

EMPOWERING  
CHILDREN  
FOUNDATION

# Activity Report 2018



The Empowering Children Foundation works to ensure that all children have a safe childhood and are treated with respect for their dignity, as autonomous human beings. We protect children from maltreatment and support those who have experienced abuse to help them know their rights, believe in themselves, and enjoy their lives.

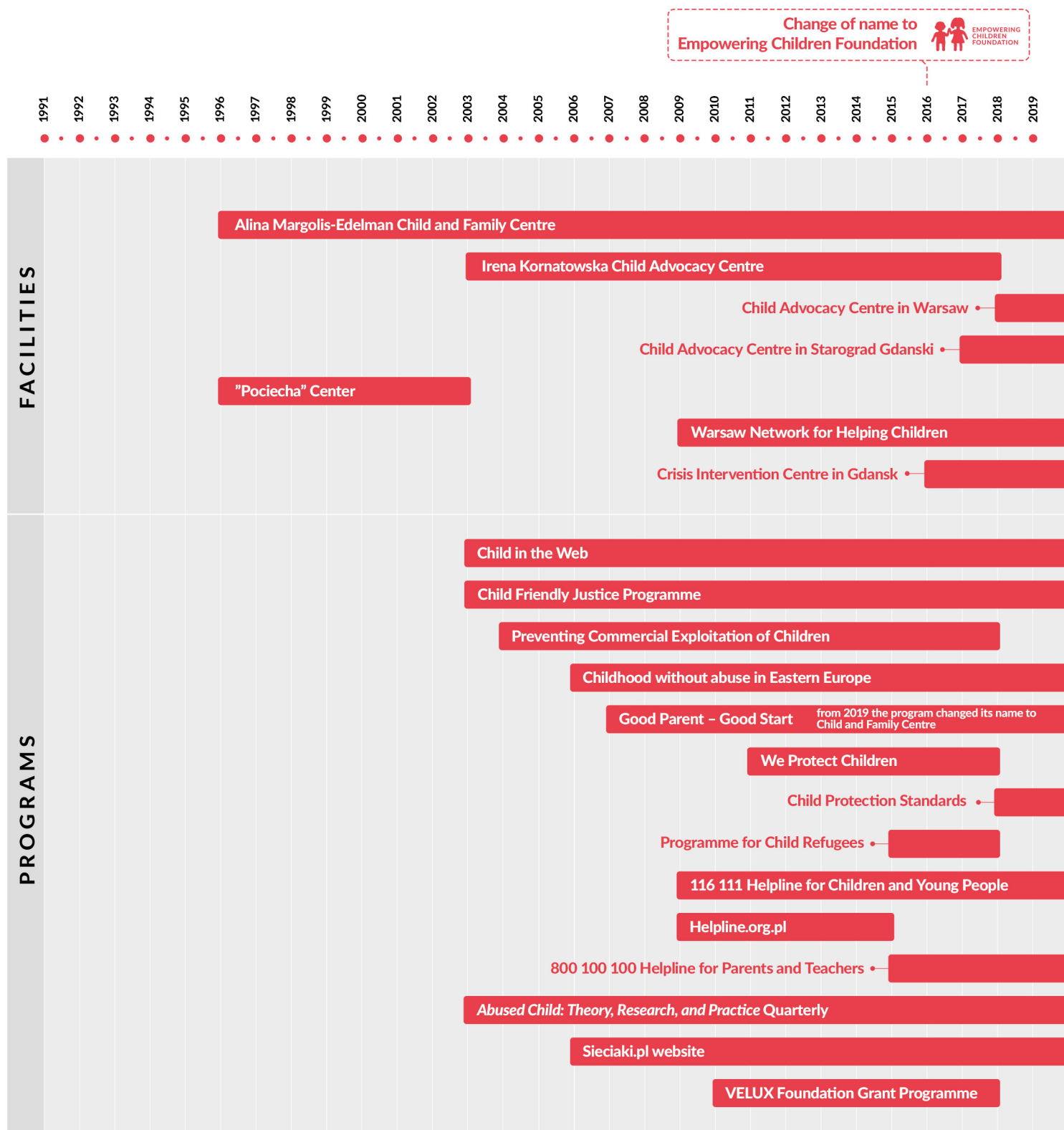
In carrying out our mission we:

- Offer psychological and legal help to abused children and their caregivers
- Teach children how to avoid violence and abuse
- Teach adults how to treat children and what they can do to protect them from abuse
- Tell adults what to do when they suspect a child might have been abused
- Influence the Polish law to ensure the best possible protection of children's interests.



**EMPOWERING  
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# TIMELINE OF THE EMPOWERING CHILDREN FOUNDATION



# In 2018 the Foundation carried out the following programmes and projects:

## Network of Child Advocacy Centres



Since 2018 the ECF has coordinated the work of 4 facilities – Child Advocacy Centres based on the Barnahus model. The model assumes that child victims of crime, mainly sexual and physical abuse, and their caregivers are provided with comprehensive, multidisciplinary help under one roof. The Child Advocacy Centres apply common standards and regard children's wellbeing as their central value. They offer child-friendly interview settings for children

involved in criminal procedures, as well as medical, mental health, and legal support. The facility's multidisciplinary team works in cooperation with local services. The ECF runs two such Centres: in Starogard Gdanski and in Warsaw. The other two facilities are operated by the Foundation's partner organizations: the Szansa (Opportunity) Association in Glogow and the Klanza Association in Bialystok.



# Child Advocacy Centre in Warsaw



**Goals:** To provide interdisciplinary help for child victims and their families or caregivers.

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

## Programme activities in 2018:

- Individual counselling for children and adults (psychological, psychiatric)
- Consultations for professionals
- Preparation for interviews
- Running a Child-Friendly Interview Room
- Crisis intervention in cases of suspected crimes against children (in particular, sexual abuse and other forms of abuse/violence)
- Running therapeutic support groups for parents and caregivers
- Running sociotherapeutic and therapeutic groups for children
- Consultations for professionals (psychologists, pedagogic counsellors, health care professionals, and social workers) in cases involving child abuse
- Training for students of the Warsaw Medical University on child abuse prevention
- Being questioned as witnesses / court appointed experts at the prosecutor's office and in the court in cases involving the Centre's clients
- Coordinating the Warsaw Network for Helping Children
- Participating in meetings of multidisciplinary teams
- Organizing the 15th National Conference Helping Children - Victims of Crime
- Forensic psychological assessments.

## Programme funding in 2018:

- World Childhood Foundation
- Warsaw City Hall
- Benefit Systems Foundation
- European Commission within the PROMISE and BADEV projects
- Velux Foundations
- S.C. Johnson
- Ministry of Justice
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## 2018 in numbers:

- » **597** children and caregivers using the Centre's services
- » **3328** psychological consultations and individual therapeutic sessions with children
- » **1500** psychological consultations, individual therapeutic sessions, and family sessions for parents and caregivers
- » **276** psychiatric consultations for children, young people, and parents
- » **24** paediatric consultations
- » **409** consultations for professionals
- » **5** meetings of the Psychology Expert Club, attended by **44** professionals
- » **6** meetings of the Warsaw Network for Helping Children, attended by **30** professionals
- » **43** meetings of support/therapeutic groups for parents and caregivers
- » **55** meetings of therapeutic and sociotherapeutic groups for children
- » **360** students of the Warsaw Medical University trained
- » **550** participants of the 15th National Conference "Helping Children - Victims of Crime"
- » **6** volunteers/trainees in the programme.

## Contact details:

20/24 Przybyszewskiego, 01-849 Warsaw  
tel.: + 48 22 826 88 62, fax: + 48 22 266 85 30  
email: cpd@fdds.pl  
fdds.pl

# Child Advocacy Centre in Starograd Gdanski



**Goals:** To provide direct help for children and families, education on child abuse prevention and good parenting.

**Main activities:** Psychological, legal, and medical help for child victims of crime, especially physical and sexual abuse, training for professionals, providing a child-friendly interview room.

## Programme activities in 2018:

- Individual consultations for children and adults (psychological, psychiatric, legal)
- Consultations for professionals
- Family therapy
- Interviewing children and preparation for interviews by psychology experts at the Child Advocacy Centre
- Social skill workshops for children with traumatic experiences
- Training for professionals ("Assessing Abused Children. Undertaking Intervention", "Methods of Interviewing Children")
- Organizing the conference "Child Victim of Crime: Prevention, Intervention, Help".

## Programme funding in 2018:

- Starogard Gdanski Municipality
- Energa Foundation
- World Childhood Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## 2018 in numbers:

- » **1207** psychological consultations / individual therapeutic sessions for children
- » **1085** psychological consultations / individual therapeutic sessions / couple therapy sessions / family sessions for parents/ caregivers
- » **138** children using the Centre's services
- » **156** parents using the Centre's services
- » **58** psychiatric consultations for children and parents
- » **3** paediatric consultations
- » **119** legal consultations
- » **121** consultations for professionals
- » **144** children interviewed at the Centre's child-friendly interview room.

## Contact details:

19a Hallera, 83-200 Starogard Gdański  
tel.: + 48 58 531 00 45  
email: cpdstarogard@fdds.pl  
www.fdds.pl

# Child and Family Centre

**Goals:** To protect young children (under 6) from abuse by supporting and educating their parents/caregivers in parenting without violence; to promote 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.

## Programme activities in 2018:

- Direct help for families with high risk of abusing young children and families in need of support, experiencing emotional and parenting difficulties, and struggling in their role (counselling, therapy, psychological support, workshops and support groups, educational meetings, Active Mondays, an online counselling centre, the programme's website); direct help for young children
- Collaborating with professionals within the multidisciplinary Local System for Preventing Abuse of Young Children
- Running the Good Carer Academy, the course "Perinatal Depression: Therapeutic Work with the Mother and her Family", and other training courses, seminars, and supervisions for professionals (social workers, nurses and midwives, psychologists, court appointed family guardians, nursery and kindergarten staff)
- 11th National Conference "Child – Handle with Care! Preventing Abuse of Young Children" in Warsaw
- Organization of parenting skills workshop, support groups, and therapeutic groups ("Taming Depression", "Fathers' Meetings", "Being a Mum", "Being a Father", "Effective Parenting Training", "Parents and Children", "Parenting without Violence", "First of All: Don't Coerce!", "Siblings without Rivalry", "School for Parents", "Instead of Spanking", "Fathers' Club")
- Carrying out voluntary work projects: "Calm Parent Island" and "Volunteer in the Family"
- Developing brochures and leaflets: "When Being a Mother is no Joy", "I Can Stop"
- Developing and carrying out a social campaign "I Can Stop"
- Creating a web page for parents: [rodzice.fdds.pl](http://rodzice.fdds.pl).

## Programme funding in 2018:

- Warsaw City Hall
- European Commission within Daphne programmes
- Erasmus+
- Bridgepoint
- Polpharma
- Warsaw District Offices: Bialoleka, Wesola, Mokotow, Praga-Poludnie
- World Childhood Foundation
- Mazowieckie Voivodship Government
- Henkel
- Ministry of Justice
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## 2018 in numbers:

- » **275** children and caregivers using the Centre's services (individual contact)
- » **1675** psychological consultations and therapeutic sessions for parents and children
- » **91** psychiatric consultations
- » **15** consultations for professionals
- » **22** educational meetings attended by **68** parents
- » **9** Active Mondays attended by **21** parents and **22** children
- » **11** parenting skills workshop groups, attended by **109** caregivers
- » **22** participants in meetings of the Fathers' Club
- » **327** parents and **597** children provided with help within the „Calm Parent Island" project
- » **423** duty hours of a psychologist, and **272** duty hours of volunteers within the „Calm Parent Island" project
- » **14** training sessions and meetings attended by **230** professionals
- » **12** supervision sessions attended by **101** professionals working with parents and children
- » **384** participants in the 11th National Conference "Child – Handle with Care! Preventing Abuse of Young Children"
- » Printing and distribution of **20,000** education packages for parents and professionals
- » **19** participants in the traineeship and voluntary work projects.

## Contact details:

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



**Goals:** To provide crisis intervention services in accordance with the Social Welfare Act; to carry out activities aimed at protecting children from abuse.

**Main activities:** Running a 24/7 crisis intervention centre; providing psychological intervention in crisis situations or high risk situations; emergency help for victims of violence (adults and children); providing temporary free-of-charge shelter in the Centre's Crisis Hostel; supporting parents of young children within the Gdansk Parent Academy; supporting professionals who work with parents of young children (conferences).

## Programme activities in 2018:

- Providing help in reporting crisis situations (personally and on the phone)
- Counselling / interventions by intervention specialists, psychologists, and lawyers
- Training and workshops for professionals on child protection and collaborative work in the field
- Training for volunteers within the Crisis Intervention Centre's Academy of Voluntary Work
- Coordinating the Gdansk Parent Academy and the Little Emotion Academy
- Workshops for parents ("Instead of Spanking", "Family as a Team")
- Conducting "Family Port" summer classes for children and parents
- Organization of the 3rd Conference of Gdansk Parent Academy
- Running the Centre's Crisis Hostel
- Running a group of psychologists who provide on-site crisis intervention or interventions in children's in crisis place of stay – within the programme "Supporting Children and Young People in Acute Crisis: Psychological Rescue Team"
- Study visits by social workers from Lithuania.

## Programme funding in 2018:

- Gdansk Municipality – Municipal Family Support Centre in Gdansk
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## 2018 in numbers:

- » **326** children using the Centre's services
- » **3736** caregivers using the Centre's services
- » **211** psychological consultations / individual therapeutic sessions for children
- » **1041** psychological consultations / individual therapeutic sessions / couple therapy sessions / family sessions for parents/caregivers
- » **24** legal consultations for parents/caregivers
- » **134** consultations for professionals
- » **2855** consultations/interventions provided by intervention specialists, psychologists, and lawyers
- » **85** persons who found shelter in the Crisis Hotel (including **37** children)
- » **348** interventions in response to reports made through the 112 emergency phone number
- » **11** volunteers in the programme
- » **28** psychologists' on-site interventions or interventions for children in crisis in their place of stay – for **19** children and **17** parents.

## Contact details:

13 Gustkowicza square, 80-543 Gdańsk  
tel.: +48 58 511 01 21, fax: +48 58 511 01 22  
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# Child Protection Standards

Child Protection Standards (formerly “We Protect Children”) is an original child abuse prevention programme carried out by the Empowering Children Foundation in cooperation with local authorities and partner organizations. The goal of the programme is to protect children from violence inflicted by adults (such as parents or residential staff) and by peers. The programme is carried out by implementing child protection standards, including the Child Protection Policy. Facilities that meet the standards of protecting children from abuse are granted “We Protect Children” certificates.

## Programme activities in 2018:

- Carrying out the process of granting certificates to care, education, and other facilities that satisfy the child protection standards
- Training for professionals on topics including: identifying symptoms of abuse and intervening in cases of child abuse and implementing the Child Protection Policy in facilities, legal aspects of child protection, preparation for conducting classes for children and parents on preventing abuse and protecting children and young people from sexual exploitation in tourism
- Coordinating a network of facilities supporting the activities carried out within the We Protect Children programme
- Developing a prevention programme IMPACT
- Creating e-learning courses: educating parents on protecting children from sexual abuse in the real world and online, and educating professionals on protecting children from sexual abuse in the real world and online.

## 2018 in numbers:

- » **57** training groups for professionals
- » **865** professionals trained
- » **2** training sessions and **4** webinars for the implementers of the pilot phase of the IMPACT prevention programme
- » **9** lesson plans, **7** presentations, **6** educational videos, **2** mobile applications, and a learning platform developed within the IMPACT prevention programme
- » **4186** facilities in the certification process
- » **33** organizations and institutions associated within a network of institutions supporting the “We Protect Children” programme.

## Programme funding in 2018:

- Benefit Systems Foundation
- Polish Border Guard
- Erasmus+
- National Centre for Research and Development
- Warsaw City Hall
- Warsaw District Offices: Bialoleka, Mokotow
- OAK Foundation;
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

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[www.chronimydzieci.pl](http://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:** To help children and young people in need of support, care, and protection; to help parents and teachers who need support and information in helping children who experience problems or difficulties.

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

### Programme activities in 2018:

- Operating a free helpline 116 111, 7 days a week, 12.00 to 20.00
- Operating a free helpline 800 100 100 – Monday to Friday, 12.00 to 15.00
- Running the programme's website [www.116111.pl](http://www.116111.pl) and anonymous online counselling for persons who use the "Write to us" tab on [www.116111.pl](http://www.116111.pl)
- Running the [www.800100100.pl](http://www.800100100.pl) website and online counselling for parents and professionals on keeping children safe
- Carrying out a traineeship programme
- Training for professionals on preventing young people's risky behaviours, intervention in cases of bullying, and preventing eating disorders and compulsive technology use
- Developing e-learning courses on protecting children from sexual abuse
- Educational classes for children.

### Finansowanie programu w 2018 roku:

- Benefit Systems Foundation
- Ludzki Gest Jakub Błaszczykowski Foundation
- Kulczyk Foundation
- Orange Polska
- World Childhood Foundation
- Energa Foundation
- Warsaw City Hall
- Erasmus+
- Safer Internet
- Orange Foundation
- Mazowieckie Voivodship Government
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

### 2018 in numbers:

- » **98,388** phone calls answered from children and young people
- » **2176** phone calls answered from adults
- » **9373** online consultations for children
- » **108** online consultations for adults
- » **346** interventions in situations threatening the life or health of persons contacting the helpline's team
- » **40** training sessions and workshops organized for the trainees and volunteers of the 116 111 Helpline
- » **363,327** user sessions on [www.116111.pl](http://www.116111.pl)
- » **15,192** user sessions on [www.800100100.pl](http://www.800100100.pl)
- » **200** hours of training and workshops for trainees and volunteers of the 116 111 Helpline
- » **2** e-learning courses.

### Contact details:

20/24 Przybyszewskiego, 01-849 Warsaw  
tel.: + 48 22 826 88 62, fax: + 48 22 266 85 30  
email: [cpd@fdds.pl](mailto:cpd@fdds.pl)  
[www.116111.pl](http://www.116111.pl), [www.800100100.pl](http://www.800100100.pl)

**Goals:** To prevent online risks to children and young people; to help children who face online threats; to assess the scale and characteristics of online threats to children.

**Main activities:** Education projects, media campaigns, telephone help, research and analyses, "Child in the Web" counselling centre.

## Programme activities in 2018:

- 2018 Safer Internet Day (conference, initiating local activities)
- Expert seminars: „YouTube: Opportunities and Risks for Children and Young People”, „Excessive Internet Use by Children and Young People”
- Digital Youth Forum – a youth conference
- „Offline Challenge” campaign
- 12th International Conference “Keeping Children and Young People Safe Online”
- Publishing and distributing the „Digital Youth” magazine
- Running the “Child in the Web” counselling centre
- Running websites: Sieciaki.pl and Necio.pl, and a mobile app Necio
- Distributing educational materials
- “Sieciaki na wakacjach” (Web Kids on Holiday; 3 picnics, initiating local activities).

## Finansowanie programu w 2018 roku:

- European Commission
- Orange Foundation
- Foundation for Polish-German Cooperation
- Problem Gambling Fund
- Facebook
- ITU
- LMK/klicksafe;
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## 2018 in numbers:

- » **1630** professionals attending training and conferences
- » **15,917** viewers of a live online webcast during the conference “Keeping Children and Young People Safe Online”
- » **9217** children taking part in e-learning courses
- » **105** psychotherapy sessions with children/adolescents within the “Child in the Web” counselling centre
- » **22,334** new registered users of Sieciaki.pl
- » **5,888,313** views of Sieciaki.pl
- » **274,645** visits to Necio.pl
- » **2000** children participating in educational picnics within the “Sieciaki na wakacjach” (Web Kids on Holiday) project
- » **3654** initiatives carried out within the 2018 Safer Internet Day.

## Contact details:

12/25 Mazowiecka, 00-048 Warsaw  
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[fdds.pl](http://fdds.pl)

# Childhood without Abuse

**Goals:** To improve the child protection system in countries of Eastern Europe through increasing professionals' skills, helping child victims and their families, and raising public awareness. Since September 2014 the programme has focused on preventing sexual abuse of children and young people.

**Main activities:** Social campaigns, training, and supervisions provided by Polish and foreign experts; publications targeted at professionals, parents, and children; participating in conferences and study visits. The programme has been carried out in partnership with NGOs in Bulgaria, Lithuania, Latvia, Moldova, and Ukraine. Running an English-language website [www.canee.net](http://www.canee.net).

## Programme activities in 2018:

- Coordinating the „Mindful Parents” campaign, carried out by partner countries
- Organizing and coordinating international project meetings
- Training, workshops, and seminars for professionals
- Educational materials for professionals, parents, young people, and children
- A follow-up survey of parents of children aged 5-11, assessing their knowledge about sexual abuse and education for children in this area
- Running web pages with awareness-raising and educational materials on child sexual abuse in the partner countries, and an English-language website [www.canee.net](http://www.canee.net).

## Programme funding in 2018:

- OAK Foundation
- Erasmus+
- ECF's own funds.

## 2018 in numbers:

- » **74** workshops and training sessions for professionals
- » **5** international supervisions
- » More than **17,000** children participated in prevention classes
- » More than **400,000** unique visitors to project web pages with awareness-raising and educational materials on child sexual abuse prevention (more than **1,600,600** visits)
- » **2** new e-learning courses on child sexual abuse – for parents and for professionals (in Latvian and Lithuanian)
- » **20** international seminars, conferences, and study visits attended by project staff
- » **29** addresses and statements (advocacy).

## Contact details:

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tel.: + 48 22 616 02 68  
email: [europawschodnia@fdds.pl](mailto:europawschodnia@fdds.pl)  
[www.canee.net](http://www.canee.net)

# PR and Event Department

**Goals:** To create the Empowering Children Foundation's image, to support ECF's programmes through media activities and activities targeted at the general public.

## Programme activities in 2018:

- Administration and editing of the Foundation's website, [www.fdds.pl](http://www.fdds.pl), and social media profiles
- Developing and producing the web page [rodzice.fdds.pl](http://rodzice.fdds.pl); administration and editing of [rodzice.fdds.pl](http://rodzice.fdds.pl)
- Communication and promotion support for the Foundation's campaigns/actions
- Coordinating internal communication
- Media relations.

**Main activities:** Media relations, developing image-building materials; organizing events related to the Foundation's activity; coordinating media campaigns, branding.

## 2018 in numbers:

- » **6541** media publications and mentions about the Empowering Children Foundation.

## Contact details:

12/25 Mazowiecka, 00-048 Warsaw  
tel.: + 48 22 616 02 68  
email: [pr@fdds.pl](mailto:pr@fdds.pl)  
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**Goals:** To provide legal help for the Empowering Children Foundation's clients and in-house legal advice/ services; to improve the situation of children participating in legal procedures through education and raising awareness among professionals, and advocacy for legislative changes in the area of child protection.

**Main activities:** Face-to-face and telephone 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 witnesses. Training for parents of children involved in legal procedures, advocacy for introducing the institution of guardian ad litem, representing child victims in criminal procedures. 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.

## Programme activities in 2018:

- Face-to-face consultations for parents/caregivers of child victims and within legal procedures involving children
- Telephone consultations
- Writing submissions to the court
- Running the "Child Victim Advocate" programme (providing information on interventions promoting children's interests, psychological and legal support for child witnesses and their parents/caregivers; preparing them for the participation in the court trial or interview; accompanying parents of child victims during court trials)
- Representing child victims (guardian ad litem)
- Acting as counsels in cases handled
- Filing amicus curiae briefs in the court (on respecting children's rights)
- Advocacy for amending child protection law (meetings at the offices of the Children's Ombudsman and the Commissioner for Human Rights, taking part in sessions of the Parliament)
- Training and lectures for professionals
- Training for trainees and volunteers
- Legal workshops for child victims' parents
- Participating in multidisciplinary teams and working groups
- Taking part in the work of the Multidisciplinary Team for Warszawa Targówek
- Taking part in the work of the Monitoring Team for Counteracting Domestic Violence at the Ministry of Family, Work, and Social Policy
- Publishing articles and brochures on children's participation in legal procedures
- Taking part in seminars and conferences concerning children's participation in legal procedures.

## 2018 in numbers:

- » **193** legal consultations for parents
- » **133** telephone consultations for parents / legal guardians
- » **88** email consultations within the "Child Victim Advocate" project
- » **43** volunteers' duty shifts within the "Child Victim Advocate" project
- » **118** submissions to the court.

## Programme funding in 2018:

- Warsaw City Hall
- Ministry of Justice
- World Childhood Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

## Contact details:

20/24 Przybyszewskiego, 01-849 Warsaw  
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**Goals:** To expand knowledge about child abuse; to prepare assessments and expert evaluations for programmes carried out by the Empowering Children Foundation.

## Programme activities in 2018:

- Coordinating the Foundation's research activities
- Carrying out the "National Assessment of the Prevalence and Determinants of Child Abuse"
- Conducting a study into the needs in the area of helping abused children and assessing the work of Child Advocacy Centres
- A survey of the Foundation's supporters
- Preparation for the study of overuse of electronic media and internet addiction among children and adolescents
- Participating in conferences
- Conducting focus groups and individual interviews with children
- Evaluating ECF's training courses and social campaigns.

**Main activities:** Assessing the situation of children in Poland, especially in terms of abuse; evaluating ECF's activities.

## Programme funding in 2018:

- National Programme for the Asylum, Migration, and Integration Fund (Polish Border Guard)
- Ministry of Justice, Justice Fund
- OAK
- Erasmus PL and ES
- Fund for Resolving Gambling Problems operated by the Minister of Justice
- Stefan Batory Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

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## "Abused Child" Quarterly

# Dziecko krzywdzone

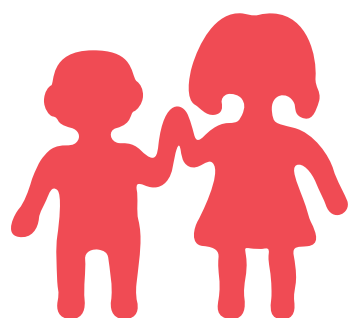
**"Abused Child: Theory, Research, and Practice"** is a periodical published by the Empowering Children Foundation, a multidisciplinary quarterly journal. Its main goal is to expand knowledge about different aspects of child abuse among professionals including psychologists, educators, paediatricians and other health care professionals, lawyers, social policy makers and others. The quarterly cooperates with international periodicals focusing on the problem of child abuse, such as "Child Abuse and Neglect" and "Child Maltreatment". "Abused Child. Theory, Research and Practice" is included in the Ministry of Science and Higher Education's list of academic journals (part B, 9 points).

## In 2018 four issues of the quarterly were published:

Vol 17, No 2 (2018): Long-Term Effects of Childhood Abuse  
Vol 17, No 1 (2018): Bullying  
Vol 16, No 4 (2017): Corporal Punishment  
Vol 16, No 3 (2017): Sexualization of Children

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