

ACTIVITY REPORT

Empowering Children Foundation



2020



EMPOWERING
CHILDREN
FOUNDATION

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Dear Sirs/Madams,

The year 2020 was a time of challenges, changes and development for our Foundation. We had to adapt to the new pandemic situation almost overnight. New realities forced us to switch to remote work. Although we were separated from each other, we shared a common goal - to empower children. We did not disappoint!

The last year passed under the motto of security. We had to ensure ourselves secure environment so that we could effectively help children and protect them from abuse. We couldn't leave our clients without support, so we moved our support activities to the virtual world. Consultations with children and caregivers during the lockdown took place mainly online. It required a great mobilization - new competences of our therapists and consultants, equipping them and our clients with the equipment necessary for online communication. Our sponsors helped us a lot.

We did not limit our help, despite the difficulties, and we even extended it! Since March, our 116 111 - child and youth helpline has been operating nonstop - 24 hours a day, 7 days a week. We were there for the children when they needed us the most. The increased number of phone calls and messages from children in crisis have shown us that our support is especially important to them. That is why we fought for the welfare of children every time it was threatened, including: we developed recommendations for the Polish government regarding ensuring the safety of children in isolation against COVID-19 and its consequences, and we created the „Behind the Door” and „Pandemic of Violence” campaigns, which sensitized society to violence against children in this difficult time.

We have been implementing our educational plans. In 2020, we organized dozens of webinars for parents and professionals as well as confer-

ences. Thanks to the online form of the events, they were available to all people interested. Our annual Youth Forum attracted a record number of people. As many as 20,000 students participated in the Digital Youth Forum 2020!

We are constantly developing to give children even more strength. We are ready to celebrate our 30th anniversary and for 2021 we have prepared new initiatives that will strengthen the system of protecting children from violence.

Monika Sajkowska

Monika Sajkowska

PRESIDENT OF THE EMPOWERING CHILDREN FOUNDATION

*We have been
protecting
children from
violence
for 30 years.*

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 2020

in the Empowering Children Foundation:

461 children provided with assistance

1106 caregivers provided with assistance

4210 psychological consultations and individual therapeutic sessions for children

5875 psychological consultations, individual therapy sessions, and family sessions for parents and caregivers

61 625 calls from children and young people answered

12 525 answers to the messages received from children

566 legal consultations

30 999 participants of our conferences and training





Child Advocacy Centres Network



CENTRUM
POMOCY
DZIECIOM

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 performed in 2020:

- 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;

- running webinars for professionals from psychological and pedagogical counselling centre;
- participating in meetings of multidisciplinary teams;
- forensic psychological examinations.

2020 in numbers:

425 children and caregivers using the Centre's services;

1974 psychological consultations and individual therapy sessions with children;

1750 psychological consultations, individual therapy sessions, and family sessions for parents and caregivers;

361 psychiatric consultations for children, young people and parents;

10 pediatric consultations;

61 consultations for professionals;

5 meetings of the Psychology Expert Club;

36 meetings of support/therapeutic groups attended by 18 children;

180 hours of education support;

24 families provided with social support;

105 interviews at the Centre's Child-Friendly Interview Room;

10 webinars for professionals from psychological and pedagogical counselling centres.

Funding: Auchan Foundation;
World Childhood Foundation;
Drzewo i Jutro Foundation;
Justice Fund of the Ministry of Justice;
European Commission;
Warsaw City Hall.

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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 2020:

- individual consultations for children and adults (psychological, psychiatric, legal)
- consultations for professionals
- family and couple therapy
- interviewing children and preparation for interviews by psychology experts at the Child Advocacy Centre
- organizing the Starogard Conference "Criminally Victimized Child".

2020 in numbers:

1219

psychological consultations, individual therapeutic sessions for children;

1411

psychological consultations, individual therapeutic sessions, couple therapy sessions, family sessions for parents/caregivers;

74

children provided with assistance;

146

parents provided with assistance;

98

psychiatric consultations for children;

46

psychiatric consultations for parents/caregivers;

2

medical/paediatric consultations;

148

legal consultations;

118

consultations for professionals;

1320

participants in the Starogard Conference "Criminally Victimized Child";

118

children interviewed at the Centre's Child-Friendly Interview Room.

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;
Huawei;
Donations of 1% of personal income tax.

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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 2020:

- individual consultations for children and adults (psychological, psychiatric, legal)
- consultations for professionals
- family and couple therapy
- interviewing children and preparation for interviews by psychology experts at the Child Advocacy Centre
- preparation of educational materials helpful in the organization of online work and used to prevent risks related to children staying at home for educational institutions in Gdańsk;
- educational activities in the field of improving parental competences;
- participation in the preparation of the “Pandemic of Violence” campaign.

2020 in numbers:

804

psychological consultations, individual therapeutic sessions for children;

886

psychological consultations, individual therapeutic sessions, couple therapy sessions, family sessions for parents/ caregivers;

132

children provided with assistance;

409

parents provided with assistance;

76

psychiatric consultations for children;

85

legal consultations;

47

consultations for professionals;

7

webinars attended by 160 participants;

15

children interviewed at the Centre's Child-Friendly Interview Room.

Funding in 2020: The City of Gdańsk;
Drzewo i Jutro Foundation;
Marshal's Office of the Pomerania Voivodeship;
ECF's own funds.

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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 2020:

- 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;
- educational and preventive programme on postnatal depression in the Central Macro-Region within the Operational Programme “Knowledge, Education, Development” 2014–2020, co-funded with a grant from the European Social Fund, carried out in partnership with the Żelazna Medical Centre
- 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);
- co-administrating a web page for parents: rodzice.fdds.pl;
- participation in a training project for nurseries.

2020 in numbers:

204	children and caregivers provided with assistance;
2041	psychological consultations and therapeutic sessions for parents and children;
145	psychiatric consultations;
10	legal consultations;
4	webinars attended by 100 parents;
9	parenting skills workshop groups attended by 77 parents and caregivers;
8	supervision sessions attended by 63 professionals;
8	new volunteers.

Funding in 2020: Warsaw City Hall;
M&G Prudential;
Polpharma;
Warsaw District Office of Praga Południe;
European Commission;
Żelazna Medical Centre;
Mazovian Social Policy Centre.

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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 2020:

- support for institutions registered on the We Protect Children portal - ongoing support in the implementation of child protection standards and assistance in the development of the Child Protection Policy;
- project activities related to the planned commencement of stationary or hybrid training for nurseries under the “Nurseries to start” project;

- initiating cooperation with the Harmony Polish Hotels Foundation in the implementation of the Code of Conduct in the group of hotels associated with HPH;
- creating a new educational offer for the city of Warsaw;
- training for hotel employees;
- completion of the certification process of institutions;
- preparation, organization and sale of closed training courses.

2020 in numbers:

500

participants attended our trainings;

86

institutions obtained We Protect Children certificates;

6

closed trainings (2 on-site and 4 online trainings).

Funding in 2020: European Commission;
Donation from the PRACUJ.pl group;
ECF's own funds.

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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 2020:**
- 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 and anonymous online counselling for persons who use the "Write to us" tab on 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
 - assistance on the phone, and on crisis intervention
 - workshops for children and young people.

2020 in numbers:

61 625

calls from children and young people answered;

1342

calls answered from adults;

747

interventions in situations threatening the life or health of persons contacting the helpline's team;

9

trainings and workshops for the 116 111 Helpline trainees;

12 525

answers to the messages received from children;

Funding in 2020: Kulczyk Foundation;
Fundacja Drzewo i Jutro;
Ministerstwo Spraw Wewnętrznych i Administracji;
DWF;
Orange;
Fundacja Orange;



Goldman Sachs;
Facebook;
Henkel;
środki z 1% podatku.

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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 2020:

- 2020 Safer Internet Day (conference, initiating local activities);
- Digital Youth Forum – online conference for young people;
- expert seminars: „Online and offline balance – challenges for parents and schools”, “Harmful Internet Content”;
- 14th International Conference “Keeping Children and Young People Safe Online”;
- the “Home Screen Rules” social campaign;
- publishing and distributing the „Digital Youth” magazine;
- managing the “Child in the Web” counselling centre;
- administrating websites: Sieciaki.pl and Necio.pl, and a mobile app Necio;
- distributing educational materials.

2020 in numbers:

about 3624	professionals attending training and conferences;
4600	local initiatives within the Safer Internet Day;
870 000	participants in local initiatives within the Safer Internet Day;
20 000	participants of Digital Youth Forum;
35 489	views of the Digital Youth Forum transmission;
370	hours of counselling and psychotherapy sessions with children/adolescents at the "Child in the Web" counselling centre;
206	hours of consultations and sessions with parents at the "Child in the Web" counselling centre;
20 635	new registered users of Sieciaki.pl;
5000	copies of Digital Youth Magazine;
93 503	users on the website of the social campaign "Home Screen Rules" (first phase).

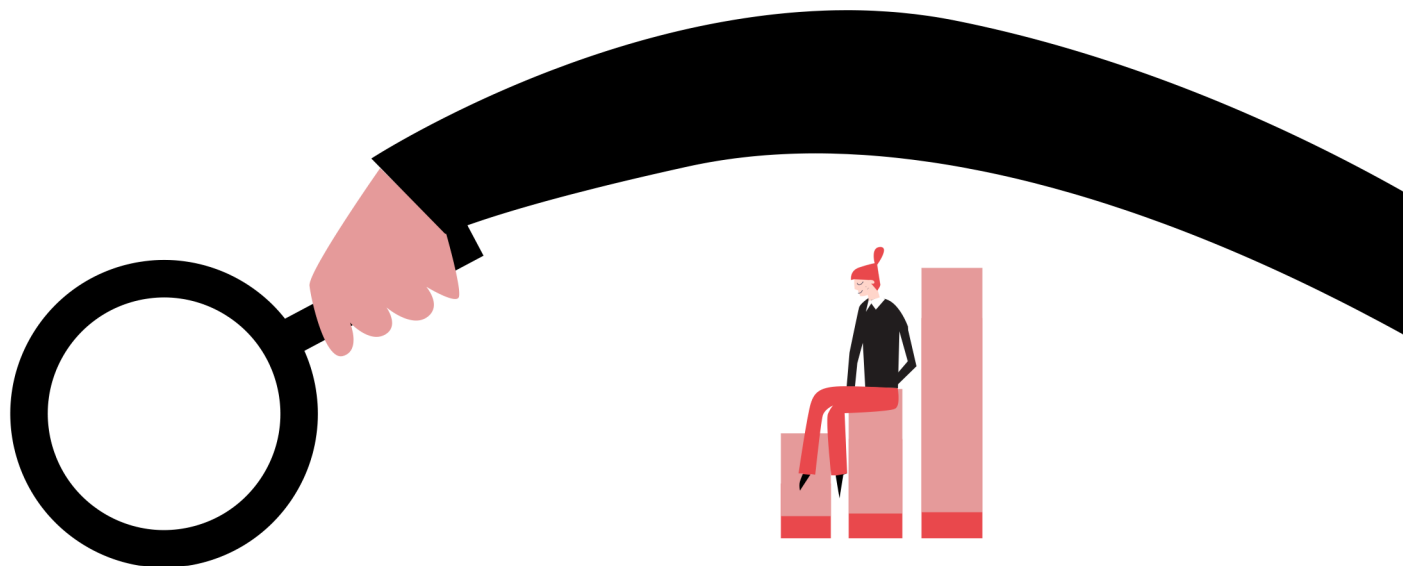
Funding in 2020: European Commission;
Orange Foundation;
Google Polska;
Facebook Polska;
Enxoo;
ITU.

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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 2020:

- coordination of research at the Foundation;
- carrying out research and preparing reports: “Negative experiences of young people during the pandemic”, “The practice of interviewing children in Poland”, “ECF charity runners”;
- participation in conferences;
- participation in the Congress of Researchers of the Polish Society of Market and Opinion Researchers (PTBRiO);
- participation in press conferences.

Funding in 2020: Ministry of Justice;
OAK;
Facebook.

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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 2020, four issues of the periodical were published:

- Quarterly: Vol 19, No 1 (2020): The role of the healthcare system;
- Quarterly: Vol 19, No 2 (2020): Prevention of sexual abuse of children;

- Quarterly: Vol 19, No 3 (2020): How to support helpers? The perspective of professionals working with children experiencing abuse;
- Quarterly: Vol 19, No 4 (2020): Peer violence as a social problem.

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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.



Activities in 2020:

- 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);
- assisting child victims’ parents at the court trials;
- 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-Targowek district;
- participating in the work of the Monitoring Team for Counteracting Domestic Violence at the Ministry of Family, Work, and Social Policy.

2020 in numbers:

335	legal consultations for parents;
248	phone consultations for parents / legal guardians;
231	email consultations within the “Child Victim Advocate” project;
4	trials within the “Child Victim Advocate” project;
116	submissions to the court;
5	Lawyer’s Club meetings attended by 272 people;
415	internal consultations;
4	advocacy opinions;
10	cases of taking legal action to respect the rights of the child.

Funding in 2020: Childhood;
ECF’s own funds;
Donations of 1% of personal income tax;
Ministry of Justice, Research Fund;
Assistance Fund, Warsaw City Hall.

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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 2020:

- administration and editing of websites: fdds.pl, rodzice.fdds.pl;
- conducting communication activities in social media (Facebook, Instagram, LinkedIn);
- implementation of the "Pandemic of Violence" campaign;
- promotion of the campaigns "GADKI", "Report It!", "Home Screen Rules", "Children's Brain Rules", "Behind the Door", "Letter from Santa";
- communication support and promotion of appeals, Foundation's statements, petitions;
- managing the press office;
- promotion of training courses, conferences, webinars and other activities of the Foundation;
- branch branding.

2020 in numbers:

17 504	publications and media references on the Empowering Children Foundation;
89 135	fans on Facebook (increase by 23,502);
18 900	followers on Instagram (increase by 12 thousand);
843	followers on LinkedIn;
5014	fans of the Digital Youth fan page;
5470	fans of the Safer Internet fan page;
637 619	sessions of the www.fdds.pl website.

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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 2020:

- 17th Polish National Conference “Child Victims of Crime” online;
- administration of the websites: [Edukacja.fdds.pl](https://edukacja.fdds.pl); edu.fdds.pl; conference.fdds.pl;
- support in the implementation of events organized at the Foundation and training for the ECF trainers;

- co-organization of webinars;
- development and implementation of online event management standards;
- administration of accounts and coordination of the occupancy of tools for conducting online events;
- preparation for implementation of the new FDDS educational platform.

Funding in 2020: The ECF's own funds;
Ministry of Justice.

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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. pozyskanie nowych darczyńców oraz partnerów biznesowych;

Activities in 2020:

- finding new donors and business partners;
- coordinating the 1% campaign and the “Letter from Santa” campaign;
- running the Children’s Friends Club and contacting donors;
- coordination of the “I run for children” campaign

2020 in numbers:

64

companies supporting the Foundation;

6300

regular donors;

about 18 000

one-off payments;

12 290

letters sent in the "Letter from Santa" campaign;

192

runners and charity runners as part of the "I run for children" campaign.

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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**

