

# STEWARDS OF CHILDREN®

**Guided by the vision to create a world where children can grow up happy, healthy, and safe, Darkness to Light is committed to empowering people to prevent child sexual abuse.**

Although teaching children about their bodies and boundaries is important, protecting children is an **adult** responsibility and that education is critical for prevention. *Stewards of Children*® is an evidence-informed child sexual abuse prevention, recognition, and intervention training which has been shown to change child-protective behaviors.

## WHAT IS STEWARDS OF CHILDREN®?

Using the *5 Steps to Protecting Our Children*™ as a framework, *Stewards of Children*® is a two-hour training that teaches adults practical actions to prevent child sexual abuse or intervene if abuse is suspected. Featuring compelling and engaging content to motivate participants, the program is designed for parents, concerned individuals, and any adult that works with youth. Through *Stewards of Children*®, over 1,000,000 adults have been trained to protect children from sexual abuse. It is available in both English and Spanish, and in online or facilitator-led formats.

*“This training was very detailed and showed the true definition of sexual abuse. I learned so much during this curriculum. As an educator and a new parent this training has helped me become aware of safe environments and signs of abuse.”*  
- Educator and Parent

*Stewards of Children*® features survivors who lived through child sexual abuse, experienced it's immediate and long-term effects, and ultimately were able to find healing. It also highlights experts who work with children and families and confront abuse on a daily basis. Research suggests that child sexual abuse reports, substantiations, and interventions in cases of abuse increase as a result of training, implying that more children are being identified as victims and able to receive services.

## WHAT ARE THE OUTCOMES?

- **INCREASED AWARENESS** of the prevalence, consequences, and circumstances of child sexual abuse
- **NEW SKILLS** to help adults prevent, recognize, and react responsibly to child sexual abuse
- **POSITIVE CHANGE** to organizational policies and procedures
- **INDIVIDUAL EMPOWERMENT** through an understanding of personal responsibility and actionable ways to make a difference





*“Wonderful,  
insightful,  
empowering!  
Sheds a lot of  
light on a touchy  
and scary subject.”  
-Community  
Member*

## THE 5 STEPS TO PROTECTING OUR CHILDREN™

*Stewards of Children®* is based upon the *5 Steps to Protecting Our Children™*. The steps are a guide to help adults protect children using simple and practical actions to prevent abuse or intervene if abuse is suspected.

**STEP 1: Learn the Facts** – Over 90% of sexually abused children are abused by someone known by the child or family and 1 in 10 children will be sexually abused before their 18th birthday.

**STEP 2: Minimize Opportunity** – More than 80% of child sexual abuse incidents occur when children are in isolated, one-on-one situations with adults or other youth.

**Step 3: Talk About It** – Open conversations with children about body safety, sex, and boundaries is one of the best defenses against child sexual abuse.

**Step 4: Recognize the Signs** – The most common symptoms of child sexual abuse are emotional or behavioral changes.

**Step 5: React Responsibly** – Intervening when boundaries are crossed or reporting abuse when suspected is critical to protecting all children from sexual abuse.

## ADDITIONAL RESOURCES AND SUPPORT

Training can trigger emotions in adults that have experienced child sexual abuse. **Darkness to Light** offers a nationwide helpline (866-FOR-LIGHT) for victims, survivors, and those seeking information. Additionally, participants can access tip sheets, brochures and short online modules on specific child sexual abuse prevention topics including:

- Commercial Sexual Exploitation of Children
- Bystanders Protecting Children from Boundary Violations and Sexual Abuse
- Healthy Touch For Children and Youth
- Talking with Children About Safety From Sexual Abuse
- Recognizing and Responding to Child Abuse & Neglect

## HOW CAN I MAKE A DIFFERENCE IN MY COMMUNITY?

Visit [www.D2L.org](http://www.D2L.org) or email [stewards@D2L.org](mailto:stewards@D2L.org) to learn more about *Stewards of Children®*, see where it is being offered in your state, or find ways to get your community involved in a grassroots initiative to end child sexual abuse.



**DARKNESS TO LIGHT**

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*This information is intended only as a supplement to Darkness to Light's Stewards of Children® training, which provides in-depth learning, tools, and practical guidelines to help adults prevent, recognize, and react responsibly to child sexual abuse. For more information on Stewards of Children®, visit [www.D2L.org/Stewards](http://www.D2L.org/Stewards).*