



EMPOWERING
CHILDREN
FOUNDATION

Activity Report 2019



The Empowering Children Foundation works to ensure that all children have a safe childhood and are treated with respect for their dignity and personal autonomy. 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.



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In 2019 the Foundation carried out the following programmes and projects:

Network of Child Advocacy Centres



Since 2018 the ECF has coordinated the work of 5 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. At the moment, the ECF runs three such Centres: in Gdańsk, Starogard Gdański, and Warsaw. The other two facilities are operated by the Foundation's partner organizations: the Szansa (Chance) Association in Głogów and the Klanza Association in Białystok.

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 2019:

- 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 child abuse cases
- 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
- Forensic psychological assessments
- The 16th National Conference "Criminally Victimized Child".

Programme funding in 2019:

- World Childhood Foundation
- Warsaw City Hall
- "Drzewo i Jutro" Foundation
- European Commission within the PROMISE and BADEV projects
- Velux Foundations
- Auchan Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

2019 in numbers:

- » **448** children and caregivers using the Centre's services
- » **1,866** psychological consultations and individual therapeutic sessions with children
- » **1,035** psychological consultations, individual therapeutic sessions, and family sessions for parents and caregivers
- » **259** psychiatric consultations for children, young people, and parents
- » **6** paediatric consultations
- » **1,406** consultations for professionals
- » **7** meetings of the Psychology Expert Club, attended by **49** professionals
- » **8** meetings of the Warsaw Network for Helping Children, attended by **36** professionals
- » **66** meetings of support/therapeutic groups, attended by **70** parents and caregivers
- » **68** meetings of therapeutic and sociotherapeutic groups, attended by **40** children
- » **18** children provided with educational support
- » **36** children provided with social support
- » **177** interviews at the Centre's Child-Friendly Interview Room
- » **550** participants in the 16th National Conference "Criminally Victimized Child".

Contact details:

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

Child Advocacy Centre in Starogard 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 children and youth victimized by crime, especially physical and sexual abuse, training for professionals, providing a Child-Friendly Interview Room.

Programme activities in 2019:

- 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
- Social skill workshops for children with traumatic experiences
- Workshops and training for professionals ("Children in Blue Card Procedure", "Assessing Abused Children. Undertaking Intervention", "Teenage Mother at School", "Keeping Children Safe Online", "Child – Witness with Special Needs")
- Organizing the Starogard Conference "Criminally Victimized Child".

Programme funding in 2019:

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

2019 in numbers:

- » **1,146** psychological consultations / individual therapeutic sessions for children
- » **1,392** psychological consultations / individual therapeutic sessions / couple therapy sessions / family sessions for parents/caregivers
- » **117** children using the Centre's services
- » **151** parents using the Centre's services
- » **144** psychiatric consultations for children
- » **25** psychiatric consultations for parents/caregivers
- » **4** paediatric consultations
- » **159** legal consultations
- » **159** consultations for professionals
- » **6** training courses and meetings attended by **246** professionals
- » **240** participants in the Starogard Conference "Criminally Victimized Child"
- » **3** psychoeducation groups for children and parents/caregivers
- » **112** children interviewed at the Centre's Child-Friendly Interview Room.

Contact details:

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

Child Advocacy Centre in Gdańsk



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 children and youth victimized by crime, especially physical and sexual abuse, training for professionals, providing a Child-Friendly Interview Room.

Programme activities from June 2019:

- 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
- Child Advocacy Centre's inaugurating conference
- Education activities to improve parenting skills.

Programme funding in 2019:

- Gdańsk City Hall
- "Drzewo i Jutro" Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

Contact details:

18 Jana Uphagena, 80-237 Gdansk
tel.: +48 58 718 73 68
email: cpdgdansk@fdds.pl
www.fdds.pl

2019 in numbers:

- » **122** psychological consultations / individual therapeutic sessions for children
- » **236** psychological consultations / individual therapeutic sessions / couple therapy sessions / family sessions for parents/caregivers
- » **63** children using the Centre's services
- » **170** parents using the Centre's services
- » **15** psychiatric consultations for children/parents/caregivers
- » **28** legal consultations
- » **70** consultations for professionals
- » **3** training courses/conferences attended by **328** professionals
- » **6** children interviewed at the Centre's Child-Friendly Interview Room
- » **70** parents participating in parenting skills education.

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 2019:

- 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, mental health support, workshops, thematic 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
- 2nd edition of the course "Perinatal Depression: Therapeutic Work with the Mother and her Family", and other training courses and seminars for professionals (social workers, nurses and midwives, psychologists, court appointed family guardians, nursery and kindergarten staff)
- Training series for managers of Warsaw nurseries, "Good Manager Academy: How to Run a Safe Nursery"
- Legal training on practical legal aspects of child protection and legal intervention in cases of suspected abuse
- 12th National Conference "Child – Handle with Care! Preventing Abuse of Young Children" in Warsaw
- 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", "Fathers' Meetings", "Good Start Support", "Being a Mum", "I Can Stop", a Lighthouse group, and "Parenting without Violence")
- Volunteer programme "Calm Parents' Island"
- Co-running a web page for parents: rodzice.fdds.pl.

Programme funding in 2019:

- Warsaw City Hall
- Bridgepoint
- Polpharma
- Warsaw District Office of Praga-Południe
- World Childhood Foundation
- Mazovian Social Policy Centre
- European Social Fund
- Ministry of Justice
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

2019 in numbers:

- » **288** children and caregivers using the Centre's services
- » **1,700** psychological consultations and therapeutic sessions for parents and children
- » **166** psychiatric consultations
- » **10** legal consultations
- » **6** educational meetings attended by **61** parents
- » **9** Active Mondays attended by **19** parents and **19** children
- » **8** parenting skills workshop groups attended by **79** caregivers
- » **15** participants in meetings of the Fathers' Club
- » **352** parents and **715** children provided with help within the „Calm Parents' Island" project
- » **418** duty hours of psychologists, and **324** duty hours of volunteers within the „Calm Parents' Island" project
- » **16** training sessions and meetings attended by **127** professionals
- » **10** supervision sessions attended by **39** professionals working with parents and children
- » **388** participants in the 12th National Conference "Child – Handle with Care! Preventing Abuse of Young Children"

Contact details:

59 Walecznych, 03-926 Warsaw
tel.: +48 22 616 16 69
email: cdir@fdds.pl
www.fdds.pl

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 2019:

- Carrying out the process of granting certificates to care, education, and other facilities that meet the child protection standards
- Implementing the “Nurseries at the Start” project for staff members of Warsaw nurseries
- 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; psychological intervention in child abuse cases; and identifying symptoms of abuse of young children by child care staff in nurseries
- Organizing internal, tailor-made training
- Developing publications: “How to Protect Children from Sexual Abuse? A Manual for Parents”, “How to Protect Children from Sexual Abuse? A Manual for Professionals”, and a lesson script “Chatting with a Dog 1 & 2”.

2019 in numbers:

- » **83** training groups for professionals
- » **1,712** professionals trained
- » **4,348** facilities in the certification process.

Programme funding in 2019:

- Warsaw City Hall
- OAK Foundation;
- Donations of 1% of personal income tax
- Individual donations
- ECF’s own funds.

Contact details:

59 Walecznych, 03-926 Warsaw
tel.: +48 22 616 16 69
email: chronimydzieci@fdds.pl
www.chronimydzieci.pl

Helpline programme

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



Goals: To help children and young people in need of support, care, and protection; to help parents and teachers who need support and information in preventive efforts and 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 2019:

- Operating a free helpline 116 111, 7 days a week, 12.00 to 02.00
- Operating a free helpline 800 100 100 – Monday to Friday, 12.00 to 15.00
- Running the programme's website www.116111.pl and anonymous online counselling for persons who use the "Write to us" tab on www.116111.pl
- Running the www.800100100.pl website and online counselling for parents and professionals on keeping children safe
- Carrying out a traineeship programme
- Training for professionals on how to provide support and psychological assistance on the phone, and on crisis intervention
- Educational classes for children and young people.

Programme funding in 2019:

- Benefit Systems Foundation / "Drzewo i Jutro" Foundation
- Ludzki Gest Jakub Błaszczykowski Foundation
- Kulczyk Foundation
- Orange Polska
- Warsaw City Hall
- Safer Internet
- Orange Foundation
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

2019 in numbers:

- » **81,849** calls answered from children and young people
- » **1,990** calls answered from adults
- » **10,161** online consultations for children
- » **106** online consultations for adults
- » **519** interventions in situations threatening the life or health of persons contacting the helpline's team
- » **17** training courses and workshops organized for the trainees and volunteers of the 116 111 Helpline
- » **340,748** user sessions on www.116111.pl;
- » **29,138** user sessions on www.800100100.pl;

Contact details:

20/24 Przybyszewskiego, 01-849 Warsaw
tel.: +48 22 826 88 62, fax: +48 22 266 85 30
www.116111.pl, www.800100100.pl

Child in the Web

Goals: To prevent online risks to children and young people; to help children who are threatened online; 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 2019:

- 2019 Safer Internet Day (conference, initiating local activities);
- Digital Youth Forum – a youth conference
- Inaugurating a report "Patho-Content on the Internet"
- Expert seminars: "VR and Children and Youth", „Cyberbullying: Prevention and Responding"
- 13th International Conference "Keeping Children and Young People Safe Online"
- Online campaign "I Don't Hate, I Respond"
- 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.

Programme funding in 2019:

- European Commission
- Orange Foundation
- Orange Polska
- Google Polska
- Facebook Polska
- Enxoo
- International Telecommunication Union (ITU)
- Polish Ministry of Internal Affairs and Administration
- German Safer Internet Centre – klicksafe.de
- Donations of 1% of personal income tax
- Individual donations
- ECF's own funds.

2019 in numbers:

- » About **1,340** professionals attending training and conferences
- » **3,977** local initiatives within the 2019 Safer Internet Day
- » **1,103,154** participants in local initiatives within the Safer Internet Day
- » **420** participants in the Digital Youth Forum
- » **11,151** students in **149** schools watching the live streaming of the Digital Youth Forum
- » **52,926** children trained within the "I Don't Hate, I Respond" campaign
- » **213** hours of counselling and psychotherapy sessions with children/adolescents at the "Child in the Web" counselling centre
- » **217** hours of consultations and sessions with parents at the "Child in the Web Counselling Centre"
- » **11,702** new registered users of Sieciaki.pl
- » **4,785,432** views of Sieciaki.pl
- » **867,560** views of Necio.pl
- » **80,563** views of the Digital Youth site.

Contact details:

12/25 Mazowiecka, 00-048 Warsaw
tel.: +48 22 616 02 68, fax: +48 22 616 03 14
email: dzieckowsieci@fdds.pl
www.fdds.pl

Childhood without Abuse

Goals: To improve the child protection system in countries of Eastern Europe through improving professionals' skills, helping child victims and their families, and raising public awareness. From September 2014 to August 2019 the programme 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.

Programme activities in 2019:

- Coordinating the „Mindful Parents” campaign in Lithuania
- Organizing and coordinating international project meetings
- Training, workshops, and seminars for professionals
- Participating in international conferences on preventing and reducing child abuse
- Educational materials for professionals, parents, young people, and children
- Running web pages with awareness-raising and educational materials on preventing child sexual abuse in the partner countries, and an English-language website: www.canee.net.

Programme funding in 2019:

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

Contact details:

12/25 Mazowiecka, 00-048 Warsaw
tel.: +48 22 616 02 68, fax: +48 22 616 03 14
email: europawschodnia@fdds.pl
www.canee.net

Research Department

Goals: To expand 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 ECF's activities.

Programme activities in 2019:

- Coordinating the Foundation's research
- Evaluating intervention procedures in guarded centres for aliens
- Conducting studies and developing reports: "Patho-Content on the Internet", "The Practice of Reporting Suspected Child Abuse by Health Care Professionals", and "Problematic Internet Use by Young People"
- Conducting a study into the needs in the area of helping abused children and assessing the work of Child Advocacy Centres in Starogard Gdański, Warsaw, Głogów, and Białystok.
- Participating in conferences
- Evaluating ECF's training courses and social campaigns.

Programme funding in 2019:

- Ministry of Justice, Justice Fund
- 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.

Contact details:

59 Walecznych, 03-926 Warsaw
tel.: +48 22 616 16 69
email: badania@fdds.pl
www.fdds.pl

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. Workshops for parents of children involved in legal procedures, advocacy for introducing the institution of guardian ad litem, representing child victims in criminal procedures. 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.

Programme activities in 2019:

- Face-to-face consultations for parents/caregivers of child victims and within legal procedures involving children
- Telephone consultations
- 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)
- Filing amicus curiae briefs in the court (on respecting children's rights)
- Advocacy for amending the child protection law
- Training and lectures for professionals working with abused children
- Training and cooperation with courts within the "Child Friendly Justice" programme
- Legal workshops for child victims' parents
- Taking part in the work of the Multidisciplinary Team for Warszawa Targówek
- Taking part in the work of the Monitoring Team for Counter-acting Domestic Violence at the Ministry of Family, Work, and Social Policy.

Programme funding in 2019:

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

2019 in numbers:

- » **265** legal consultations for parents
- » **206** telephone consultations for parents / legal guardians
- » **146** email consultations within the "Child Victim Advocate" project
- » **72** volunteers' duty shifts within the "Child Victim Advocate" project
- » **39** trials within the "Child Victim Advocate" project
- » **208** submissions to the court / written interventions
- » **6** training courses within the "Child Friendly Justice" programme
- » **91** trainees taking part in training
- » **35** participants in study visits
- » About **317** professionals trained.

Contact details:

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

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, health care professionals, lawyers, social policy makers, and others. The quarterly cooperates with international journals 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 2019 six issues of the quarterly were published:

Vol 18, No 4 (2019): Social and Legal Aspects of Helping Abused Children

Vol 18, No 3 (2019): Childhood Abuse: Scale and Determining Factors

Vol 18, No 2 (2019): Prevention of Child and Youth Abuse

Vol 18, No 1 (2019): Neglect

Vol 17, No 4 (2018): Helping Abused Children

Vol 17, No 3 (2018): Self-Harm among Children and Young People

Contact details:

12/25 Mazowiecka, 00-048 Warsaw

tel.: +48 22 616 02 68, fax: +48 22 616 03 14

email: redakcja@fdds.pl

dzieckokrzywdzone.pl

PR and Event Department

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

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

Programme activities in 2019:

- Administration and editing of the Foundation's website: www.fdds.pl, rodzice.fdds.pl, and edukacja.fdds.pl
- Communication through social media (Facebook, Instagram, LinkedIn)
- Communication and promotion support for the Foundation's campaigns/actions, publications, and events (e.g., updating the GADKI campaign, the "Postnatal Depression" action, the "Wave of Good" action, and the "I Don't Hate, I respond" campaign).
- Managing the Foundation's press office
- Supporting recruitment for training, conferences, and other events.

Contact details:

12/25 Mazowiecka, 00-048 Warsaw

tel.: +48 22 616 02 68, fax: +48 22 616 03 14

email: pr@fdds.pl

www.fdds.pl

2019 in numbers:

- » **13,620** media publications and mentions about the Empowering Children Foundation
- » **128,199,305** readers/viewers of the content provided
- » **65,608** fans on Facebook (increase by **13,779**)
- » **6,922** followers on Instagram (increase by **3,430**)
- » **389** followers on LinkedIn
- » **5,101** fans of the Digital Youth fanpage
- » **4,257** fans of the Safer Internet fanpage (increase by **1,170**).

Fundraising Department

Goals: To raise funds necessary for the Foundation to operate.

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

Programme activities in 2019:

- Finding new donors and business partners
- Coordinating the "1%" and "Letter from Santa Claus" campaigns
- Running the Children's Friends Club and managing donor relations
- Coordinating the "Running for Children" action.

Contact details:

12/25 Mazowiecka, 00-048 Warsaw
tel.: +48 22 616 02 68, fax: +48 22 616 03 14
email: fr@fdds.pl
www.fdds.pl

2019 in numbers:

- » **35** companies supporting the Foundation
- » **5,300** regular donors
- » About **14,000** one-off donations
- » **9,738** letters sent within the "Letter from Santa Claus" campaign
- » **366** charity runners within the "Running for Children" action.

There are other departments, too,
which make the ECF's activities possible:
Accounting and Personnel Management, IT,
Administration, and Human Resources.

Only together we can empower children!



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