

Break the Silence Calls to Action



1. Organize a Break the Silence Wall Painting Event—bringing children and community members together to paint and write on a wall—to raise awareness of the issues and campaign.



What you need and what to do:

Permission for a wall on high visibility street.

Blue and White paint

- Penta: Twilight Zone 91BB07/263
- Berger: AC142
- Sissons: Deep Blue 71A-1A

Rollers and Brushes (IGDS can supply some), you may need more brushes

Stencils

Children and Artists to come out

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2. Organize a **Break the Silence Walk** to publicize the campaign, hand out information and raise awareness of the issues and campaign. T-shirts are a great way to get a message out in the public.



What you need and what to do:

Decide on a route

Get permissions (Police and locations)

Publicity (flyers or poster or facebook) (IGDS can advertise for you too)

First Aid

Security

Banners

T-shirts

placards

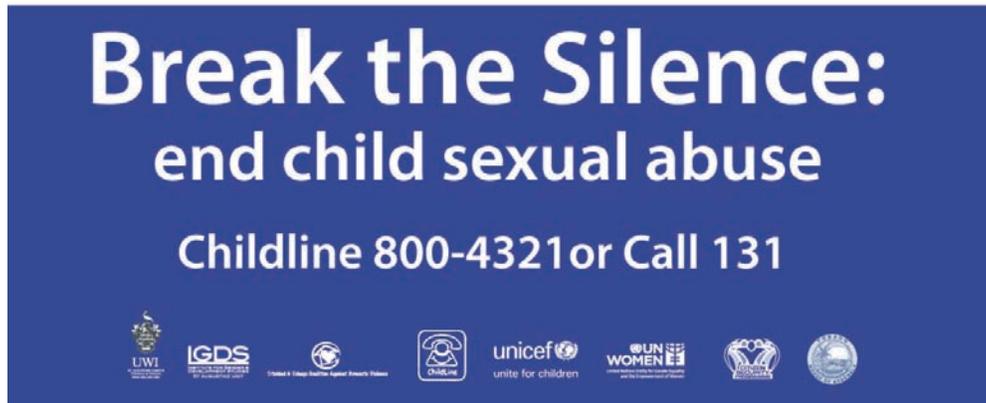
Handouts (supplied by IGDS)

You can choose to end with a talk/community event or with a wall painting event.

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3. Organize the **installation of a Break the Silence Community Sign** in a high visibility location in your community and an occasion to hand out information on the issues and the campaign. We provide the sign, you organize the materials and labour for installation.



Specifications of Sign: 3 feet tall x 4 feet wide, made out of alucabond, and laminated to last minimum of five years.

Get permission to install in high visibility street.

Choose wisely someone or a group who will host the sign and keep it up for a number of years.

You/We can arrange to add a line of text that states "This sign is hosted by..... "

Can be secured to a frame and pole or attached directly to a wall.

You may need a welder to make the frame.

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4. Take the Break the Silence Pledge. Commit to take action.

- a.) Print out the pledge, get a photo of yourself/your group holding the pledge and share widely via facebook, or online.
- b.) Read the pledge and supporting information to your class/group and put up a poster in your school/community space.



**I PLEDGE TO BE A VOICE IN THE
BREAK THE SILENCE CAMPAIGN
AND TO TAKE ACTION TO END
CHILD SEXUAL ABUSE.**

Print out the pledge

Take a photo of people holding the pledge

Share widely via facebook, or online, send to us at **bts.ecsa@gmail.com**

Read the pledge and supporting information to your class/group

Put up a poster in your school/community space

This can be done in churches, temples, youth groups, sports groups, offices, extra curricular activities in schools and communities, etc, etc.

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4b. Take the Break the Silence Pledge. Commit to take action.

- a.) Print out the pledge, get a photo of yourself/your group holding the pledge and share widely via facebook, or online.
- b.) Read the pledge and supporting information to your class/group and put up a poster in your school/community space.

I PLEDGE TO BE A VOICE IN BREAK THE SILENCE CAMPAIGN AND TO TAKE ACTION TO END CHILD SEXUAL ABUSE.

**My name is and I support the Break the Silence end child sexual abuse campaign.
My ACTION is to**

Child Sexual Abuse does exist in our country, possibly even in my community.

What is Child Sexual Abuse? Child Sexual Abuse is any interaction between a child and an older more powerful person, in which the child is used for sexual stimulation. The offender is usually an adult, but could also be a more powerful child. It happens all around us, in rich homes and poor ones, affecting boys and girls alike. Most times we either don't notice or choose not to see this ugly truth.

What are some effects of CSA? Some of the effects of CSA include guilt, shame, fear, eating disorders, suicidal thoughts and behaviors, withdrawing from activities and friends, isolation, distrust of others, giving or receiving abuse, anxiety and self blame.

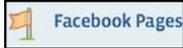
How can you and I help? We can help by firstly understanding and educating ourselves on what CSA is and how it can affect victims. We can help by becoming aware, being understanding, supportive and compassionate. We can become aware of our own personal reactions to situations and avoid being judgmental. Through these actions on our part **WE can take a stand against child sexual abuse.**

1. **Become involved** and connect by participating in a **Break the Silence community event.**
2. **Start a Break the Silence Group** in your school/community to spread awareness.
3. **Organize an event or an activity** such as one of the **Break the Silence Calls to Action.**
4. **Join the Break the Silence: end child sexual abuse cause** on facebook.
5. **Encourage other people to join the cause and take action.**

Take the pledge

**I PLEDGE TO BE A VOICE IN BREAK THE SILENCE CAMPAIGN
AND TO TAKE ACTION TO END CHILD SEXUAL ABUSE.**

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5. Join the **Break the Silence: end child sexual abuse Page and Cause on facebook** and share with your friends.
Page: <http://www.facebook.com/breakthesilenceendCSA>
Cause: <http://www.causes.com/causes/523954-break-the-silence-end-child-sexual-abuse/about>

The screenshot shows the Facebook interface for the 'Break the Walls of Silence April 2011' page. The page header includes the Facebook logo, login fields for email and password, and a 'Sign Up' button. The main content area features a blue banner with the text 'Break the Silence end child sexual abuse NETWORK'. Below this, there are several posts, including one from 'Break the Walls of Silence April 2011' that shares a link to 'Announcing New Three-Year Theme: Stop Violence Against Children' with the website 'www.dayofprayerandaction.org'. The page also shows a sidebar with navigation options like 'Wall', 'Info', 'Photos', and 'Events', and a 'Similar Facebook Pages' section on the right.

The navigation bar for the 'causes' website features the 'causes' logo on the left, a search bar in the center, and navigation links for 'Home', 'Causes', 'Wishes', and 'Give' on the right. A 'Log In' button with the Facebook logo is also present.

The header for the 'Break the Silence: end child sexual abuse' cause on the 'causes' website. It features a blue teddy bear icon with a white plaster on its heart. The text reads: 'Break the Silence: end child sexual abuse'. Below this, it says: 'To promote the symbol of the blue teddy with a plaster on its heart, designed to raise awareness of child sexual abuse, incest, and implications for HIV/AIDS See More'. On the right, it displays 'MEMBERS 2,478' and a green 'Join Cause' button.

Navigation tabs for the cause page: 'Main', 'About', and 'Members'.

BULLETINS



Take the Pledge



Take the pledge, even if this is all you can do, do it!

Download, print, take a photo and post to our Take the Pledge Album

<http://www.facebook.com/media/set/?se...>

[View Photo](#)

Posted 8 days ago · [See Post on Facebook](#)

SHARE [Tweet](#) [Like](#) [Send](#)

TOP RECRUITERS

- | | | | |
|---|--|-------------------------------------|-----------|
| 1 | | Kathryn Chan | 39 people |
| 2 | | Carol A. Ciarlo | 35 people |
| 3 | | Shelly Loutan | 28 people |
| 4 | | Kavita Prea Mahabir | 28 people |
| 5 | | Cherise Knox | 24 people |

ADMINISTRATORS

Break the Silence Calls to Action



6. Advocate in your community. Start a **Break the Silence Group** in your school or community and organize with the group to achieve the Break the Silence Calls to Actions one at a time.



**WE SUPPORT
BREAK THE SILENCE
END CHILD SEXUAL ABUSE**

Get together and form a core group of people in your school / community.

Decide on what Calls to Action your group will adopt.

Plan your event that will give visibility to your group and the campaign.

Keep in touch with us to get resources and support.

Break the Silence Calls to Action



7. If you are able to contribute professional expertise, or be a spokesperson or leader for this campaign, find out about and join the **Break the Silence Network** . Email: bts.ecsa@gmail.com



**Break the Silence
end child sexual abuse
NETWORK**

What is the Break the Silence Network?

The main aim of the BTS Network is to create and sustain a ground swell of support and activism among members, who in turn, take the campaign to their various publics through several Calls to Action. The Networks main task is to get the message out and to sustain the message through:

- the formation of BTS school/community groups/teams
- the instigation and coordination of BTS events and activities

This Network or collective, under the Institute for Gender and Development Studies at The University of the West Indies, is a way to bring together, house and to recognize the tireless work of the members of the Break the Silence Network and their teams.

The members of the Network represent a diverse mix of people who are passionate, committed and driven and include NGOs, CBOs, government agencies, service providers, sponsors, schools and institutions, community workers, individuals and activists. It is a collaborative initiative which brings together members' experience and expertise to the mission. Members recognize the need to keep the campaign alive through sustained activities in communities and across all sectors of our society.

The BTS Network provides opportunities for advocacy, networking and technical and research information exchange which can be fulfilling both at a personal and civic level.

As a Network we continue to seek new partners who share the common mission of putting an end to Child Sexual Abuse locally and regionally.

Break the Silence Calls to Action



8. Become a **Break the Silence Sponsor or Partner** and show your support for your community, country and the campaign.



**WE SUPPORT
BREAK THE SILENCE
END CHILD SEXUAL ABUSE**

Anyone can sponsor the following items to keep the campaign running:

T-shirts

Banners

Give aways such copybooks, pencils, stickers, buttons, pins, bandanas, kites.

Space for Community Signs

Air time / Radio / TV

Could you sponsor kites for the National Kite Festival in April 2012?

**Adopt the blue teddy campaign
through your marketing / advertising programme.**

Contact us at IGDS

Tel: 662 2002 Ext 83573/83577 | Email: igds@sta.uwi.edu | Website: <http://sta.uwi.edu/igds/>

See events on facebook: <http://www.facebook.com/IGDSStAugustineUnit/>

Page: <http://www.facebook.com/breakthesilenceendCSA>

Cause: <http://www.causes.com/causes/523954-break-the-silence-end-child-sexual-abuse/about>

Break the Silence Calls to Action

Break the Silence

MENTORS

After you have completed your Break the Silence inaugural event, you may want to mentor someone in a neighboring community or school to do a similar Call to Action.

Together we can grow this campaign
one community group
one NGO
one school group
one partner
one sponsor
one activist
one child
at a time.

Thank You
Break the Silence
end child sexual abuse