

TREES OF HOPE

# Prevent Online

INFORMATION BOOK



# Welcome

We are so honored that you have decided to walk through this online training with the help of Trees of Hope. This specific study is called *Prevent Online* and was designed to be an educational training where parents, teachers, or anyone who desires to protect the vulnerable can come and discover the truth about sexual abuse and how to better protect the ones they love.

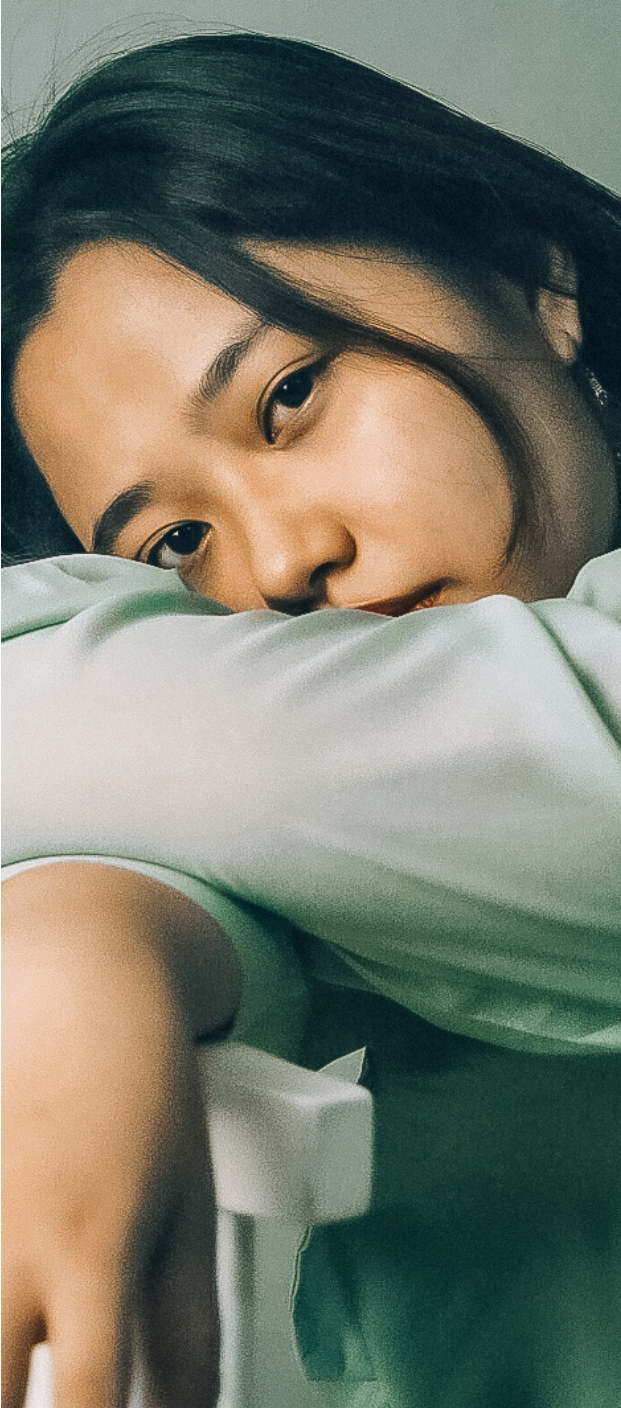
Discussing body safety is incredibly important; most sexual abuse is perpetrated by someone a child knows. To prevent sexual abuse children need to know how to set limits regarding their bodies and be empowered to say no to adults (or people in power). Children who can do this are better prepared to protect themselves from predators. Finding the right words or materials for a discussion about body safety can be difficult. It's common to worry about how to approach such a difficult topic. We've created these resources with your family in mind. We hope after watching this training that you feel empowered to start the conversation about sexual abuse so that you can protect the children or people in your life.

We have created this informational booklet to help you learn more about Trees of Hope, including the services we offer, information on our prevention education and healing support groups, and how to successfully complete the *Prevent Online* training. If you have any questions, please reach out to our Client Services Coordinator at [prevention@treesofhope.org](mailto:prevention@treesofhope.org).

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## Our History

Founded by a survivor, Trees of Hope began with the goal to help women heal from sexual abuse. Studies show that the majority of victims were abused by someone they knew, loved and trusted. Trees of Hope now partners with parents to fight this silent epidemic. We follow a two-fold organizational model, composed of both prevention and healing.

For prevention, we work to protect future generations through age-appropriate educational resources, as well as by conducting free workshops for adults and caregivers. In these workshops, participants gain crucial knowledge including forms of sexual abuse, identifying the grooming process, symptoms of sexual abuse, the link between sexual abuse and pornography, how to initiate honest conversations with children, and how to get help for a victim.

In healing, we aim to walk alongside those affected by sexual abuse with in-person healing support groups, online healing programs, and our streaming podcast. Trees of Hope healing support groups use unique curricula, each designed for specific genders and ages.

# Mission & Vision



## Our Mission

Trees of Hope is a 501(C)3 non-profit committed to protecting future generations from sexual abuse through education and outreach and helping survivors heal past wounds in order to restore their lives.

## Our Vision

Our vision is to become the go-to organization for all sexual abuse prevention and healing resources. We will do this by creating educational and teaching resources for every stage of life to effectively train and equip adults, teens and children. Our work is guided by the vision of a world free from sexual abuse, where adolescents can grow up happy, healthy and safe.



# Team & Board



## Nicole Escobar

- Executive Director

Nicole was born and raised in South Florida, graduated with a bachelor's degree in Organizational Leadership from Trinity International University, and has a degree in graphic design and digital marketing. She has over 15 years of managerial experience in the non-profit sector. She worked as the Editor-in-Chief of a local magazine, worked with exploited youth and victims of human trafficking, and worked at a non-profit that brought the Bible to several developing countries before moving to Trees of Hope in 2014. Now the Director of Trees of Hope, Nicole is driven to teach others how to protect themselves and children from sexual abuse. She is relentless when it comes to spreading the truth about sexual abuse, how to prevent it, and how to heal.

## Our Volunteers

Approximately 20 volunteers generously give their time and energy to fulfill the Trees of Hope mission. Volunteers serve Trees of Hope chapters in South Florida, Orlando, and Virginia in a variety of capacities including prevention education, healing group facilitation, office administrative support, language translation, special event planning and coordinating, fundraising and much more.

## Our Board

Our board of directors consists of four business and community leaders. Board members serve without pay; each board member pays his/her own expenses to attend semi-annual meetings and committee meetings.

- Justin Young - *Marketing Director*, Slavic401k
- Kristan Torres - *LMHC*, Hope Christian Counseling
- Dee Proietto - *Founder*, Trees of Hope
- Nicole Escobar - *Director*, Trees of Hope



# Prevention Programs

## Prevention Workshop and Rise Magazine

We created a free educational workshop where anyone who desires to protect the vulnerable can come and discover the truth about sexual abuse and how to better protect the ones they love. Since the majority of sexual abuse is perpetrated by someone a child knows, it is crucial for adults to be educated on the statistics, the most common signs and behaviors from offenders, and how to teach children to protect themselves.

The *Rise* magazine, which is used in conjunction with the prevention workshops, expands on the content in our *Prevent* workshops. It teaches practical ways to talk to children about sexual abuse, how to address what is appropriate and inappropriate sexual behavior, and how to speak up if abuse has already taken place. This magazine has become a favorite resource since it can be referenced anywhere and anytime. We also offer two specific resources to help educate parents on human trafficking and pornography.

## Prevention Guides on Human Trafficking and Pornography

*The Guide on Human Trafficking Prevention* was created because the majority of us have the impression that human trafficking is an international dilemma. It's something that happens far away from our homes and communities. Why? Because it's a hidden crime, and we are not trained nor educated to identify the signs. But the reality is that human trafficking is happening right now in our cities, communities and to the children close to our homes. It's happening to the children that attend school with our children. And that's why we created this booklet for parents so that they will better understand the problem and how to prevent it from happening to their family. This booklet covers topics like the stages of exploitation, symptoms of human trafficking, and how to empower our youth so they can stay safe!

*The Guide on Pornography Prevention* was created to bring awareness to the sexual abuse epidemic that is happening across the globe and how pornography is a tightly woven thread. Because of ever-changing technology, pornography is easier than ever for children and teens to access. Many people are not aware of the impact pornography has on the brain, body, and relationships, in addition to its undeniable correlation to sexual abuse and sexual deviation. This booklet will provide you with insights, tools, and powerful statistics to help you navigate this important topic in today's world. We have divided a variety of topics under two subheadings, one pertaining to children and one pertaining to adult behavior and its impact on children.

## Prevention Magazines for Teens

Sexual abuse amongst teens is, unfortunately, widespread. Studies have found that one in four teen girls are verbally or physically pressured into having sex during their first year in high school. We have created two teen magazines, *Saint* and *Royal*, that teach about consent, what teen dating violence is, how the internet plays a role in sexual assault, what drugs are commonly used in sexual assault, and more. We want to give teens every possible tool to keep their precious lives safe!



# Healing Programs

## Adult Healing Programs

We have two different programs for men and women: *Shelter* and *Renew*. *Shelter* is for women who are ready to facilitate life changes and experience freedom from past sexual abuse trauma. *Renew* is our sexual abuse healing program for adult men.

## Teen Healing Programs

We also have support groups for teen boys and teen girls: *Thorn* for girls and *Nobleman* for boys. Both curricula are designed towards this group's tender hearts, minds, and spirits and provide biblical principles along with other valuable tools.

## Online Programs

We created online videos of our women's healing program and teen boys' healing program in addition to our prevention training. We want anyone anywhere to learn this necessary information and hopefully feel inspired to start a Trees of Hope in their location.

## Podcast

Statistics are telling us that we know someone who has experienced some sort of sexual abuse. Our team of survivors, mental health counselors, and trauma-informed workers, tackle a topic that has finally become more destigmatized through the #MeToo movement. These women—a team of survivors, lovers, and passionate fighters—have had their lives colored and shaped by sexual abuse to some capacity and are working tirelessly to protect children and to support those who have been sexually abused. They believe hope is real and that every story matters.

## In-House Counseling

We have an in-house licensed mental health counselor that specializes in trauma work. She utilizes a very specific psychotherapy technique called EMDR. EMDR stands for Eye Movement Desensitization and Reprocessing and treats anxiety, PTSD, and more. Our counselor approaches everything from an explicitly Christian perspective and is a highly recommended supplement to the support groups that we provide!



# Prevention

## Information About Our Online Prevention Program

Discussing body safety with children is of paramount importance. Most sexual abuse is perpetrated by someone a child knows. To prevent sexual abuse, children need to know how to set limits regarding their bodies and be empowered to say no to adults or anyone violating the boundaries they have set for themselves. Children who can do this are better prepared to protect themselves from predators. Finding the right words or materials for a discussion about body safety with a child can be difficult, and it is common to be apprehensive about how to approach such a complicated topic. This is why we've created *Prevent Online*, along with resources, to help guide the conversation through every stage of life.

## Statistics You Need to Know

One in three girls and one in six boys will be sexually abused before their 18th birthday. Our prevention program is working to combat this problem head-on. We do this through educating and partnering with parents so they can be trained and equipped to start the conversation with their children and other family members.

- 93% of children are abused by someone they know, love and trust. Abusers can be anyone: family members, neighbors, friends, doctors, coaches, youth leaders or clergy members. (D2L)
- 65% of children do not tell their parents if they are being abused, and the statistics on sexual abuse are inaccurate because the majority of abuse goes completely unreported. (D2L)
- A pedophile will commit 117 sexual crimes in a lifetime. There are 400,000 registered sex offenders in the United States, and an estimated 80,000 to 100,000 of them are missing. Even though they should be registered with the state, they are not. (D2L)



# Questions & Answers

## **Q: How do I become a Prevention Educator?**

First, we are so excited to hear that you want to educate adults on how to prevent sexual abuse from happening to their family! Being able to educate parents in this way is not only very rewarding, but it is vital to stopping sexual abuse from continuing. To become a Prevention Educator, you must have a passion to educate adults on the topics of sexual abuse and have attended one of our workshops to understand the format of how they are taught. If you have attended one of our workshops and you feel God is calling to this necessary work, please email the Client Services Coordinator at [prevention@treesofhope.org](mailto:prevention@treesofhope.org) so we can explain the next steps to you and get you set up!

## **Q: What type of content does Trees of Hope cover in Prevent Online?**

We cover what defines contact vs. non-contact sexual abuse, what the grooming process looks like, behavioral and physical symptoms of sexual abuse to look out for, the link between sexual abuse and pornography, how to open the door to honest conversations with children, and several other topics directly related to predatorial behavior. We also go over the steps to take if you believe a child is being sexually abused. Because of the mature and explicit content of this workshop, we highly recommend that children are not present.

## **Q: How long is the Prevent Online training?**

The online training is two hours long.

## **Q: What resources does Trees of Hope provide at the prevention workshop?**

The resource provided with our *Prevent Online* is a PDF version of our *Rise* magazine. The *Rise* magazine comprises all the material covered in our presentation, along with additional examples, explanations, and statistics. We will have all of our prevention resources available for sale on our website in 2021. We will be offering an interactive children's book for ages 4-7 that includes a parent guide, teen prevention magazines including parent guides, and guides on human trafficking and early exposure to pornography. In addition to these prevention resources, we also have our personal healing studies for teen boys and teen girls, and the adult healing curriculum in case you or a family member have experienced sexual abuse and need to go through healing.



# Prevent Guidelines

## Renting Video

The total cost of the training is \$25.00. You will be able to rent the videos for 72 hours. Trees of Hope is a donation run organization and all payments made towards our programming will directly fund the advancement of the program.

## Before You Begin Shelter Online

1. Register for *Prevent Online* by completing the registration form at **[treesofhope.org/prevent-online-training](https://treesofhope.org/prevent-online-training)**
2. You will receive an email to download the informational booklet that will help you learn more about Trees of Hope and how to successfully complete the *Prevent Online* training. You can also download this booklet on the website at **[treesofhope.org/prevent-online-training](https://treesofhope.org/prevent-online-training)** (click **GET INFO BOOK**)
3. Create a **LOGIN** and then you can begin the *Prevent Online* journey. **You must be logged in to view videos.**

If at any time you have questions or need someone to speak with about the content you are walking through, our Online Prevention Educator is available by appointment. Please email [prevention@treesofhope.org](mailto:prevention@treesofhope.org). The Online Prevention Educator is not a trained counselor and is only available to guide you through the concepts found in this training.

## Individual Care

Sexual abuse is the most personal and damaging form of betrayal. Recovery from sexual abuse is one of the most intense and emotionally challenging forms of recovery. Survivors of sexual abuse often struggle with powerful issues such as shame, thoughts of suicide, addictions, and even dissociation. For all these reasons, we strongly recommend that if you are a survivor of sexual abuse and you feel triggered by any of the content in this training, that seek the help of a professional counselor with experience in the area of sexual abuse recovery.

## Next Steps After Class

If after completing this online training you feel you want to know more about teaching the live workshops or you have an interest in starting a Trees of Hope in your location, please contact the Client Services Coordinator at [prevention@treesofhope.org](mailto:prevention@treesofhope.org) for those next steps. One of the most rewarding parts of being educated on sexual abuse is being able to educate others so they can help protect children too!

# Thank You

Thank you for entrusting us at Trees of Hope to educate you on ways to prevent sexual abuse. *Prevent Online* is a great tool for a deeper level of education and understanding about sexual abuse and how to better protect the ones you love. With the majority of sexual abuse perpetrated by someone a child knows, it is crucial for adults to be educated on the statistics, the most common signs and behaviors from offenders, and how to teach children to protect themselves. Through this training, anyone can come and learn ways to protect the ones they love.

If you have any questions or need us to clarify anything, please feel free to contact us [prevention@treesofhope.org](mailto:prevention@treesofhope.org) and we will be happy to assist you!

# Contact Us



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