



ABOUT

# DARKNESS TO LIGHT

Darkness to Light is a leader in child sexual abuse prevention education, research, and advocacy. We empower adults to prevent, recognize, and react responsibly to child sexual abuse through awareness, education, and stigma reduction. Our vision is a world free of child sexual abuse - a world in which adults form prevention-oriented communities that protect the child's right to healthy childhood.

## THE ISSUE

One in 10 children will be sexually abused before their 18th birthday. While many of us grew up with warnings of "stranger danger", the truth is most children who experience sexual abuse are victimized by someone they and their family know and trust. Sexual abuse is the biggest public health crisis facing children today, and research shows that people who experience sexual abuse as children are more likely to suffer from life-long psychological and health consequences, including post-traumatic stress syndrome, substance abuse, depression, and early death.

The good news is child sexual abuse can be stopped. Through education and training, adults can be empowered to recognize the signs of child sexual abuse, respond responsibly, and create organizations and communities that are safe for kids.

## WHAT WE DO

Guided by the belief that all children have rights, we offer programmatic expertise in grassroots community mobilization, innovative program design, capacity building, strategic communication, pioneering partnerships, and evidence-informed training. Behavior change is at the core of all we do.

Darkness to Light's prevention education works and has been supported by external research, proven processes, and rigorous evaluations, making *Stewards of Children*<sup>®</sup> the only evidence-informed, adult-focused training in the United States.

## GET INVOLVED

Join us in the movement of prevention at [D2L.org](http://D2L.org).

Find a facilitator in your area at [www.D2L.org/nearyou](http://www.D2L.org/nearyou) or contact our support team at [stewards@d2l.org](mailto:stewards@d2l.org).



**DARKNESS TO LIGHT**<sup>®</sup>  
END CHILD SEXUAL ABUSE

1-843-965-5444 • [www.D2L.org](http://www.D2L.org)

# 5 STEPS TO PROTECTING CHILDREN



## STEP 1. LEARN THE FACTS

Learn the facts on what child sexual abuse is, recognize its prevalence, and how it occurs.

## STEP 2. MINIMIZE OPPORTUNITY

Minimize opportunities in both virtual and physical environments.



## STEP 3. TALK ABOUT IT

Talk openly with children and with adults.

## STEP 4. RECOGNIZE THE SIGNS

Become familiar with red flag behaviors in both adults AND children.



## STEP 5. REACT RESPONSIBLY

Use trauma-informed strategies to practice active bystander intervention, and to respond to suspicion, disclosure, or discovery of abuse.

## THE 5 STEPS TO PROTECTING CHILDREN™

The 5 Steps to Protecting Children™ form the foundation of *Stewards of Children®*, one of the only evidence-informed, adult-focused child sexual abuse prevention trainings in the United States proven to increase knowledge and change behaviors.

These steps form a framework for preventing child sexual abuse. They can help you become aware of the scope of the issue, take actionable steps toward both preventing and responding to abuse, and create safer environments for the children in your life. They act as a guide for developing protective behaviors against abuse.



# STEWARDS OF CHILDREN®

BY DARKNESS TO LIGHT



**Guided by the vision of a world where children can grow up happy, healthy, and safe, *Darkness to Light* is committed to empowering adults to prevent child sexual abuse. We believe that protecting children is an adult's responsibility, and that through education and training, adults will be empowered to act.**

## WHAT IS STEWARDS OF CHILDREN®?

*Stewards of Children*® is an evidence-informed, award-winning two and a half hour training that teaches adults to prevent, recognize, and react responsibly to child sexual abuse. Through interviews with a very diverse group of people with lived experience, experts, and treatment providers, *Stewards of Children*® teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

## WHAT SETS STEWARDS OF CHILDREN® APART?

*Stewards of Children*® is one of the only evidence-informed, adult-focused child sexual abuse prevention training in the United States proven to increase knowledge and change behavior.



**Numerous studies have shown that *Darkness to Light's* prevention education works, and evidence-informed training can change child protective behaviors**

A CDC funded study conducted by the National Crime Victims Research Center found that *Darkness to Light's* training changes and strengthens adult child-protective behaviors. Furthermore, Dr. Elizabeth Letourneau of John Hopkins Bloomberg School of Public Health compiled data suggesting citizens trained in the *Stewards of Children*® program report previously unrecognized abuse at a higher rate than in other communities.

Evaluations by The Ford Family Foundation and the University of Oregon showed that *Stewards of Children*® had an impact on participant organizations and improved relationships with other organizations while increasing awareness about the problem of child sexual abuse overall and resources available to combat child sexual abuse.

Another study conducted in Texas found educators trained using the *Stewards of Children*® program increased their reporting of previously unrecognized abuse by 82% in the year following the training. This means that without the training, a large portion of instances of abuse would have gone unrecognized and unreported. The training works and children are safer from sexual abuse as a result.

## TRAINING FEATURES

- Delivered in a trauma-informed way by instructors and facilitators who have been rigorously trained
- Features powerful videos paired with robust facilitated discussion
- Teaches three foundational empowerment skills:
  - Making choices that protect children
  - Taking risks to minimize danger to children
  - Supporting each other
- Highlights *The 5 Steps to Protecting Children™* and how to apply them to better protect children from child sexual abuse



## HOW YOU CAN INFLUENCE REAL CHANGE AS A STEWARD OF CHILDREN?

Darkness to Light's *Stewards of Children*® provides actionable behaviors that create prevention-oriented communities. Participants will exit the training being able to engage in conversations about child sexual abuse prevention with other adults and enact prevention policies where children live, learn, and play. They will also be able to recognize and react to boundary violations as well as suspected child abuse and disclosures. Participants will transfer the skills they learn into their communities, helping to embed prevention practices into their communities and help embed prevention practices within their spheres of influence to help proactively prevent child sexual abuse.

### A sample of the learning objectives guiding this training include:

- ✓ Recognize the power and impact you have within your sphere of influence
- ✓ Distinguish between the myths and facts of child sexual abuse
- ✓ Examine ways to minimize opportunities for abuse in a variety of situations including online and gaming environments
- ✓ Discuss strategies to bridge cultural gaps that may potentially inhibit open communication.



**Get involved. Learn more about *Stewards of Children*® today.**

To find out how you can offer training to your organization or community or to see where it's being offered in your state, visit [www.d2l.org](http://www.d2l.org) or email [stewards@d2l.org](mailto:stewards@d2l.org).