

# Empowering Children Foundation **Activity report**

2023



**EMPOWERING  
CHILDREN  
FOUNDATION**

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**W**e present to you a report on the activities of the Empowering Children Foundation carried out in 2023. This year we celebrated the 32nd anniversary of our organization. All these years we have been following the road towards a childhood without violence. We have managed to build and change a lot to ensure that children are protected from abuse. The information in this report only shows the last section of this road. Our strategic goals are our guide. Most of the activities implemented in 2023 are continuation and development consistent with the main goals of the Foundation – assistance, prevention, advocacy and mobilization.

Help means building an offer of specialized direct help for children affected by crimes in the network of Child Advocacy Centres and remote help for children in difficult life situations through our Helpline 116 111.

Prevention is the prevention of child abuse through support and education of parents and people working with children. Also by giving strength to children and young people themselves to avoid dangers and seek help.

Advocacy means identifying systemic and legal solutions that provide children with better protection against abuse, and seeking their implementation by decision-makers at various levels.

Mobilization means engaging people, institutions, organizations and companies to implement our mission – protecting children from violence.

I invite you to read the report and ask readers to see the work of a wonderful team of nearly two hundred employees, collaborators and volunteers of the Foundation behind the numbers and synthetic descriptions, and to see also support, change, opportunity, hope and relief that are shared by hundreds of our people – children and their caregivers.



**Monika Sajkowska**  
*President of The Empowering Children Foundation  
until January 2024*

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

## Year 2023

in the Empowering Children Foundation in numbers:

**444**

children provided with psychological assistance

**865**

caregivers provided with psychological care

**5047**

psychological consultations and individual therapeutic sessions for children

**5671**

psychological consultations and individual therapeutic sessions for caregivers

**68,866**

calls received from children and adolescents

**16,726**

participants of our conferences

**42,069**

people who signed our appeals and petitions







## Help

**E**xperiencing or witnessing abuse may have a negative impact on the development and physical, emotional and social functioning of a child, but it also may affect the child's later life. The research shows that people who experience abuse or sexual abuse are many times more likely to attempt suicide or other self-destructive behaviour. Thanks to various forms of direct help – psychological, psychotherapeutic, psychiatric and legal consultations, we provide children and their non-abusing parents with effective help to minimize the consequences of traumatic experiences.

Our support also applies to situations where a child has experienced abuse through electronic media (internet, telephone, etc.).

In addition, if children and young people experience any difficulties and threats or feel the need to talk, they can contact our Helpline for Children and Youth 116 111, which operates 24 hours a day, 7 days a week.



**CENTRUM  
POMOCY  
DZIECIOM**

# Child Advocacy Centres Network

Since 2018 we have been coordinating activities of ten Child Advocacy Centers Network, operating on the basis of the Barnahus model. This model assumes that children victims of crime, mainly of sexual abuse and violence, and their caregivers receive specialist, interdisciplinary help under one roof. Child Advocacy Centres implement common standards, and their basic value is the welfare of the child. They offer a space for a child-friendly interview for the children participating in criminal procedures, as well as medical, psychological, psychiatric and legal assistance. The interdisciplinary team of the facility works in cooperation with local services. At the moment our Foundation runs three CAC – in Gdańsk, Starogard Gdański and Warsaw. The further seven Child Advocacy Centres are run by partner organizations: the Szansa Association for Children and Youth in Głogów, the Klanza Association in Białystok, the Sempre a Frente Foundation in Lublin, the Moc Wsparcia Association in Sosnowiec, the NON LICET Foundation in Wrocław and the PoWer Foundation in Podhale, and Słonie na Balkonie Foundation in Łódź.

## **Goals:**

development of the Network of Child Advocacy Centres in Poland providing interdisciplinary assistance to children – victims of crime and their families or caregivers.

## **Main activities:**

organization of meetings, workshops, training and supervision for CAC teams operating within the Network and preparation of tools that support the organization of work in facilities and its evaluation.

## **Actions implemented in 2023:**

- ➡ training for professionals working at Child Advocacy Centres (CAC coordinators, lawyers, therapists, first contact persons);
- ➡ training for teams of newly opened CAC facilities (CAC model, legal aspects of child protection);
- ➡ individual consultations;
- ➡ webinars.

## Year 2023 in numbers

11

training courses for professionals working at Child Advocacy Centres

200

participants of training for professionals working at Child Advocacy Centres

61

hours of individual consultations with professionals working at Child Advocacy Centres

6

webinars

18

hours of supervision for coordinators of Child Advocacy Centres

4

new Child Advocacy Centres

### Financing:

- ➔ IKEA
- ➔ Plan International
- ➔ Save the Children International

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# Warsaw Child Advocacy Centre

## Goals:

interdisciplinary help for child victims of crime and their families or caregivers.

## Main activities:

psychological, psychiatric and legal assistance for children – victims of violence and their families, support of professionals helping children – victims of crime.

## Actions implemented in 2023:

- ➡ individual consultations with children and adults (psychological, psychiatric);
- ➡ preparing children for the interview in the Child-Friendly Interview Room;
- ➡ psychoeducational and development groups, support groups, social therapy groups for children, youth, parents and caregivers;
- ➡ consultations for professionals (psychologists, educators, healthcare workers, social workers) on child abuse cases.

## Year 2023 in numbers

146

children covered with psychological assistance

170

parents and caregivers covered with psychological assistance

1959

psychological consultations and individual therapeutic sessions with children

1133

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

242

legal counselling

208

psychiatric consultations for children, young people and parents

9

paediatric consultations

4

groups for children and young people for a total of 27 people

4

groups for parents and caregivers for a total of 53 people

141

hours of educational support for children

10

families covered by social support

90

interviews in the Child-Friendly Interview Room

### Financing:

- ➔ Drzewo i Jutro Foundation,
- ➔ Justice Fund of the Ministry of Justice,
- ➔ World Childhood Foundation,
- ➔ City Hall of Warsaw,
- ➔ Ingka

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# Starogard Gdański Child Advocacy Centre

## Goals:

direct help to children and families, education in the field of preventing violence against children and good parenting.

## Main activities:

psychological, medical and legal assistance for children – victims of crime and their families, support of professionals helping children – victims of crime, primarily to victims of violence and sexual abuse, training for professionals, providing access to a Child Friendly Interview Room.

## Actions implemented in 2023:

- ➔ individual psychological consultations for children and adults;
- ➔ specialized medical assistance – psychiatric consultations for children and adults;
- ➔ paediatric consultations;
- ➔ legal counselling;
- ➔ family and parenting consultations;
- ➔ preparing children and their caregivers for hearings;
- ➔ consultations for professionals;
- ➔ training for representatives of educational institutions on Child Protection Standards;
- ➔ training for the organizer of foster care and foster families on the process of a child's transition from the biological family to foster care;
- ➔ working in a local team for the analysis of child abuse fatality;
- ➔ organization of the Starogard Conference “Child Victim of Crime”;
- ➔ individual consultations for children and parents from Ukraine;
- ➔ „Release emotions from your body” group classes for children and adults from Poland and Ukraine;
- ➔ therapeutic group for adults “Parent – Lighthouse”;
- ➔ group for children and teenagers “Work with your body and breathing”.

## Year 2023 in numbers

**107**

children covered with psychological assistance

**50**

new clients

**173**

parents and caregivers covered with psychological assistance

**1178**

psychological consultations and individual therapeutic sessions with children

**142**

psychiatric consultations for children, young people and parents

**1165**

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

**30**

consultations for professionals

**188**

legal consultations

**94**

interviews in the Child-Friendly Interview Room

### Financing:

- ➔ Starogard Gdański Municipality
- ➔ District Office – Starogard Gdański
- ➔ Skarszewy Commune
- ➔ World Childhood Foundation
- ➔ International DEC Plan
- ➔ International DEC 2B Plan
- ➔ SEDAR
- ➔ Polpharma
- ➔ IKEA

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# Gdańsk Child Advocacy Centre

## Goals:

direct help to children and families, education in the field of preventing violence against children and good parenting.

## Main activities:

psychological, medical and legal assistance for children – victims of crime and their families, support of professionals helping children – victims of crime, primarily to victims of violence and sexual abuse, training for professionals, providing access to a Child Friendly Interview Room.

## Actions implemented in 2023:

- ➔ individual consultations with children and adults (psychological, psychiatric, legal);
- ➔ preparing children for the interview in the Centre's Child-Friendly Interview Room at the Child Advocacy Centre;
- ➔ educational activities in the field of raising parental competences;
- ➔ therapy groups for children, adults and families;
- ➔ therapeutic workshops for children and adults from Ukraine;
- ➔ consultations for professionals (psychologists, educators, social workers, health care workers, probation officers) on matters of child abuse;
- ➔ organization of the conference "Child Experiencing Trauma" in Gdańsk;
- ➔ training for professionals on recognizing the symptoms of child abuse and intervening in situations of suspected child abuse;
- ➔ work in the Gdańsk Interdisciplinary Team.

## Year 2023 in numbers

94

children covered with psychological assistance

48

new clients

154

parents covered with psychological assistance

1201

psychological consultations and individual therapeutic sessions with children

1635

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

115

psychiatric consultations for children and young people

28

consultations for professionals

97

legal consultations

1077

participants of trainings

### Financing:

- ➔ Drzewo i Jutro Foundation
- ➔ Municipality of the City of Gdańsk
- ➔ Warbud Foundation
- ➔ Childhood Ukraine
- ➔ PI DEC
- ➔ 1.5% PBO
- ➔ own funds

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# Child in the Web Counselling Centre

## **Goals:**

to help children who have experienced cyberbullying, contact with harmful content online, grooming, online sexual abuse and other difficult situations, including problematic use of screen devices; their parents and professionals in situations where their children's online safety is threatened.

## **Main activities:**

psychological consultations, individual and group therapy, family development meetings, support groups for young people and adults, psychoeducational and development groups, trainings and workshops.

## **Actions implemented in 2023:**

- ➡ psychological consultations/individual therapeutic sessions for children and parents/caregivers;
- ➡ family sessions;
- ➡ psychoeducational and development groups for young people;
- ➡ a support group for young people experiencing violence;
- ➡ a support and development group for parents of young people.



## Year 2023 in numbers

90

children covered with psychological assistance

22

new clients

99

parents and caregivers covered with psychological assistance

534

psychological consultations and individual therapeutic sessions with children

370

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

### Financing:

- ➔ European Commission
- ➔ Orange Foundation
- ➔ Own funds
- ➔ The Walt Disney Company

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**116 111**  
telefon zaufania  
dla dzieci i młodzieży

## Helpline Programme

**116 111** – helpline for children and young people  
**800 100 100** – helpline for parents and teachers  
on keeping children safe

### Goals:

to help children and young people in need of support, care and protection, to help parents and teachers who need support and information on prevention and helping children in trouble and difficulties.

### Main activities:

Helpline Program – ad hoc individual help for children and young people in need of support, help for parents and teachers who need support and information on how to help children experiencing problems and difficulties. Telephone and online support for children and young people in difficult situations, telephone and online consultations for parents and teachers on children's safety; educational and promotional activities encouraging people to seek help in difficult situations and to use the telephone assistance offer.

## Actions implemented in 2023:

- ➡ service of the free helpline 116 111 – working 7 days a week, 24 hours a day;
- ➡ handling chat conversations on 116 111 – open 7 days a week, Monday to Friday, 2:00 p.m. – midnight;
- ➡ service of the free helpline 800 100 100 – working from Monday to Friday, 12.00–15.00;
- ➡ opening of the free helpline 116 111 in Ukrainian and Russian – working 7 days a week, from Monday to Friday from 14:00 to 24:00;
- ➡ running the website [www.116111.pl](http://www.116111.pl);
- ➡ running the website [www.800100100.pl](http://www.800100100.pl) and online counselling for parents and professionals on child safety;
- ➡ psychoeducational activities addressed to children on social media on the 116 111 profile on Instagram and on Tik Tok.

## Year 2023 in numbers

**53,908**

received calls from children and young people (line in Polish)

**4,446**

received calls from children and young people (line in Ukrainian and Russian)

**900**

interventions in situations of direct threat to children's life or health

**10,512**

replies to online messages from children

**1,526**

calls received from parents, caregivers and teachers

**263**

responses to online messages from parents and teachers

## Financing:

- ➡ Drzewo i Jutro Foundation
- ➡ PNB Paribas Foundation
- ➡ Lokomotywa Marzeń Foundation
- ➡ Agora SA
- ➡ World Childhood Foundation
- ➡ UNHCR
- ➡ ICG Poland sp. z o.o.
- ➡ Procter and Gamble
- ➡ IKEA Retail sp. z o.o.
- ➡ 357 sp. z o.o.
- ➡ Nationale Nederlanden
- ➡ Santander Bank Polska SA Foundation
- ➡ Alior Bank SA
- ➡ Circle K
- ➡ Deniviti sp. z o.o.
- ➡ Fundacja Prologis
- ➡ KappAhl Polska sp. z o.o.
- ➡ Orange Polska SA
- ➡ Fundacja Orange
- ➡ PEPCO Poland sp. z o.o.
- ➡ Plan International Poland Foundation
- ➡ Plan International Poland134
- ➡ Save the Children
- ➡ Child Helpline International
- ➡ TK Maxx and Homesense Foundation
- ➡ PWC
- ➡ RSM Poland Audyt
- ➡ Brainshake&More
- ➡ Amazon
- ➡ UNIQA TU SA
- ➡ KPMG
- ➡ HSBC Continental Europe
- ➡ Chiesi
- ➡ Literatura Inspiruje Publishing Group

### Contact:

[www.116111.pl](http://www.116111.pl)  
[www.800100100.pl](http://www.800100100.pl)



# Helping families from Ukraine

Due to the ongoing aggression of the Russian Federation against Ukraine in 2023, we continued our assistance to families from Ukraine so that they can cope with traumatic experiences and regain, as much as possible, a sense of security.

In our Child Advocacy Centres, we conduct individual therapeutic sessions, psychiatric and legal consultations. We also organize forms of group support as well as workshops and trips.

We also conducted some of our educational activities in Ukrainian, so that children, parents and professionals from Ukraine could participate in them.

The helpline for children and youth 116 111 in Ukrainian and Russian is still operational. We talk to children who miss their home in Ukraine, their family. These calls also include calls from people who experience domestic violence, self-harm or have suicidal thoughts. By talking to consultants, they regain balance and strength to face their problems. Helpline assistance in Ukrainian and Russian is available from Monday to Friday from 14:00 till 24:00.

## Actions implemented in 2023:

- ➔ individual consultations with children and adults (psychological, psychiatric);
- ➔ legal consultations;
- ➔ supervision, support and training groups for professionals working with refugees from Ukraine;
- ➔ assistance in Ukrainian and Russian at 116 111;
- ➔ material and in-kind aid;
- ➔ translation of educational materials into Ukrainian;
- ➔ podcasts;
- ➔ brochures for children and parents/caregivers coming from Ukraine to Poland;
- ➔ workshops for children.



### Year 2023 in numbers

# 4446

calls answered on the 116 111 Ukrainian-language line





# Prevention

**A**ctivities aimed at preventing child abuse are of great importance for us. We educate parents and provide them with psychotherapeutic help to raise children without violence. We support families and professionals in the safe use of new technologies. Our offer can also be used by organizations and institutions that want to comprehensively ensure the safety of their children: nurseries, kindergartens, schools, non-governmental organizations, sports clubs. We support them in implementing child protection standards, together making these places safer for children. We also educate the public so that they can react appropriately in situations where there is a suspicion that a child may be experiencing abuse. We also run an educational platform where we collect all educational materials prepared by the Foundation and share them with users free of charge.



# Re-granting programme

After the start of a full-scale war in Ukraine, we not only tried to organize help in our centres, but also to support other non-governmental organizations and institutions in helping people from Ukraine. In 2023 we also continued these activities, they were implemented in the following towns and cities: Poznań, Białystok, Katowice, Lublin, Łódź, Ludźmierz, Wrocław, Olsztyn, Sosnowiec, Głogów, Rzeszów.

## Actions implemented in 2023:

- ➔ individual and group therapeutic assistance for children and adults;
- ➔ individual psychiatric assistance for children and adults;
- ➔ legal assistance;
- ➔ providing safe spaces for children;
- ➔ consultations with a paediatrician;
- ➔ community care;
- ➔ translations;
- ➔ community care and social counselling;
- ➔ psychoeducation;
- ➔ integration activities;
- ➔ promotional and information activities;
- ➔ lessons of Polish;
- ➔ food and material support;
- ➔ substantive support for professionals (e.g. training on child protection standards);
- ➔ individual and group supervision for grantees' staff;
- ➔ introducing/updating the Child Protection Policy in organizations;
- ➔ renovation works and equipping of selected facilities.

## Financing:

- ➔ IKEA
- ➔ Ingka
- ➔ UNHCR
- ➔ World Childhood Foundation
- ➔ Plan International Inc.
- ➔ Save the Children International
- ➔ Terre des Hommes Netherlands

## Year 2023 in numbers

In total,

# 10,872

children and over 6 256 adults benefited from the programme's assistance



# Child Protection Standards

## Goals:

protecting children against violence by adults and peers by implementing child protection standards, including the Policy of Protecting Children against Violence, in facilities and institutions where children are staying.

## Main activities:

providing institutions and organizations with an educational offer helpful in implementing child protection standards, ongoing support in introducing systemic solutions to protect children from violence.

## Actions implemented in 2023:

- ➔ development of the manual “Standards for the protection of children in medical facilities”;
- ➔ development of a series of publications devoted to the protection of children against abuse addressed to medical professionals;
- ➔ conducting a pilot implementation of child protection standards at the Warsaw Medical Care Center KOPERNIK sp. z o.o. (a series of training and consultations for hospital staff, support in creating procedures and rules);
- ➔ development of the manual “Child Protection Standards in Non-Governmental Organizations”;
- ➔ consultations on the development and implementation of child protection policies;
- ➔ education for employees of facilities providing care for children up to 3 years of age on the protection of children against violence (webinars for day care providers and an e-learning course for nursery employees);
- ➔ supporting centres in implementing child protection standards through education of staff, parents and children staying in refugee centres (classes for parents on non-violent upbringing, socio-therapeutic workshops for children on recognizing threats, support group meetings for parents and online training for centre staff);

- ➔ starting a pilot program for introducing child protection standards in youth education centers (study visits and a series of workshops for staff and foster children);
- ➔ implementing child protection standards in clubs and sports associations (workshops, consultations, and working group meeting);
- ➔ development and publication of the brochure “Attentive Centre, Attentive Organization. A Practical Guide for Employees of Entities Obligated to Implement Child Protection Standards”;
- ➔ preparing a group of several dozen trainers to conduct training on child protection standards.

## Year 2023 in numbers

# 2635

participants of trainings, webinars, consultations and workshops on child protection standards

# 45

organizations for which consultations were carried out regarding the introduction of child protection policies

# 6

promotional and educational spots regarding the implementation of SOD in various types of organizations

# 3771

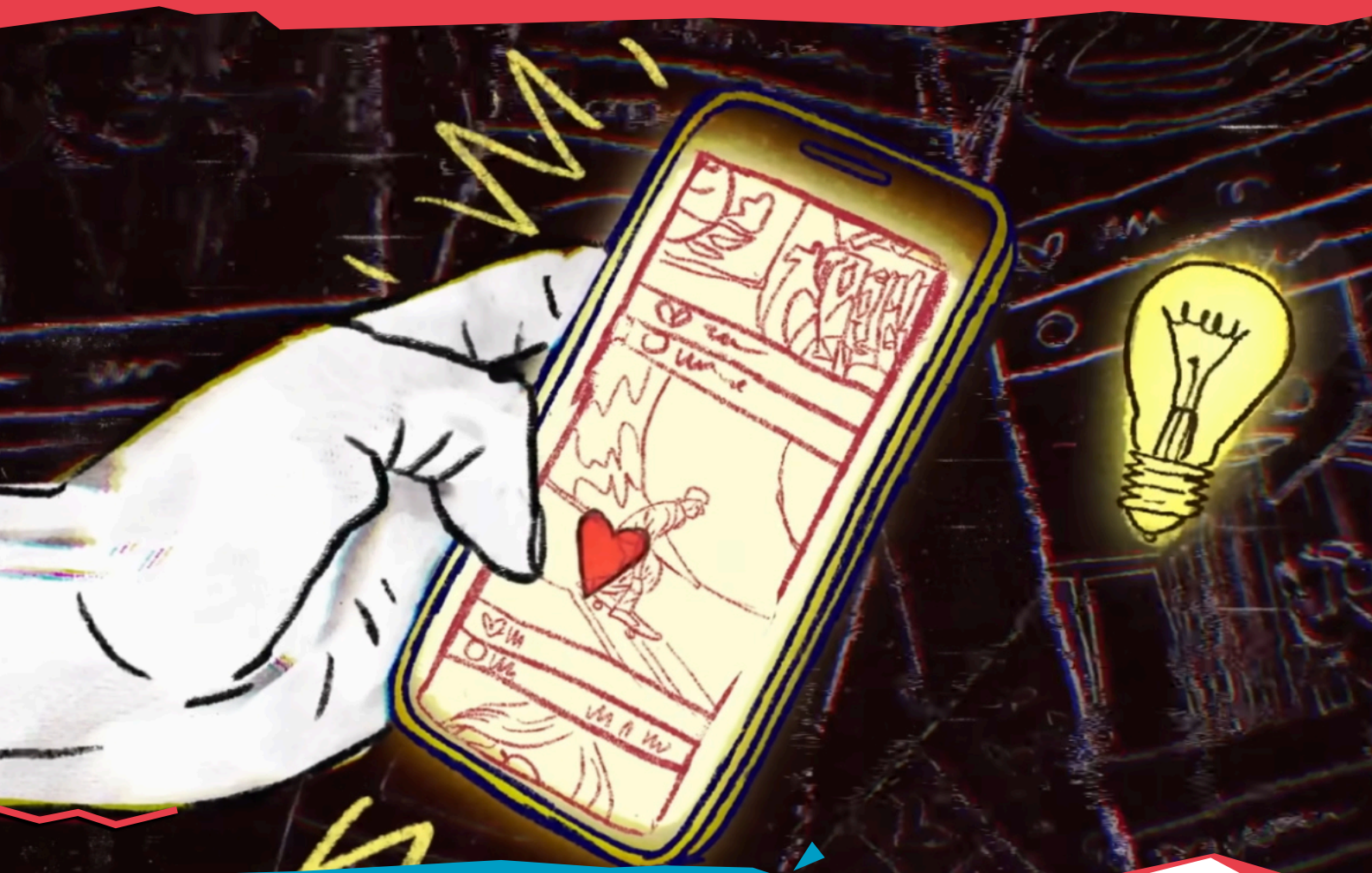
organizations/institutions that have started working on child protection standards using the tools and materials available at [standards.fdds.pl](http://standards.fdds.pl)

### Financing:

- ➔ Norwegian Financial Mechanism
- ➔ City Hall of Warsaw
- ➔ Plan International
- ➔ Carlson donation
- ➔ PAH funds
- ➔ Save the Children International
- ➔ Terre des Hommes
- ➔ UNICEF
- ➔ Own funds

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## Child in the Web

### Goals:

prevention of online threats to children and young people, promoting the idea of digital hygiene, educating children, parents and professionals, diagnosing and raising awareness on the specificity and scale of the problem of threats to children on the Internet.

### Main activities:

educational projects, media campaigns, events.

### Actions implemented in 2023:

- ➔ Safer Internet Day 2023 (conference – on site and online, initiating local activities);
- ➔ Digital Youth Forum conference for young people – on site and online;
- ➔ 17th International Conference “Keeping Children and Youth Safe Online” – on site and online;
- ➔ a series of seminars for professionals;
- ➔ running the websites [Sieciaki.pl](http://Sieciaki.pl), [Necio.pl](http://Necio.pl);
- ➔ educational campaign “Dopamine”;
- ➔ promotion and distribution of educational materials;
- ➔ publishing an educational book for children “Sieciaki. There are more of us”.



## Year 2023 in numbers

**222,953**

participants of conferences, trainings, webinars, seminars and workshops

**90**

children provided with psychological care

**99**

parents and guardians provided with psychological care

**534**

psychological consultations and individual therapeutic sessions with children

**370**

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

**4505**

participants in the debate "Attention: DOPAMINE! How to support young people in using social media?"

**15,516**

Digital Youth Forum participants

### Financing:

- European Commission
- Orange Foundation
- Samsung
- Google
- Algida
- Warbud
- Fly On The Cloud
- Geocomply
- Own funds

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# Lighthouse Parenting Center

The Child and Family Centre is a preventive facility of the Empowering Children Foundation intended for parents of children up to 6 years of age. The Centre's specialists have been supporting parents in building their relationships with their children for over 15 years, assisting them in changing parental attitudes, developing parental competences and moving away from unconstructive parenting methods towards building relationships based on respect and love.

In October 2023, the Child and Family Centre transformed into the Lighthouse Parenting Centre in cooperation with the Lighthouse MBT Parenting Program. The counselling centre has remained focused on the preventive area for parents of children up to 6 years of age, though the basic method of psychological work has changed. Counselling professionals work with parents basing on mentalization. The Lighthouse Parenting Centre is the first counseling center in Poland working with parents basing on mentalization.

## **Goals:**

protection of young children (0-6 years old) against abuse through support and education of parents/caregivers in upbringing without violence, promotion of good parenting.

## **Main activities:**

direct support for parents of young children basing on mentalization, a proven method of working with parents at risk of child abuse, support for children aged 0-6, support for professionals working with parents of young children, support for interdisciplinary cooperation.

## Actions implemented in 2023:

- ➔ direct help for families at risk of abusing young children and parents who need support, experience emotional and educational difficulties, and find it difficult to find their place in their role (consultations, therapy, psychological and psychiatric support), as well as help for young children;
- ➔ parenting skills workshops – “I can stop”, support groups for mothers and separately for fathers, therapeutic groups “Parent like a lighthouse”, therapeutic groups “Taming depression”, support group for mothers – citizens of Ukraine;
- ➔ organization of the Conference “Caution with the Child – prevention of abuse of young children”;
- ➔ preparation of 4 podcasts for parents;
- ➔ conducting a “Study for professionals working with fathers”;
- ➔ webinars for parents;
- ➔ co-running the website for parents: [dziennik.fdds.pl](http://dziennik.fdds.pl).

## Year 2023 in numbers

177

children and caregivers receiving psychological care

1543

psychological consultations and therapeutic sessions for parents and children

123

psychiatric consultations

69

participants of support groups and parenting skills workshops

## Financing:

- ➔ City Hall of Warsaw
- ➔ Praga Południe District Office of the capital city of Warsaw
- ➔ Masovian Centre for Social Policy
- ➔ UN Refugee Agency UNHCR
- ➔ Active Citizens
- ➔ IKEA
- ➔ Save the Children
- ➔ Childhood Ukraine
- ➔ PI DEC
- ➔ PI SBF
- ➔ NBP Paribas Foundation
- ➔ Circle K
- ➔ OAK Foundation
- ➔ Cargill
- ➔ Erasmus
- ➔ Pru

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# Training and Events Department

## Goals:

standardisation of the ECF's educational offer and providing organizational support for educational activities.

## Main activities:

diagnosing the needs to support educational activities in all programs and departments of the Foundation, diagnosis of training needs, verification and standardization of training scenarios and educational materials, organization of training and conferences, systematic evaluation of events and implementation of conclusions, development of the educational offer, supporting the training team, administration of the educational platform, its promotion and periodic sending of a newsletter to registered people, building partnerships with sub-contractors, developing and implementing training standards in terms of new tools and competences, educational support for international humanitarian organizations and other interested entities.

## Actions implemented in 2023:

- ➔ 20th National Conference "Child Victim of Crime" in the Palace of Culture and Science in Warsaw;
- ➔ administration of the education.fdds.pl platform and contact with users;
- ➔ support in the implementation of events organized at the Foundation and training for the coaching team;
- ➔ podcast production;
- ➔ co-organization of webinars;
- ➔ account administration and coordination of the use of tools for conducting online events;
- ➔ training of staff at Blue Dot and Spilno Hub points in cooperation with Unicef.



## Year 2023 in numbers

**514**

participants of the 20th National Conference "Child Victim of Crime"

**25**

commercial training courses for 750 participants

**150**

trained workers of humanitarian organizations

**3**

training sessions for the ECF training team

**12**

podcast episodes

**14**

newsletters

**67**

educational events for Blue Dot and Spilno Hub staff

**8970**

new user accounts of the edukacja.fdds.pl platform

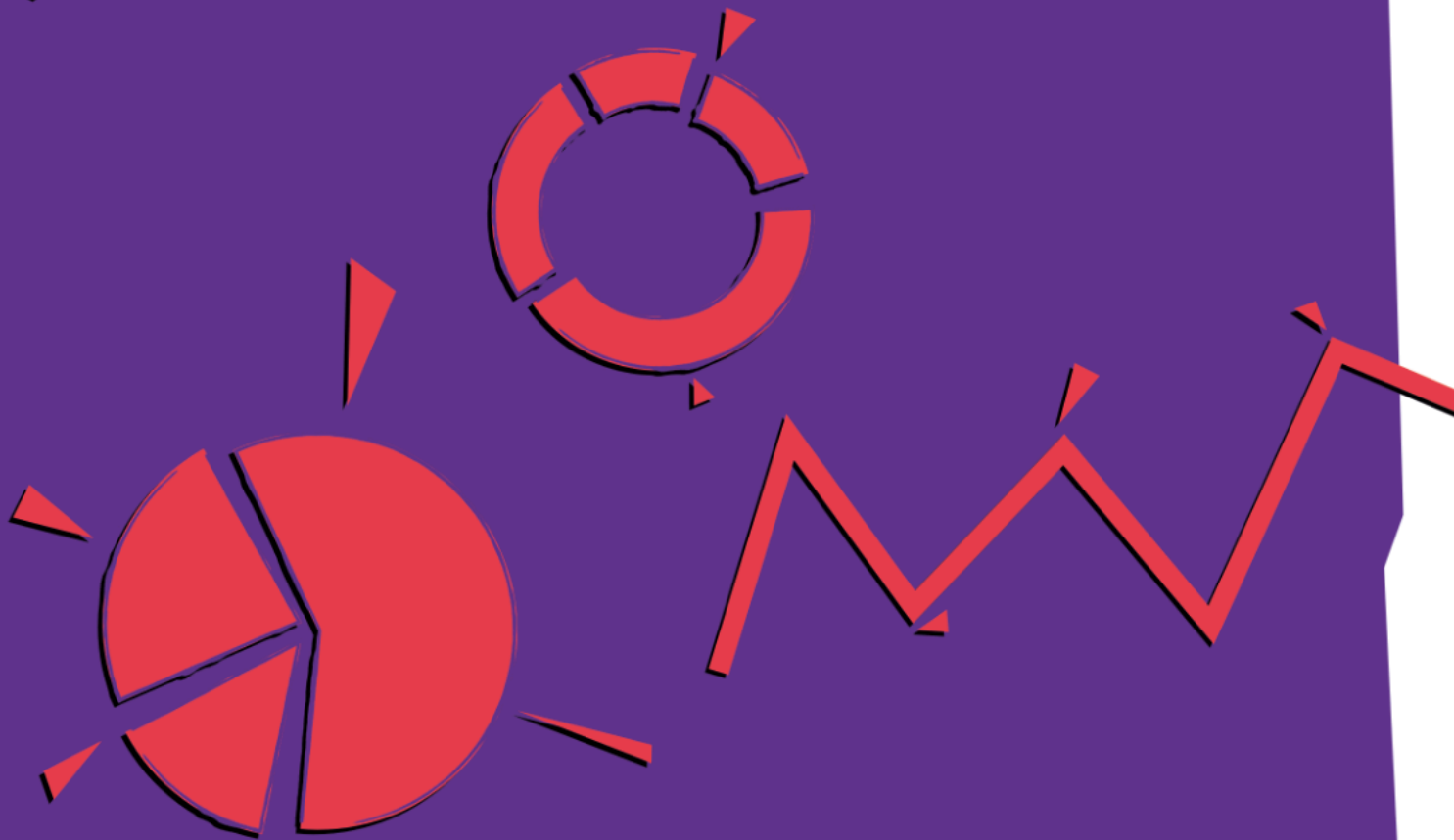
### Financing:

- ➔ Justice Fund of the Ministry of Justice
- ➔ UNICEF
- ➔ Save the Children
- ➔ economic activity
- ➔ Own funds

### Contact:

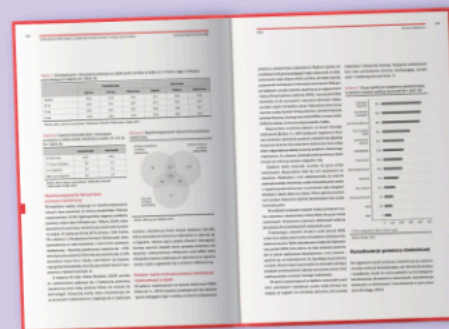
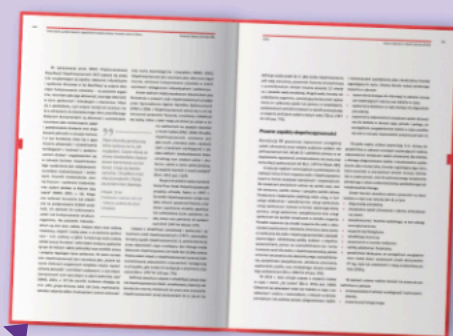
ul. Walecznych 59  
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## Advocacy, research and expertise

**W**e research current trends in the area of child abuse, we use research results to set the Foundation's strategic goals. We evaluate and constantly try to improve our activities. We carefully observe legal changes in the field of child protection. We propose a proven solution to better protect children from abuse and we work with various entities to implement them. On the basis of research results, experience in direct help and legal analyses, we develop expert opinions, which we share with decision-makers at various levels of Polish administration.



# Research Department

## Goals:

broadening knowledge on the subject of abused children, diagnosis and expertise for the Empowering Children Foundation's programs.

## Main activities:

research on the situation of children in Poland, in particular in the area of abuse; evaluation of activities carried out by the Foundation.

## Actions implemented in 2023:

- ➔ coordination of research at the Foundation;
- ➔ implementation of the study "Diagnosis of violence against children";
- ➔ carrying out a qualitative study on protection standards in health care facilities;
- ➔ carrying out a study on 116 111 helplines;
- ➔ preparation and initiation of a study on violence in sport;
- ➔ presentation at the October conference with the results of the Diagnosis;
- ➔ training for Diagnoza interviewers.

## Financing:

- ➔ Ministry of Justice – Justice Fund
- ➔ Plan International

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# Dziecko Krzywdzone

Teoria Badania Praktyka

Systemowa  
ochrona dzieci

Wykorzystanie seksualne  
dziecka – perspektywa  
prawna i psychologiczna

Sprawstwo  
wykorzystania dziecka

Diagnoza skali  
krzywdzenia dzieci  
i młodzieży

## “Abused Child” Quarterly

“Abused Child. Theory, Research, Practice” is a periodical published by the Empowering Children Foundation. The journal is interdisciplinary. Its aim is to broaden the knowledge of professionals – psychologists, educators, doctors, lawyers, social politicians and others – about various aspects of the problem of child abuse. The “Abused Child” cooperates with international journals focusing on the child abuse problematics – “Child Abuse & Neglect” and “Child Maltreatment”.

### In 2023, four issues of the journal were published:

- ➔ Quarterly: Vol 22, No 1 (2023): **Systemic Child Protection**
- ➔ Quarterly: Vol 22, No 2 (2023): **Child sexual abuse – legal and psychological perspective**
- ➔ Quarterly: Vol 22, No 3 (2023): **Child Abuse Perpetration**
- ➔ Quarterly: Vol 22, No 4 (2023): **Diagnosis of the scale of abuse against children and youth**

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## Legal Department

### **Goals:**

legal assistance to the clients of the Empowering Children Foundation, legal services for the Foundation; implementation of the rights of children participating in legal procedures, education and raising awareness of professionals, lobbying activities for changes in the law in the area of protecting children from abuse.

### **Main activities:**

legal consultations – in person or by phone calls – for the Foundation’s clients and for specialists working with children, internal services, legal services for programs and departments, undertaking legal interventions, legal volunteering, ombudsman activities. Implementation of the project “Child-Friendly Justice System”.

## **Actions implemented in 2023:**

- ➔ direct consultations for parents/legal guardians of children – victims of crimes and in cases involving children;
- ➔ phone and e-mail consultations;
- ➔ promoting the institution of a probation officer representing a child victim in criminal proceedings;
- ➔ implementing the project “Child Victim of Crime Caregiver” (providing information by volunteers on interventions for the benefit of the child, psychological and legal support for young witnesses and their parents/caregivers and preparing them to participate in court hearings or interviews);
- ➔ participation in the work of the Monitoring Team for Counteracting Domestic Violence at the Minister of Labour and Social Policy and the Interdisciplinary Team Targówek/GR;
- ➔ applying to the court on respecting the rights of the child (*amicus curiae*);
- ➔ lobbying for a change in child protection law;
- ➔ conducting training for judges, prosecutors, advocates, legal advisers, police officers, court experts, as well as psychologists and educators in the field of preparing a child for hearing and conducting the hearing;
- ➔ petition to take a legislative initiative to amend Art. 185a, b, c and d of the Act of June 6, 1997, Code of Criminal Procedure, in order to provide children up to 18 years of age – victims of crime – with a child-friendly hearing;
- ➔ educational activities addressed to professionals, parents and children – victims and witnesses;
- ➔ meetings of the Lawyer’s Club;
- ➔ legal workshops for people representing their children in criminal proceedings;
- ➔ running the Child Rights Academy project.

## **Financing:**

- ➔ Childhood Ukraine
- ➔ UNHCR
- ➔ Plan International
- ➔ City Hall of Warsaw
- ➔ Save the Children
- ➔ Terre des Hommes
- ➔ 1,5% PBO
- ➔ Foundation for the Development of the Education System
- ➔ Own funds



## Year 2023 in numbers

**291**

legal consultations  
for parents

**1526**

telephone consultations

**263**

answers to online messages  
(800 100 100)

**12**

volunteers of the "Carer of a Child  
Victim of a Crime" project

**112**

e-mail consultations as part of the  
"Child Victim of Crime Caregiver"  
project

**13**

children/young adults receiving legal  
assistance during proceedings  
(representation)

**125**

procedural documents

**5**

amicus curiae letters

**26**

letters as part of the EFC  
Intervention

**285**

participants of Lawyer's Club  
meetings

**277**

internal consultations

**33**

positions, speeches and  
advocacy meetings

**98**

consultations 116 111

**30**

media appearances

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[www.wspd.fdds.pl](http://www.wspd.fdds.pl)



## Social mobilization

**W**e know that a lot can be achieved when people have a common goal and actively participate in both identifying needs and being part of the solution. We want everyone to be able to support us in our mission to protect children from violence. We develop awareness among adults on the violence against children and the risks associated with it. So that everyone can react to violence against children and share this knowledge with others. Our activities are possible thanks to the support of citizens: one-time donations, monthly payments, 1.5% income and collections. We also encourage companies to implement the principle of corporate social responsibility in cooperation with our Foundation.



# PR Department

## Goals:

not only building a coherent image of the Empowering Children Foundation, but above all, reaching out to opinion leaders and a wide range of recipients in society in order to educate, build awareness and sensitize about the problem of child abuse in Poland and methods of preventing it. These activities take place throughout the year in multiple channels, through media relations, social media, the website, as well as outdoor activities.

## Main activities:

in addition to media relations, social media and the website, the PR department supports the Foundation by creating branding and promotional materials, harmonizing visual identification, patronage, supporting grant and business partnerships, as well as organizing events, among others the Alina Magrolis-Edelman Gala Reception. On a daily basis, the team also presents legal and psychological issues which are key to improving the situation of children in Poland, in a simple and understandable way.

## Year 2023 in numbers

**1,073,282**

thousand fdds.pl  
website views

**127,879**

fans on Facebook (increase  
by 9 107)

**35,366**

followers on Instagram

**5723**

followers on LinkedIn

**12,247**

fans of the fan page of the Polish  
Safer Internet Program Center

## **Actions implemented in 2023:**

- ➔ administration and editing of websites: fdds.pl, rodzice.fdds.pl;
- ➔ conducting communication activities in social media (Facebook, Instagram, LinkedIn, Tik Tok, Twitter);
- ➔ promotion campaign: "1.5%", "React", "Letter from Santa Claus";
- ➔ organization of the debate "How to help a child in a mental health crisis";
- ➔ communication support and promotion of calls, Foundation positions, petitions, events;
- ➔ press office services;
- ➔ organization of a press conference in front of the Parliament regarding the so-called Kamilek's Acts – April 24, 2023;
- ➔ promotion of the film "Dopamine";
- ➔ organization of the opening of the Green Centre and the Foundation's Birthday;
- ➔ meeting with Jeremi Sochan (as part of the promotion of Child Protection Standards in sports, press conference and communication);
- ➔ promotion of training, conferences, webinars and other activities of the Foundation;
- ➔ branding of centres;
- ➔ cooperation with the Pink Box – stickers 116 111 on the boxes;
- ➔ promotion and participation in the #WszyscyDoWiosel;
- ➔ organization and promotion of running events;
- ➔ premiere of the "REAGUJ" campaign at the Muranów cinema;
- ➔ illumination of the Palace of Culture and many other buildings in Poland as part of the "Childhood without violence" campaign;
- ➔ promotion of the "Children Matter 2023" report;
- ➔ promotion of the helpline in Ukrainian and Russian 116 111 – a helpline for children and young people, and the establishment of Telegram 116 111;
- ➔ organization of the XIII Alina Margolis-Edelman Award Gala.

## **Financing:**

- ➔ UNHCR
- ➔ OAK Foundation
- ➔ Terre des hommes
- ➔ Plan International

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# Fundraising Department

## Goals:

raising funds necessary for the implementation of the Foundation's activities.

## Main activities:

cooperation with the Foundation's donors – companies and individuals, coordinating actions and campaigns, implementing new fundraising solutions, acquiring new donors.

## Actions implemented in 2023:

- ➔ developing the project of direct acquisition of donors using the F2F method;
- ➔ donor involvement in the campaign 1.5%;
- ➔ communication with people who signed the petitions addressed to the Ministry of National Education and on Child Protection Standards;
- ➔ educational and fundraising activities during the Open'er Festival in Gdynia;
- ➔ implementation of the "Biegam Dobrze" campaign and the "Letter from Santa Claus" charity campaign;
- ➔ developing cooperation with business donors in the areas of, among others: support for the helpline for children and young people 116 111 and the development of the network of Child Advocacy Centres in Poland;
- ➔ cooperation with the Legia Foundation in organizing the "Let's row! (Wszyscy do wiosła)" charity campaign;
- ➔ cooperation with the Santander Foundation as part of the "Double power to help" campaign;
- ➔ continuation of cooperation with IKEA to support 116 111 and aid activities at Child Advocacy Centres.

## Year 2023 in numbers

**10,861**

regular donors

**7374**

one-time donors

**218**

charity runners under the  
"Biegam Dobrze" campaign

**103**

companies involved in our  
activities

**4599**

letters as part of the "Letter  
from Santa" campaign

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# National Coalition to Protect Children (KKOD)

In October 2023, on the initiative of the Empowering Children Foundation, the National Coalition for Child Protection was established. The Coalition was joined by 18 non-governmental organizations from all over Poland, which carry out the mission of protecting children from violence. The goal of the Coalition is to exchange experiences and improve leadership and design competences in organizations. Cooperation of organizations associated in KKOD will also enable joint advocacy in matters of improving the system of assistance to children and families, as well as the implementation of preventive projects. KKOD's activities are coordinated by the Empowering Children Foundation.

## Organizacje członkowskie:

- ➔ Fundacja Polki Mogą Wszystko
- ➔ Empowering Children Foundation
- ➔ PoWer Foundation
- ➔ Semper a Frente Foundation
- ➔ Słonie na Balkonie Foundation
- ➔ Moc Wsparcia Association
- ➔ Foundation for Social Psychoprophylaxis PRO-FIL
- ➔ SZANSA Association for Children and Youth
- ➔ NON LICET Foundation Helping Victims of Domestic Violence
- ➔ Polish Association of Educators and Animators KLANZA, Białystok Branch
- ➔ Child in the Center Foundation
- ➔ Arka Children and Family Assistance Association
- ➔ Grudziądz Homini Child and Family Assistance Society
- ➔ Committee for the Protection of Child Rights
- ➔ PSAR – Podkarpackie Association for Active Families
- ➔ Częstochowa ETOH Association
- ➔ National Emergency Service for Victims of Domestic Violence
- ➔ Mały Duży Człowiek Foundation
- ➔ Polish Women Can Do Everything Foundation

The implementation of our activities is also possible thanks to the work of other departments: accounting and human resources, IT, administration and HR.

**Only together we can empower children!**

**Empowering Children Foundation**

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