatives as part of the Safer Internet Day
16 497	participants of the Digital Youth Forum
10 052	new registered users of the Sieciaki.pl website
2234	book adventures of Sieciaki sent to schools
1000	educational packages sent to schools

Funding in 2021: European Commission;
Orange Foundation;
Google Polska;
Facebook Polska;
bioMérieux
SnowDog
Ministry of Justice
Mazovia province governor
Librus
Childhood LGBT
ITU

Contact details:



**ul. Mazowiecka 12/25
00-048 Warszawa
tel.: 22 616 02 68
e-mail: dzieckowsieci@fdds.pl
www.fdds.pl**



Research Department

Goals: expanding knowledge about child abuse; to prepare assessments and expert evaluations for programmes carried out by the Empowering Children Foundation.

Main activities: assessing the situation of children in Poland, especially in terms of abuse; evaluating activities carried out by the Foundation.

Activities in 2021:

- coordination of research at the Foundation;
- carrying out research and preparing a report: "Local offer of support and assistance for child victims of crime and their caregivers. Diagnosis of the situation in Poland;
- carrying out research and preparing internal reports

Funding in 2021: Ministry of Justice
Warsaw City Hall
European Commission – Pearls
National Institute of Freedom – Centre for the Development of Civil Society
Norwegian Financial Mechanism

Contact details:



ul. Walecznych 59
03-926 Warszawa
tel.: 22 616 16 69
e-mail: badania@fdds.pl
www.fdds.pl



Dziecko Krzywdzone

Teoria Badania Praktyka

“Abused Child: Theory, Research, and Practice” is a periodical published by the Empowering Children Foundation – a multidisciplinary quarterly journal. Its main goal is to expand knowledge about different aspects of child abuse among professionals including psychologists, educators, health care professionals, lawyers, social policy makers, and others. The “Abused Child” quarterly cooperates with international journals focusing on the problem of child abuse, such as “Child Abuse and Neglect” and “Child Maltreatment”.

In 2021, four issues of the periodical were published:

- Quarterly: Vol 20, No 1 (2021): Justice system and children
- Quarterly: Vol 20, No 2 (2021): Keeping children safe from abuse during the COVID-19 pandemic

- Quarterly: Vol 20, No 3 (2021): Support for children and parents - evaluation perspective
- Quarterly: Vol 20, No 4 (2021): A child outside the family of origin

Contact details:



**ul. Mazowiecka 12/25
00-048 Warszawa
tel.: 22 616 02 68
e-mail: redakcja@fdds.pl
www.dzieckokrzywdzone.fdds.pl**



Legal Department

Goals: providing the Empowering Children Foundation's clients with legal help and services; implementation of the rights of children participating in legal procedures, education and raising awareness among professionals, and advocacy for legislative changes in the field of child protection.

Main activities: face-to-face and phone consultations for the Foundation's clients; handling the legal aspects of the Foundation's programmes and providing legal interventions. As part of the "Child Friendly Justice" programme: conducting training for judges, prosecutors, legal counsels, police officers, and court appointed experts, as well as for psychologists and pedagogic counsellors on how to prepare children for interviews and how to interview children; publishing activity targeted at professionals, parents, and child victims and witnesses. Workshops for parents of children involved in legal procedures, advocacy for introducing the institution of the guardian ad litem, representing child victims in criminal proceedings. Acting as guardians ad litem for child victims. Carrying out a legal programme "Child Victim Advocate", in which volunteers provide email consultations on child abuse prevention and accompany the Foundation's clients during court trials.



FUNDACJA
DAJEMY
DZIECIOM
SIŁĘ

FINANSOWANIE

Iceland
Liechtenstein
Norway

Active
citizens fund

PATRONAT

RZECZNIK PRAW OBYWATELSKICH

Wysoki sędzie, zobacz mnie

Polskie prawo umożliwia skuteczną ochronę dzieci uczestniczących w procedurach prawnych.

Prawniku! Prawniczko! Stosuj je, aby chronić dzieci.

wspd.fdds.pl



Activities in 2021:

- face-to-face consultations for parents/caregivers of child victims and within legal proceedings involving children;
- phone and email consultations;
- running the “Child Victim Advocate” programme (providing information on interventions promoting children’s interests, psychological and legal support for young child witnesses and their parents/caregivers; preparing them for the participation in the court trial or interview);
- filing amicus curiae briefs in the court on respecting children’s rights;
- advocacy for amending the child protection law;
- training for professionals working for abused children;
- training and cooperation with courts within the “Child Friendly Justice” programme;
- participating in the work of the Multidisciplinary Team for Warszawa-Targówek district;
- the social campaign „See me, Your Honour”.

Year 2021 in numbers:

150	legal consultations for parents
300	phone consultations
220	e-mail consultations as part of the project „Child Victim Advocate”
10	hearings under the project „Child Victim Advocate”
100	prepared pleadings
5	Lawyer’s Club meetings attended by 350 people
350	internal consultations
12	lobbying opinions

Funding in 2021: Active EEA Citizens
Donations of 1% of personal income tax
ECF’s own funds
UM CPD
Childhood
UM Help

Contact details:



ul. Przybyszewskiego 20/24
01-849 Warszawa
tel.: 22 826 88 62
e-mail: cpd@fdds.pl
www.fdds.pl



PR Department

Goals: building a coherent image of the Empowering Children Foundation and social awareness of the problem of child abuse in Poland. Conducting planned, efficient and effective communication with the internal and external environment.

Main activities: establishing and maintaining relations with the media and partners, running social media channels, creating promotional materials, support in achieving strategic goals, branding of the Foundation's institutions, granting patronage.

Activities in 2021:

- campaign on the problem of sexual abuse „Powerlessness”;
- logo lifting and preparation of identification for the 30th anniversary;
- image-building video;
- the Foundation's birthday manifesto - light illumination at the Palace of Culture and Science „Childhood without violence”;
- organizing a debate „Consequences of the covid-19 pandemic for mental health and education of children and youth in Poland”;
- organizing a birthday debate „How to empower children”;

- new websites fdds.pl, 116111.pl, wspd.fdds.pl;
- administration and editing of websites: fdds.pl, rodzice.fdds.pl;
- conducting communication activities in social media (Facebook, Instagram, LinkedIn);
- promotion of the campaign: 1%, „LGBT + me”, „The body does not define”, „See me, Your Honour”, „Teen’s room”, „A letter from Santa”;
- communication support and promotion of appeals, Foundation’s statements, petitions;
- ECF’s mural in Starogard Gdański;
- managing the press office;
- promotion of training courses, conferences, webinars and other activities of the Foundation;
- branch branding;
- organization and promotion of events related to running competitions.

2021 in numbers:

11 387

publications and media mentions about the Empowering Children Foundation

110 581

fans on Facebook (increase by 21 446)

26 300

followers on Instagram (increase by 7.4 thousand)

1150

followers on LinkedIn

7370

fans of the Safer Internet fan page

27260 640

views of the www.fdds.pl website

Contact details:



**ul. Mazowiecka 12/25
00-048 Warszawa
tel.: 22 616 02 68
e-mail: pr@fdds.pl
www.fdds.pl**



Training and Event Department

Goals: raising the standards of the FDDS educational offer and providing organizational support to educational activities.

Main activities: diagnosing the needs to support educational activities in all Foundation programs, diagnosis of training needs, verification and standardization of training scenarios and educational materials, organization of trainings and conferences, systematic evaluation of events and implementation of applications, development of the educational offer, supporting trainers, administration of the educational platform, building strong partnerships with subcontractors, development and implementation of online training standards in terms of new tools and competences.

Activities in 2021:

- 17th Polish National Conference „Child Victims of Crime” online;
- implementation and administration of the new platform edukacja.fdds.pl;
- support in the implementation of events organized at the Foundation and training for the ECF trainers;

- co-organization of webinars;
- administration of accounts and coordination of the occupancy of tools for conducting online events.

Funding in 2021: Ministry of Justice.
European Union – Connecting Europe Facility
UM Education
Own economic activity
The ECF's own funds
BarnahusPoland

Contact details:



ul. Walecznych 59
03-926 Warszawa
tel.: 22 616 16 69
e-mail: szkolenia@fdds.pl
www.fdds.pl



Fundraising Department

Goals: raising funds necessary for the functioning of the Foundation.

Main activities: contacts with companies and individual donors, coordinating actions and campaigns, finding sponsors.

Activities in 2021:

- finding new donors and business partners;
- coordinating the „Letter from Santa” campaign;
- cooperation at the events related to running competitions;
- contact with donors.

Year 2021 in numbers:

7900
about 17 000

regular donors

141

runners and charity runners

102

companies supporting our activities

8026

letters sent in the „Letter from Santa” campaign

Contact details:



ul. Mazowiecka 12/25
00-048 Warszawa
tel.: 22 616 02 68
e-mail: fr@fdds.pl
www.fdds.pl



Our activities are possible also thanks to the work of other departments: Accounting and Personnel Management, IT, Administration and HR.

**Only together we
can empower
children!**



**EMPOWERING
CHILDREN
FOUNDATION**



EMPOWERING
CHILDREN
FOUNDATION