



# COACHES ACROSS CONTINENTS CAC SAFE: CHILD SAFEGUARDING

## OVERVIEW

Over the past 12 years, Coaches Across Continents (CAC) has proven itself to be the Global Leader in Child Safeguarding and Protection.

CAC has worked with national and regional governments, Ministries of Education and Sport, and communities and NGOs in over 70 countries. Such extensive experience has enabled CAC to develop expertise in both creating child protection policies and bringing these policies to life through effective implementation and practice.

CAC also partners with other leaders in the field including:

- **UNICEF:** CAC is a pioneering member of the International Safeguards for Children in Sport.
- **United Nations and the UNHCR:** CAC creates Community-Based Protection when working with refugees in emergency situations.
- **FIFA and their Guardians Program:** CAC is an official partner of the Asian Football Confederation.

Additionally, CAC has published methodology on Peace and Child Rights, Child Protection, and Community Empowerment.

## LAUNCH OF COACHES ACROSS CONTINENTS' SAFE PROGRAM

Based on 12 years of research and the extensive international experience previously outlined, in 2019 CAC piloted and in 2020 subsequently launched their new SAFE program. This is the only program in the world which addresses child safety on 5 key levels, namely:

1. **CHILD SAFE**
2. **COACH SAFE**
3. **ORGANIZATION SAFE**
4. **COMMUNITY SAFE**
5. **SOCIAL MEDIA SAFE**

The CAC SAFE program is truly unique. It has been designed to build upon the good practice in Child Protection for which CAC is universally recognised, as well as to further improve program sustainability in the widely differing settings in which CAC works.

CAC SAFE addresses two significant emerging aspects of Child Safeguarding. The first is the necessity for local programs to be carefully tailored so as to be relevant to local needs. One size is proven not to fit all. CAC is developing 'reality based learning' in order to fully analyse local requirements and respond accordingly. The second aspect is the need for a cohesive approach involving all community stakeholders in order to enhance sustainability. The 5 key levels of CAC SAFE provide for this by bringing together and unifying all key players in order to safeguard children. By providing education which takes account of international standards, whilst also addressing localised needs, CAC's new SAFE programme both meets and exceeds global expectations.

In order to be involved in the SAFE program, CAC Partners go through a thorough CAC-guided educational process. They are shown how to create locally customised and effective Safeguarding Policies across the 5 key levels and are then supported through the implementation process in order to put their policies into practice.

Children are protected, coaches are more effective, organizations safeguard systematically, and communities become safer places for children to live, while the potential dangers of social media are minimised.

# WHY DOES CAC CONSIDER THAT CHILD SAFEGUARDING EDUCATION AND POLICY CREATION ARE CRUCIAL?

## CHILD SAFE:

- › Across the world, in international, national and local organizations, throughout all levels of sporting participation, children are known to be victims of abuse.

## COACH SAFE:

- › Coaches benefit from knowledge of the forms of abuse, namely physical, verbal, emotional and sexual.
- › Coaches need education on how to avoid abuse and how to safeguard children.

## ORGANIZATION SAFE:

- › Organizations need to know it is necessary to have policies and procedures in place to safeguard children.
- › Organizations need to know how to systematically create and implement their safeguarding policy.

## COMMUNITY SAFE:

- › Communities need to identify where local traditional, religious and cultural practices are harmful to children.
- › Communities need to prioritise child rights and establish safeguarding norms throughout the community.

## SOCIAL MEDIA SAFE:

- › Children and young people need protection from the negative effects of social media, including hate speech, cyber bullying, explicit or violent imagery, and online grooming.

# WHAT DOES CAC DO TO CREATE AND IMPLEMENT CHILD SAFEGUARDING EDUCATION POLICIES?

## CHILD SAFE:

- › Children are taught to understand their rights, based on the UN Convention on the Rights of the Child, and learn to speak out to the services provided if their rights are violated.
- › Children learn about the various forms of abuse and know what to do and who to tell if they are abused.
- › Children feel safer.

## COACH SAFE:

- › Coaches are educated about the various forms of child abuse, become aware of the impact of abuse upon children, and learn how to support children who have been victims of abuse.
- › Coaches follow local organisational and community safeguarding procedures and learn their role as a link between the children and the organization.
- › Coaches learn how to create supportive 'safe spaces' in which they work with children and learn CAC curriculum safeguarding games and the most effective practices for safe coaching and child protection.
- › Coaches who acquire all of the skills required to safeguard children receive professional certification by CAC.

## ORGANIZATION SAFE:

- › Organizations are educated on the systematic steps required to create their own locally relevant safeguarding policy and are taught how to develop procedures and policies that guide the entire organization, from preventative measures to protect children to reporting procedures if violations occur.
- › Organizations are taught how to ensure their policy is implemented.
- › Organizations learn how to monitor and evaluate the effectiveness of their policy.
- › Organizations which satisfy all safeguarding requirements are accredited by CAC.

## COMMUNITY SAFE:

- › Key stakeholders who impact safeguarding in communities, such as police, teachers, religious leaders and social services, are identified.
- › These stakeholders are educated on CAC's Theory of Change to ensure that principles of child safeguarding extend beyond sports and throughout the community.

## SOCIAL MEDIA SAFE:

- › Organizations and communities are taught how to create policies to help ensure the protection of children on electronic communication devices and social media platforms.

# HOW ARE CAC'S CHILD SAFEGUARDING EDUCATION AND POLICIES CREATED AND IMPLEMENTED?

## CHILD SAFE:

- › Through Purposeful Play, children actively take part in CAC's SAFE curriculum activities.
- › Through CAC's curriculum, children learn about their rights, the various forms of abuse, and what to do and who to tell if they are a victim of abuse.
- › Through CAC's Self-Directed Learning and Purposeful Play methods, children 'learn how to learn.' They learn to identify and solve problems, collaborate and work together, and take personal responsibility.

## COACH SAFE:

- › Through CAC activities designed to educate coaches on the need for child safeguarding, coaches
  - › learn about the various forms of child abuse, namely physical, verbal, emotional and sexual.
  - › understand the effects of abuse on children.
  - › understand how local religions, traditions and culture impact child protection.
  - › commit to using non-abusive coaching methods.
  - › commit to never abusing a child.
- › Through education in CAC's curriculum based upon Purposeful Play, together with the Education Outside of the Classroom coaching methodology, coaches
  - › learn how to create a physical, psychological and emotional 'safe space' for coaching so that children can question, experiment and gain new perspectives on child abuse.
  - › learn how to use CAC's SAFE curriculum activities, so that children are educated about universal child rights, forms of abuse, how to stay safe and how to report abuse.
  - › learn how to use Purposeful Play to develop children's problem solving skills.
- › Through involvement in the creation and implementation of their organization's Child Safeguarding Policy, coaches
  - › know, understand and implement the safeguarding policy.
  - › are prepared to identify, report appropriately and safely support victims of abuse.

## ORGANIZATION SAFE:

- › Through appropriate process consultancy from CAC staff, organizations create and implement their own locally relevant child protection policies by
  - › raising awareness of their organization's need for child protection.
  - › analyzing their current situation.
  - › creating their child protection policies.
  - › making sure that their organization's child protection policies are known, understood and implemented by everyone in the organization.
  - › establishing clear procedures for identifying and reporting abuse whilst providing support for victims.

## COMMUNITY SAFE:

- › Communities make sure children are safe within the community by
  - › considering whether their local religions, traditions or culture are in line with child safeguarding principles.
  - › working with parents on issues of child safeguarding.
  - › identifying stakeholders that impact child safeguarding, including religious leaders, police, teachers, and social services, etc.
  - › working with stakeholders to ensure a cohesive approach throughout the community.

## SOCIAL MEDIA SAFE:

- › Social Media SAFE is achieved by
  - › teaching children, coaches, organizations and communities about the correct usage of social media alongside the potential dangers of incorrect usage.

# CAC'S METHODOLOGY INFORMS ITS APPROACH TO SAFEGUARDING

Coaches Across Continents (CAC) is a global collaboration of communities, corporations, and foundations on six continents that uses our unique Purposeful Play and Education Outside the Classroom programs. Their work is carefully designed with a clearly articulated educational rationale and is based upon CAC's Four Pillars. Premised upon the fourth pillar, the UN document of Human Rights, three of the pillars are unique to CAC.

These are:

- **Self-Directed Learning Methodology:** CAC's educational practice is structured to create Self-Directed Learners, namely, independent thinkers who can work cooperatively and collaboratively to define and solve problems.
- **Chance to Choice Educational Philosophy:** Chance to Choice enables individuals and communities to consider alternatives and make informed choices.
- **Theory of Change:** CAC's Theory of Change is based upon building community capacity from the bottom up. Change is fostered from within by empowering local partners to question local norms and determine their futures.

These Four Pillars support CAC's unique Purposeful Play and Education Outside the Classroom curriculum, which surpasses traditional education by providing structured games played in safe spaces whereby children and communities can discuss harmful traditional, religious, and cultural practices. Overall, CAC's approach empowers children to learn problem solving skills, coaches to develop leadership skills, and communities to design pathways towards social change. It is play-based and designed for an ever-changing world. Purposeful Play and Education Outside the Classroom empower young people and communities to analyse their needs and implement strategies to choose their futures.

## SUCCESS STORIES

To honour Universal Children's Day 2019, over 34 organizations on 5 continents in CAC's global collaboration completed CAC's 3-month Child Safeguarding Education campaign. This campaign is the only one that recognizes organizations that reach CAC's international standards for Child Safeguarding and is one component required for organizational accreditation by CAC.

Following CAC training on UNSDG 1: No Poverty and the UN Convention on the Rights of the Child, 97.7% of coaches, educators and leaders responded that they were better prepared to protect children and respect their rights.

As a result of 12 years of experience in Child Safeguarding, CAC has many trusted CAC in-country specialists. These local educators and consultants have helped CAC design our SAFE initiatives in their countries and hosted peer to peer training locally to share knowledge with other community influencers. They, together with CAC process consultants, are ready to build upon CAC's historically successful Child Protection Programs. CAC's ground breaking and comprehensive new SAFE initiative will provide even more support for vulnerable children and young people worldwide.

## SUMMARY

CAC SAFE, with its five key levels and thoughtfully structured approach, is poised to educate and protect children, young people, and communities around the world.