

Child Assault Prevention

What is CAP Workshop for grown-ups ?

- It is for :
- teachers/school staff
 - parents/guardians
 - enlightening community people

Contents

- Introduction to CAP workshop for children
- About violence
- About human rights
- About myths and facts
- Better listening technique
- About empowerment, etc.

How long does it take?

- Workshop at kindergarten/ nursery school/ elementary school 120 min.
- Workshop at junior high school 120-150 min.

History of CAP

- 1978 WAR (Women Against Rape) in Columbus, Ohio, USA, developed the CAP Project for school children.
- 1885 Yuri Morita, a former US CAP trainer, introduced Japan to CAP.
- 1995 Training program for CAP specialists started in Japan.
- 2001 CAP Center Japan, a nonprofit organization was established. We, CAP Aoisora, joined it with full membership.

Currently 12 countries have CAP. More than 160 CAP groups are active throughout Japan. As of May, 2007, 2.6 million people (children/grownups) participated in CAP workshops.

Our group has offered CAP workshops since 1996 under the name of "CAP Aoisora".
 In 2003 we became an incorporated non-profit organization "Aoisora - Children, Human Rights, Nonviolence".
 From this time we offer following programs.

- CAP workshops
- Self-Defense workshops for women
- Workshops/lectures on children's growing up, human rights, nonviolence

Please feel free to contact us if interested in our programs and activities.

TEL : 080-4320-4843 FAX : 03-6740-7718

Office hours:
 12:00-18:00 on Mondays and Thursdays (not including holidays).
 You can use fax/answering machine at anytime.

Address:
 24-16-502-Higashi-machi, Ohyama, Itabashi, Tokyo 173-0014 JAPAN

Visit our web page:
<http://www.npo-aoisora.net/>

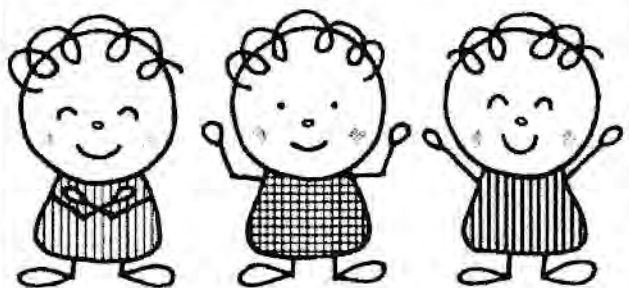


-- For children to live cherishing their mind and body --

Incorporated Nonprofit Organization
Aoisora - Children,
Human Rights, Nonviolence

What is workshop for children?

Three precious rights
(to nurture sense of human rights)



SAFE **STRONG** **FREE**

Empowerment

This is to bring out power which one has in him-/herself. Workshop for children encourages kids to use their power well enough in the belief that children have power in them.

Awareness of Human Rights

Having self-esteem is to be aware that one has rights. This feeling comes up with the feeling that rights of others also be respected.

Violence (when feeling of safe/strong/free is take away)

Bullying



- In CAP workshops we cooperate with children through role-playing and dialogues, for children to learn how to protect themselves from violence.

Kidnapping



Sexual Assault



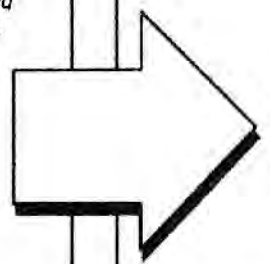
- To prevent violence; CAP offers more options of what children can do, instead of usual preventive way, such as restricting their behavior saying, "Do ..." or "Don't do ..."

What children can do to protect themselves

NO Say "No!"



GO Get away (leave the place)



Preschoolers ... 50 min. x 3 days, up to 15 children per group
Elementary school pupils ... 90 min. x 1 day, (pupils in the 1st grade/1st semester - 45 min. x 2 days) up to 25 children per group, otherwise, workshop practiced per class.

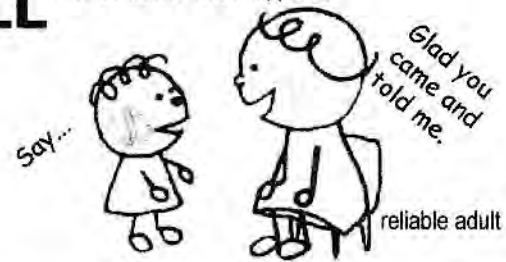
Bullying, kidnapping (puppets used for preschoolers), sexual assault

Junior Hi students ... 130 min. x 2 days
up to 30 students per group, otherwise, workshop practiced per class.

Bullying, sexual assault, physical punishment, sense of oneself, listening technique

Above mentioned time is the total duration of workshop (hands-on learning) and talk time (reviewing)

TELL Tell someone what happened.



Other things to learn in the workshop:
"How to stay at a safe distance", "Easy self-defense",
"How to set up a special shout", "Cooperating with friends"

* Workshop for grown-ups is required before having workshop for children.
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