

**Child sexual abuse: A qualitative study on the basis of
Experience of young adults**

**Dissertation Submitted to
Mahatma Gandhi University, Kottayam in partial fulfillment
of the requirements for the Degree of**

**MASTER OF SOCIAL WORK
Specializing in
MEDICAL AND PSYCHIATRY**

Submitted by

**SVETHKRISHNA V B
Reg. No. 200011034689**

Under the guidance of

Asst. Prof. Sooraj M V



**Bharata Mata School of Social Work Thrikkakara, Kochi-21
(Affiliated to Mahatma Gandhi University, Kottayam)
2020-2022**

CERTIFICATE

This is to certify that this dissertation titled “**Child sexual abuse: A qualitative study on the basis of experience of young adults**” is a record of genuine and original work done by **SVETHAKRISHNA V B** of IVth semester Masters of Social Work course of this college under my guidance and supervision and it is hereby approved for submission.

Sooraj M V

Research Guide

Assistant Professor

Bharata Mata School of Social work
Thrikkakara

Dr. Sheena Rajan Philip

Head of the Department

Bharata Mata School of Social work

Thrikkakara

Dr. Johnson K M

Principal

Bharata Mata College, Thrikkakara



ESTD: 1965

Submitted to Viva-voce Examination on

External Examiner.....

Declaration

I SVETHAKRISHNA V B hereby declare that the research work titles “**Child sexual abuse: A qualitative study on the basis of experience of young adults**” submitted to the M G university, Kottayam is a record of original work done by me under the guidance of Asst. Prof. Sooraj, Faculty, Bharata Mata School of Social work, Thrikkakara, and this research work is submitted in the partial fulfillment of the requirements for the award of the degree of Master of Social Work Specializing in Medical and Psychiatry

I hereby declare that the results embedded in this research have not been submitted to any other University or Institute for the award of any degree or diploma, to the best of my knowledge and belief.

Place : Thrikkakara

SVETHAKRISHNA

V B

Date :

Abstract

The child sexual abuse is a threat to humanity. Similar to how it is in many other parts of the world today, child sexual abuse (CSA) is a significant and pervasive issue in India. It has gain much attention in recent years 12 to 18% of men and 28 to 33% of women were suffered from sexual abuse. The impact of sexual abuse is different for different people. The physical and mental problems of adult may center in childhood sexual abuse. Porter (1984) also stated that the experiences of being sexually abused by the families are doing not want to disclose by the children. So there is a high chance to experience fear and isolation.

Child sexual abuse existed in all historic period in every society. Research identifies that most of the perpetrators of sexual abuse are juveniles and 48% of juvenile perpetrators had been physically abused and 95% were sexually abused. Research also identifies that one in four girls and one in ten boys are victims of child sexual abuse. Sexual abuse of children continues to go unrecognized and unreported. Typically, when a youngster admits to another person that they have been sexually abused, it is discovered. Adults who favor physically satisfying sexual relations with children and young adults are pedophiles.

Most of the children at that stage do not know they were abused by the abuser; this is because they were not aware of good touch and bad touch. The parents should teach their children about good touch and bad touch at the age of five. Parents are not allowing children to go outside as they feel danger outside so they keep the children at home however most of the sexual abuse cases in childhood are happening in our safe places by our safe people. The study aims to bring out psychological and emotional trauma of the survivors, their relationship with their parents and their feelings and opinion about the traumatic experience.

Acknowledgement

I am extending my sincere gratitude to the almighty for giving me the spiritual-moral and physical strength to pursue my academic goal. I take this privilege to acknowledge all those people who have made this thesis possible and because of whom my research experience has been one that I will cherish forever. I thank the following member for their support. First, I would like to thank the management, Bharath Mata College, headed by **Rev. Fr. Abraham Oliapurath** and Principal **Dr. Johnson K M**, for supporting me to complete my work as part of my curriculum.

I sincerely express my sense of gratitude to the faculty members of the Department of Social work, Bharata Mata School of Social Work, Thrikkakara, for their valuable suggestion during my work. My heartfelt thanks to my dear friends, for their great motivation and cooperation, I am grateful to my parents for their encouragement and support during the research. Last but not least I thank all my participants for their whole hearted cooperation without which I could not have conducted such a study. I'm thankful to all those who have helped me in this work, directly or indirectly.

Most importantly, none of this would have been possible without my family's love, patience, and monetary support. I express my heartfelt gratitude to my family for all their encouragement.

List of contents

Title	Page No.
Title page	
Certificate	
Declaration	
Abstract	
Acknowledgement	
Contents	
Chapter 1 – Introduction	
Chapter 2 - Review of Literature	
Chapter 3 – Research Methodology	
Chapter 4 – Narratives	
Chapter 5 – Thematic analysis and discussion	
Suggestions	
conclusion	
Social work implications	
Bibliography	
Appendix	

CHAPTER 1

INTRODUCTION

The research is about child sexual abuse, as the children are the future of our society we should focus on the developmental stages of children. The children are facing so many problems globally like child trafficking, child labor, mal nutrition, child marriage, physical abuse , sexual abuse etc. A sexual abuse can affect children physically, psychologically and emotionally. This research brings out the experiences of young adults on their child sexual abuse, what were the abuser and the circumstances about the incident. All the participants of the research are young adults. The research includes the ways in which they moved on.

The research will helpful in providing suggestions to the government as well as educational institutions to prevent child sexual abuse. The importance sex education and parent skill training is mentioned in the research. Social work research is helpful to address the social problems in the society through which we can make interventions. This research also addresses a social evil and the intervention which can be helpful in prevention.

1.1 Sexual abuse

Sexual abuse is the term for harmful sexual activity committed by one person against another. Sexual abuse is often referred to as sex abuse. It frequently involves employing force or taking advantage of another person. The perpetrator is known as a sexual abuser. Sexual abuse can take many various forms, such as touching a victim inappropriately, compelling them to touch the abuser inappropriately, or forcing them to view or participate in sexual conduct. Sexual abuse is a form of violence committed by an aggressor against a victim they believe to be less strong than them. It is not the result of an uncontrollable sex drive; rather, it is a crime that is intentionally performed with the intention of dominating and degrading the victim. Every civilization that tolerates aggressive behaviour and gender inequity experiences sexual violence. Examples of sexual assault includes

- Inappropriate touching or kissing.
- Sexual activity that is rough or violent.
- A attempted or actual rape.
- Restricting someone's access to birth control or refusing to use condoms.
- Preventing someone from using sexually transmitted illness prevention measures (STIs).
- Having sex with someone who is too intoxicated, high on drugs, unconscious, or otherwise unable to make a clear and educated "yes" or "no" decision.

- Pressuring someone into unwelcome sexual activity by threats or pressure.

A person between the ages of birth and puberty is considered a child. The term "child" as used in law typically refers to a minor, also known as a person under the age of majority. Child is defined as "a human being below the age of 18 years, unless under the legislation applicable to the child" by the United Nations Convention on the Rights of the Child. Children are considered to be incapable of making major decisions, have fewer rights than adults generally, and are required by law to constantly be in the custody of an adult.

Sexual action with a child by an adult, adolescent, or older child is considered child sexual abuse. Any sexual contact between an adult and a child constitutes sexual abuse. Touching and non-touching are the two basic types of child sexual abuse. Playing sexual games with children, contacting them inappropriately, forcing them to touch another person's sex organs, or placing objects or body parts in their mouths, anuses, or vulvae is all considered touching. Showing a child pornography, exposing a person's genitalia to them, trafficking or prostitution of children, taking pictures of them in sexual poses, encouraging them to watch or hear sexual acts in person or on video, and/or watching them undress or use the restroom are all examples of non-touching abuse.

1.2 Terminologies

Child sexual exploitation

When a third party makes money from sexual activities with a kid, child sexual abuse turns into sexual exploitation. The Council of Europe Convention covers situations where a child or other person is given or promised money or another form of remuneration,

payment, or consideration in exchange for the child engaging in sexual activity, even if the payment/remuneration is not made. This includes harmful acts like sexual solicitation and prostitution of a child or adolescent.

Child pornography

Any depiction, by any means, of a child engaging in actual or simulated explicit sexual activity or any depiction of a child's sexual features with the primary intent of being sexual intentionally exposing a child who isn't old enough to engage in sexual activity to sexual abuse or activity for sexual goals, even if they aren't involved The term "child sexual abuse materials," which is most frequently used, might be produced virtually, by a child themselves, or by the perpetrator.

Exploitation of a child in prostitution

The involvement of a minor in sexual activity for the purpose of payment or any other type of consideration

Harmful Sexual Behaviour

Children and teenagers under the age of 18 who express sexual behaviour that is not developmentally appropriate, may be dangerous to oneself or others, or may be abusive to another child, teenager, or adult.

Online abuse

Online child abuse is not universally defined by international law. For the purposes of this text, the phrase "online child abuse" refers to any instance in which a child is bullied,

threatened, harassed, groomed, sexually abused, or otherwise sexually exploited via the Internet, a mobile device, or another type of information communication technology.

Sexting

Both adults and children can engage in sexting, but for the purposes of this report, sexting refers to the exchanging of user-generated sexual photos or texts by young people via mobile phones and other electronic devices. Sexting is a type of sexual harassment or abuse that can be either consensual or undesired.

Sexual violence

A general phrase used to describe all instances of sexual assault on adults and children, including rape, other sexual assaults, sexual harassment, and abuse of pornographic material, prostitution, trafficking, and early and forced marriage. Any sexual act, attempt to obtain a sexual act, unwanted sexual comments or advances, acts to traffic, or other behaviour that is coercive and directed at a person's sexuality by anyone, regardless of the victim's relationship to the perpetrator, in any setting, including but not limited to the victim's home or place of employment.

The sexual abuse may result in physical as well as psychological problems

1.3 Physiological Reactions

- Headaches
- Gastrointestinal distress
- Sleep disturbances, nightmares

- Lethargy
- Dermatological reactions
- Weight fluctuation
- Sexual problems
- Phobias, panic reactions.

1.4 Psychological Reactions

- Depression, anxiety, shock, denial
- Confusion, feelings of being powerless
- Anger, fear, frustration, irritability
- Shame, self-consciousness, low self-esteem
- Insecurity, embarrassment, feelings of betrayal
- Guilt, self-blame, isolation.

Future problems

- Decreased job satisfaction
- Absenteeism
- Unfavorable performance evaluations
- Withdrawal from work or school
- Loss of job or promotion
- Change in career goals, jobs, educational programs, academic majors, etc.
- Drop in academic/work performance due to stress

1.5 Historical perspective

Child sexual abuse existed in all historic period and in every societies (conte1994; Fergusson and Mullen1999;Werkerle and Wolfe1996; Wolfe 1999). In past, Roman and Greek culture's individuals had done rapes. Change in cultures turned societal acceptance to rejection of such acts (Barnett Miller-Perrin, and Perrin 1997; kahr1991; Olafson et.al 1993). Sexual victimization was identified by the physicians and researchers on their patients in the mid- twentieth centuries, but these findings never came out, justified and victims were blamed (Bolen2001; conte1994; olafson et al 1993).

In the New York state child protection movement was started and the children were considered as parental property. In 1874, the case of Mary Ellen, a girl who experienced physical and psychological cruelty by her step mother got attention. Voices were raised in favor of this case and this brought legal change (MacMillan2000;Wolfe1999). New York society for the prevention of cruelty to children (NYSPCC) were formed as a result of this case. In 1970 child sexual abuse became the most discussed topic which turns to controversial. The child sexual abuse reached main stream and sought public awareness. In 1980 and 1990s the attention of media and research were increased towards child sexual abuse. Girls are the victims of child sexual abuse than boys. And it is more forceful and injurious. In the mid and late childhood the risk of being sexually abused increases.

1.6 Right to protection

Around the world, horrifying acts of abuse, exploitation, and violence against children are commonplace. Unfortunately, child abuse occurs everywhere in the globe and frequently takes place in settings where kids should be best protected: homes, schools, and online. Commonly, those who have earned the trust of children will abuse them. Every kid has the right to protection against abuse, exploitation, and violence.

India has a variety of regulations in place to safeguard children, and it is becoming more and more widely recognized that social progress depends on it. Due to a lack of qualified preventative and rehabilitation services and enough human resource capability on the ground, enforcing the laws is difficult. Millions of kids are thereby vulnerable to assault, abuse, and exploitation.

Knowing how to spot and recognize clues of a problem can help save a child's life because the signs of child abuse are not always visible. Because there are many various types of child abuse, there are many different ways that it might show its signals (Smith, Robinson, Segal, 2020). Self-harm, defiant behaviour, suicide attempts, absences from school, social withdrawal from friends, family, or activities, a sharp decline in academic or extracurricular performance, a change in behaviour, aggression, anger, hostility, or hyperactivity are a few examples of outward signs that indicate abuse (Santos & Holland, 2018).

Abuse of children can have an effect on them that lasts well into adulthood. Even while not all repercussions of child abuse are physical, the emotional, psychological, behavioral, and cognitive effects can still have a negative impact on children's schooling, future relationships, and employment as well as their sense of value and self-esteem (Smith, Robinson, Segal, 2020). Since those who experience abuse are more likely to go on to harm others, the effects of child abuse sometimes span generations. Given this knowledge, efforts to prevent child abuse must break entrenched cycles of exploitation and abuse (WHO, 2020). The impacts of child maltreatment on a kid's development will be categorized below into four categories: behavioral, psychological, cognitive, and cognitive-psychological.

1.7 Children and early sexual behaviour

Children exhibit a variety of healthy sexual habits and interest at every developmental stage. Depending on their stage of development, children's actions and curiosities may evolve gradually and may be influenced by things like what they see and the advice they get from their parents and other caregivers. Understanding healthy sexual development can give context for thinking about potential abuse behaviours and indicators.

- Inquiries about sexuality, such as Where do babies come from?
- Curiosity about their bodies, including the occasional act of public and private masturbation
- Consensual, playful exploration of their bodies with children of a similar age.
- Lack of self-restraint when it comes to nudity, especially in children under the age of five; use of slang to refer to body parts; and jokes about bodily functions

1.8 Sexual abuse's effects on children

Physical and emotional boundaries are crossed during sexual abuse. Children and teenagers who have experienced abuse may perceive adults as deceptive and unreliable and the world as dangerous, or they may lack boundaries and be oblivious of when they are in dangerous situations. Children's thoughts and feelings regarding the abuse they suffered, how it impacts them, and how they develop resilience are all influenced by a variety of variables.

Child's age (young children may experience more negative consequences) Child's emotional and social development at the time of the abuse Child's relationship to the abuser; the degree to which the abuse was a betrayal of trust within an important relationship (e.g., the perpetrator is a father instead of a neighbour). The child's capacity to handle the abuse's physical consequences.

How much accountability the child or young person feels for the abuse (for example, not reporting it to an adult straight away or making an effort to stop it) Response to the child after they come forward with the abuse; the abuser's "friendliness" and attempts to enlist the child's cooperation; the abuser's use of violence or threats of harm, including threats against family members, pets, or parents; the abuser's use of secrecy and threats to withhold love and affection; The abuser's gender, whether it is the same as the victim's or not (for instance, children and young people are less likely to report sexual behaviour with the same gender).

Chapter 2

Review of literature

2.1 Introduction

This chapter contains comprehensive information that has collected from secondary sources about the related topic. The materials are from different sources such as online articles, journals, books and other sources. The chapter includes the information collected regarding childhood sexual abuse, child sexual abuse prevention in school, sexual offences and violence, history of childhood sexual abuse, male targeted sexual assault prevention, Threats and trends child sexual exploitation and abuse covid 19 impact and UNICEF and sexual abuse programs. It will help to understand about the earlier research findings that had conducted regarding the topic is relevant in the present context. It will provide additional theoretical information from different sources.

Sexual action with a child by an adult, adolescent, or older child is considered child sexual abuse. Any sexual contact between an adult and a child constitutes sexual abuse. Touching and non-touching are the two basic types of child sexual abuse. Playing sexual games with children, contacting them inappropriately, forcing them to touch another person's sex organs, or placing objects or body parts in their mouths, anuses, or vulvae is all considered touching. Showing a child pornography, exposing a person's genitalia to them, trafficking or prostitution of children, taking pictures of them in sexual poses, encouraging them to watch or hear sexual acts in person or on video, and/or watching them undress or use the restroom are all examples of non-touching abuse.

2.2 Summary of review of literature

2.2.1 Child hood sexual abuse

Childhood sexual abuse has gain much attention in recent years 12 to 18% of men and 28 to 33% of women were suffered from sexual abuse. It is difficult to explicate sexual abuse. The impact of sexual abuse is different for different people. the sexual abuse can be familial and non-familial and the familial abuse create higher level of depression and anxiety, the survivors often experience guilt worthlessness and other long term effects of childhood sexual abuse include stress and anxiety. As adults the survivors may show alertness when they feel unsafe.

The physical and mental problems of adult may center in childhood sexual abuse. Depression behavioral problems, low self-esteem relationship problems anxiety and drug use are the main Mendel and physical problems can occur. The perpetrator uses child's innocence and trust for exploitation showing genitals encouraging self-masturbation, Compelling the child to touch genitals of adult or forcing the child to have vaginal oral or anal sexual activity Or other sexual activities are the types in sexual abuses faced by children. It has a long term effect on the mental, psychological and social life. It has been proven that significant numbers of children are sexually assaulted by their relatives or cousins and the number is high. According to the reports 54% of children were abused by their own parents and 8% by friends and relatives in Australia (AIHW, 1990-91).

(Hall & Lioyd 1993) also stated that the experiences of being sexually abused by the families are doing not want to disclose by the children. So there is a high chance to

experience fear and isolation. The childhood sexual abuse seems difficult to forget so the children may face adjust mental problems with in the family. They also pointed some expressions which include behavioral problems in future, lack of interest towards sex, sadness, a negative feeling towards their body, mental disorders and suicidal tendencies.

Mc clean and Gallop (2003) states that victims of long term sexual may grow low self-esteem, wrong view towards sex, worthlessness feeling. The children becomes more reserved and suspicious

2.2.2 Sexual offences and violence.

(Rakthim Tamuli 1994) states that Sexual offences are became a human culture and the victims are mostly women and children. Sexual assault can be defined as the in appropriate touch to any sexual activity without the consent. The sex related offences taking place in worldwide which causes severe damage to the mental and physical health of sufferer. Physical and mental dimensions are connected to each other. Sexual offences when take the form of violence can turn into murder and suicide. In 2002 the who defined sexual violence as: any sexual act, attempt to obtain an act, unwanted sexual comments or advances, or acts to traffic or otherwise directed against a person's sexuality using coercion by any person regardless of their relationship to the victim in any setting including but not limited to home and work. 20% of women in their childhood are sexually abused. In the Asian countries the sexual assault rates are high. 60% of women are subjected to sexual assault in Japan, 53% to 62% in Bangladesh and 25% in India. Sexual violence is one of the serious crimes to be addressed.

2.2.3 Child sexual abuse prevention in school

(Lisa Korn 2001) expressed that child sexual abuse is serious crime. Most of the children are not ready to open up about their abuse because of the fear and embarrassment. The childhood sexual abuse prevention programs are started to execute in 1970's which aimed to stop future abuses and to disclose past abuses

The prevention model includes

- Parent sensitization programs
- Public awareness programs
- Children education programs
- Home visitation programs

Research identifies that most of the perpetrators of sexual abuse are juveniles and 48% of juvenile perpetrators had been physically abused and 95% were sexually abused (Field man & crespri 2002). These perpetrators once abused by their own family members. Perpetrators who abuse under the age of five have the same tendency to abuse the children under five if the abuser is male there is a tendency to victimize boys. The offenders try various methods or tactics to prevent victims from open up about abuse. Desensitization is one of the method in which perpetrators shows love and care to victim so that they could come closer. The other method is threat or warning. Juvenile use this method than adults. In this, the relationship with the victim used as threat. Research also found than one in four girls and one in ten boys are victims of child sexual abuse. To dealing with child sexual abuse, child protection services play an important role. Child

protection services serve preventive abuse measures and parent education and information services. Finding the symptoms of abuse and responding to suspected cases of abuse are need to be addressed (Field man & criski 2002).

Kaufman and zigler stated that one the one third of all individual who mal treated will treat their children accordingly (1993, as cited in Goldman et al, 2003,p-28) According to the review from 42 countries reveals that children living with single parent are more likely to experience sexual abuse than two parents.

The physical symptoms may include difficulty to go to the bathroom, difficulty in walking and sitting, and other symptoms may include aggressiveness, difficulties in sleeping, lack of trust, withdrawn behavior, low self-esteem, substance abuse, intense fear, anxiety, or any sudden changes in behavior. According to child sexual abuse accommodation syndrome theory, children's response to child abuse has five stages

- 1, secrecy
- 2, helplessness
- 3, entrapment & accommodation
- 4, delayed unconvincing disclosure
- 5, recantation

When children open up about sexual abuse the reaction of the family and friends makes a major impact on their recovery. Listening and responding in a non-judgmental way should be shown towards the children. Negative attitudes or comments should be avoided, this because the child might take any negative message as being directed to

them (1993, as cited in Goldman et al, 2003,p-28).

Prevention programs include saying no to inappropriate touches to open up and leave the situation. The students must know the difference between bad touch and good, it will help them to differentiate between their feelings. We should teach them it is okay to say no when some try to touch them in an uncomfortable way. Children need to know that their bodies only belong to them and no one has the right to touch them without consent. School prevention programs can be useful to prevent child sexual assault. According to research behavioral skill training with participation of students is the most effective method for delivery of prevention education. The preventive education given by parents seems to be not effective because, most of the time parents say to be alert from strangers. The treatment needs to be available for perpetrators and victims to prevent child sexual abuse. Child sexual abuse can happen to anyone by anyone, so it is not the fault of victim. Providing a safe place will increase the chance of self-disclose (1993, as cited in Goldman et al, 2003,p-28).

2.2.4 Historical perspective of child sexual abuse

Child sexual abuse existed in all historic period and in every society. In past, Roman and Greek culture's individuals had done rapes. Change in cultures turned societal acceptance to rejection of such acts (Barnett Miller-Perrin, and Perrin 1997; kahr1991; Olafson et.al 1993).

Sexual victimization was identified by the physicians and researchers on their patients in the mid- twentieth centuries, but these findings never came out, justified and victims were blamed (Bolen2001; conte1994; olafson et al 1993).

In the New York state child protection movement was started and the children were considered as parental property. In 1874, the case of Mary Ellen, a girl who experienced physical and psychological cruelty by her step mother got attention. Voices were raised in favor of this case and this brought legal change (MacMillan2000;Wolfe1999). New York society for the prevention of cruelty to children (NYSPCC) were formed as a result of this case. In 1970 child sexual abuse became the most discussed topic which turns to controversial. The child sexual abuse reached main stream and sought public awareness. In 1980 and 1990s the attention of media and research were increased towards child sexual abuse. Girls are the victims of child sexual abuse than boys. And it is more forceful and injurious. In the mid and late childhood the risk of being sexually abused increases (MacMillan2000;Wolfe1999).

2.2.5 Male targeted sexual assault prevention programs

Research proved that one in five women and one in seventy two men are the victims of rape during any time of life. Sexual assaults are national concerns need to be addressed. Not only men but also women can be the perpetrators likewise not only women but also men can be the victims. We need a gender neutral approach towards sexual assault (Black et al. (2011), as cited in Nelson Zolunlome 2018).

In a survey conducted in 120 men, 76 admitted that multiple rapes have done towards same women or different women. This shows that misogyny is common in men. The rapists showed significant characteristics of lack of social conscience, irresponsibility, dominance over their partners (Nelson Zolunlome 2018). The end result variable examined in the present study is self-reported sexually aggressive behaviour. Prevention programs can try to minimalize the number of potential perpetrators to decrease the sexual assault. A small and positive results on attitude surrounding sexual assault brought by the male targeted sexual assault prevention programs. The men who are sexually aggressive may have high misogynistic norms and beliefs. There is no surety that male targeted sexual assault prevention will show significant results but a slight change gives a hope that male targeted sexual assault prevention programs will be beneficial to the community (Nelson Zolunlome 2018).

2.2.6 Threats and trends child sexual exploitation and abuse covid 19 impact

During the covid 19 the whole socio economic things are changed. Countries have reported barriers to report sexual abuse and in seeking medical treatments. Due to covid 19 many of the offences are under reported. Countries faced obstacles in contacting the victims through old conventional methods, during this covid 19 periods, so investigations became difficult. Child sexual investigations are given a high priority but due to covid 19 human resources are limited, it became a barrier to conduct investigations effectively. The decreased number of investigators caused high physical stress and emotional stress among investigators. The counties also reported the lack of availability of digital forensic officers (interpole 2020).

The children are prone to online harms also. To prevent this world health organization called technology companies to undertake every single thing to keep children safe online. The time spending in online increased in covid 19. Research shows that the number of people reporting sexual abuse material in the net increased. This includes mems and comics, in appropriate humor of child sexual abuse. The messaging application was used by offenders to distribute child sexual abuse materials. The videos of child sexual abuse was circulating in messaging applications are found and reported (interpole 2020).

2.2.7 Zoom bombing

The term is new to the society it is widely reported in media. Countries have reported zoom bombing. Zoom bombing means where an uninvited person joins a video conference and shows inappropriate content. Zoom bombing is reported in virtual learning classes for children, where child sexual abuse content is shared on the screen. As the society is evolving new technologies are developing but these platforms are misused by some peoples. Showing these inappropriate content in internet can influence other peoples too. The children seeing this in conference could develop fear and anxiety (Interpole 2020).

2.2.8 Online gaming

The most of the children are addicted to online gaming; there is a significance increase in online gaming in the covid 19 pandemic. The children are being targeted by sexual offenders on these platforms (Interpole 2020). These gaming platforms are widely utilized to scatter child sexual abuse contents. Child sexual abuse materials will be on trade for payments in coming months is threat to humanity.

2.2.9 Prevention and detection

- Create campaigns to educate people about the risk of CSEA online, particularly those that use gaming, messaging, and social media platforms to reach victims and guardians.
- Through adult-targeted online and physical ads that highlight the consequences of these offences, law enforcement can send a clear message that impunity will not

be tolerated.

- The creation of collaborative awareness campaigns for parents and children through cooperation between INTERPOL member nations and internet service providers.
- Run incident mapping activities throughout the schools to find new CSEA-related problems.
- Make sure hotlines are operational and staffed; think about new technological options for victims to report crimes (such as toll-free texting services and integrated channels for youngsters to report crimes through gaming, social media, and messaging).
- To ensure that newly emerging CSEA threats and trends are communicated promptly, strengthen the partnership between law enforcement and victim hotline providers.
- Adapt mechanisms to enable the ongoing provision of services to children during the COVID-19 epidemic. This includes virtual justice systems, support systems, and medical services (Interpole 2020).

2.2.10 Protection of Children from Sexual Offences Act, 2012

This Act defines a child¹⁴ as any person below the age of 18 years. It provides protection to all children under the age of 18 years from the offences of sexual assault, sexual harassment and pornography, all of which have been clearly defined in this law.

Section 11 of the Act deals with Sexual Harassment. In this section, a person is said to have committed sexual harassment at the workplace upon a child, when such a person with sexual intent i) utters any word; makes any sound, makes any gestures or exhibits any object or part of body with the intention that such word, sound, gesture or part of body will be seen or heard by the child, ii) makes a child exhibit his body or any part of his body, iii) shows an object or any type of print, visual or other material to the child for pornographic purposes, iv) repeatedly or constantly follows, watches, stalks or contacts a child either directly or through electronic, digital or any other means, v) threatens to use a real or fabricated depiction of any part of the child's body or involvement of the child in a sexual act, through any form of electronic, film, or digital media or any other mode, vi) entices a child for pornographic purposes or gives gratification for the same. Whoever commits sexual harassment upon a child shall be punished with imprisonment for a term which may extend to three years and shall also be liable to be fined.

The Act casts a duty on the Central and State Governments to spread awareness through media including the television, radio and the print media at regular intervals to make the general public, children as well as their parents and guardians aware of the provisions of this Act (Indian code 2012)

2.2.11 Information Technology Act, 2000

The following Sections of the Act can be applied depending upon the facts and circumstances of the case along with other relevant provisions:

- **Section 67:** Publishing of information which is obscene in electronic form.
This section states that whoever publishes, transmits or causes to be published in the electronic form, any material which is lascivious or appeals to the prurient interest; if its effect is such as to tend to deprave and corrupt persons who are likely, having regard to all relevant circumstances, to read, see or hear the matter contained or embodied in it, shall be punished on first conviction with imprisonment of either description for a term which may extend to five years and with fine which may extend to one lakh rupees and in the event of a second or subsequent conviction with imprisonment of either description for a term which may extend to ten years and also with fine which may extend to two lakh rupees
- **Section 72:** Penalty for breach of confidentiality and privacy. This section states that save as otherwise provided in this Act or any other law for the time being in force, any person who, in pursuance of any of the powers conferred under this Act, rules or regulations made thereunder, has secured access to any electronic record, book, register, correspondence, information, document or other material without the consent of the person concerned discloses such electronic record, book, register, correspondence, information, document or other material to any other person shall be punished with imprisonment for a term which may extend to two years, or with fine which may extend to one lakh rupees, or with both (Indian code 2014)

2.2.12 UNICEF and sexual abuse programs

The risk of sexual exploitation and abuse is highest for women and children in emergency situations. High levels of need brought on by a lack of resources, a lack of food, or economic instability can exacerbate the power imbalance in emergency situations, increasing the risk of sexual exploitation and abuse by humanitarian aid workers who are relied upon by communities or by peacekeepers who are there to protect them. Programs for providing humanitarian aid should be created and implemented not only to reduce the likelihood of sexual exploitation and abuse, but also to offer the appropriate reaction when abuse does occur. Thousands of relief workers help deliver crucial programs for kids affected by war, natural disasters, and other crises as part of UNICEF and partners' annual response to catastrophes throughout the world.

Action must be taken across UNICEF to protect children and adults from potential sexual exploitation and abuse by assistance workers. This action includes staff training, partner screening, and providing quick response in the event of abuse. Child protection professionals, along with investigators, human resource and ethical staff, and others, play a crucial part in UNICEF's organization-wide strategy for preventing sexual exploitation and abuse. Our top goal is defending women and children against sexual exploitation and abuse and ensuring that victims receive the care and support they require (UNICEF 2020)

The Victim Assistance Protocol, which outlines the fundamental principles, standards,

roles, and responsibilities of UN entities and their partners to promptly refer and assist survivors of sexual exploitation and abuse, was developed by the United Nations (UN) with UNICEF serving as co-chair of the process. We also oversaw a procedure that involved implementing partners to strengthen the UN's strategy against sexual exploitation and abuse.

Henrietta Fore, the executive director of UNICEF, held the position of IASC Champion for Protection from Sexual Exploitation and Abuse from 2018 to 2019. IASC members, including UNICEF, created and supported the IASC Plan for Accelerating Protection from Sexual Exploitation and Abuse in Humanitarian Response at Country Level under the direction of Executive Director Fore.

According to the plan, (UNICEF 2020) has increased funding to hasten outcomes for kids and adults in three international priority areas:

- Accessible and secure reporting
- Support and help for victims of sexual exploitation and abuse
- more accountability, including inquiries

2.2.13 consequences of sexual abuse

The health and wellbeing of children are significantly impacted by child sexual abuse and exploitation. The effect will change depending on according to the type, degree, and length of the abuse, relative to the child's or adolescent's developmental stage understanding of the abuse and their coping mechanisms and feedback from family, friends, and the larger community both, services (Kendall-Tackett, 2008).

The harm includes effects on physical health, such as high BMI, difficulties during childbirth (Fisher et al., 2017); increased risk of contracting HIV due to sexual risk-taking, such as having multiple sexual partners or inconsistent condom use (Sommarin et al., 2014); drug or alcohol abuse (Fisher et al., 2017; Longman-Mills et al., 2013); anxiety, depression, psychological trauma, and self-harm. Additionally, a kid who has experienced sexual abuse or exploitation is more likely to experience other forms of violence or abuse (victimizations typically result in the worst results). Consequences can last a lifetime and include socioeconomic problems like homelessness and unemployment as well as intimate problems that influence relationships with family, partners, and children (Fisher et al, 2017).

No one factor can fully explain why sexual violence against children happens, despite the fact that gender inequality and children's developmental vulnerability are highly obvious risk factors (Know Violence in Childhood, 2017; Ligiero et al, 2019). Violence doesn't take place between people in a vacuum unaffected by the larger societal backdrop. The majority of forms of interpersonal violence disproportionately target groups within a

community or population that are already marginalized due to interacting structural injustices like racism, sexual orientation, gender inequality, and poverty, as well as institutional and organizational practices that do little to challenge or even reinforce these injustices. The hazards and factors that affect child victimization and abuse are currently the subject of a large body of literature (Know Violence in Childhood, 2017; Ligiero et al, 2019).

NATIONAL STRATEGIES, LAW ENFORCEMENT, AND IMPLEMENTATION: Effective and efficient national methods and policies for minimizing child sexual abuse and exploitation are the subject of few empirical studies. The development and implementation of regional and national action plans, legislative reform, coordination, mapping of service needs and gaps, capacity building, development of service structures, and mobilization to change attitudes and behaviour have all been part of national child protection system building responses.

A growing number of nations are making progress. That have enacted significant legislation and national action plans include addressing child exploitation, abuse, and trafficking. Rates of child sexual offenders being prosecuted in many nations are low, and the primary issue is the execution and enforcement of rules and regulations, inadequate victim support services, inadequate training, direction, and competence for child protection, weak leadership, and systems of justice.

PRIMARY PREVENTION: These are methods intended to stop sexual exploitation or abuse before it occurs. The majority of the new data were found in this region of the

review. Three different primary prevention tactics were identified: situational prevention to provide safe spaces, mobilization or education to change social norms, attitudes, and behaviour, and prevention that combines the two. All three strategies are probably required for an efficient prevention strategy, and good study data has been identified for combination interventions, which primarily target teenagers in the community or in schools. Many main preventive strategies instead concentrate on parenting, gender-based violence/violence against women and girls, interpersonal/dating violence, or HIV and AIDS prevention rather than directly addressing child sexual abuse and exploitation. The most encouraging advancements have been made in the field of preventing teenage gender-based violence, where multi-component, multi-layered approaches have emerged. Economic empowerment, gender equality, relationship skills, environmental/situational safety, and increasing organizational protection policies are all aimed at individuals. Few reviews of primary prevention focused on child sex offences and demand control exist (UNICEF 2020)

Primary prevention methods can be either general (encompassing the entire population) or specific (targeting susceptible populations). The evidence review identified three methods of prevention: (1) situational prevention (altering the environmental and situational context that provide opportunities for abuse); (2) mobilization to change social norms, attitudes, and behaviour (most prevalent); and (3) prevention by reducing risks and vulnerabilities of children to victimization through programs for social and economic empowerment, such as cash transfers and social safety net (SSN). Primary prevention initiatives are increasingly combining various tactics, and this has improved the evidence

for their efficacy. Although recent focus to organizational drivers has enhanced knowledge in this area, preventative measures that target child sexual abusers or the "demand" side of child sexual exploitation should still play a significant role in overall prevention efforts. The majority of the evaluation evidence was discovered for the prevention of gender-based violence and abuse in adolescent intimate partner relationships, as other studies have shown (Yount, Krause, and Miedema, 2017).

There were few reviews of programs to prevent sexual exploitation or human trafficking. Since many studies are only a few years long, proving sustained improvement over time has been a major issue for primary preventive research. It can take time to shift norms, attitudes, and beliefs throughout a culture or society. One-time preventative efforts are unlikely to be sufficient because attitudes tend to change briefly and then return to their previous state after short periods of follow-up (Davis and Liddell, 2002; Heppner et al. 1995).

Numerous studies focus on changes in attitudes and knowledge levels, while fewer studies concentrate on changes in behaviour or rates of victimization and perpetration. Too few assessments have examined the effectiveness of primary prevention initiatives in enhancing children's safety. To find promising programs for creation and testing in various contexts, there are several extremely well-evaluated studies of preventative responses in HICs and LMICs.

All types of violence against children, including physical, emotional, sexual abuse, and neglect, must be addressed in comprehensive initiatives to end it. Children who are

victims of one form of abuse could also be victims of another (Finkelhor, Ormrod & Turner, 2007). However, there is a requirement for a concentrated, coordinated effort on child sexual exploitation and abuse because:

- Child sexual abuse is still a taboo, secret, and stigmatizing topic in many areas of the world. We need to exchange knowledge on successful national policies and what might or might not work in order to assist in overcoming cultures of inertia, secrecy, and resistance to change.
- If not recognized and given priority, the specific causes, hazards, and protective variables associated with child sexual abuse and exploitation may be overlooked in the broader context of reducing violence.
- Understanding the interventions that are explicitly targeted at preventing child sexual abuse could help to stop it and help determine where general violence prevention initiatives might be effective and where we need alternative strategies.
- There is little data regarding the effectiveness of general child maltreatment interventions (such as parenting programs) in avoiding child sexual abuse and exploitation.
- While a lot of sexual abuse may happen in the home, the perpetrators and situations of sexual abuse and exploitation are far more diversified, necessitating interventions that take this into consideration. Child maltreatment research and policies have concentrated mostly on caregivers and the family.
- There are significant gaps in knowledge and practice when it comes to protecting young children and boys, children who are intersex or who identify as non-binary,

and children who are victims of childhood sexual abuse. While other strategies on violence prevention, particularly on gender based violence, have taken childhood sexual abuse into account, mostly with regard to adolescent girls.

- Online-facilitated child and adolescent sexual abuse and exploitation, as well as coordinated responses to it, are expanding quickly. A wider range of child protection measures must incorporate the knowledge gained from this effort.
- Although a sizable fraction of peers are those who sexually abuse other children and adolescents, therapies have typically been created for adult offenders. Evidence is required to meet the developmental and safety requirements of children as victims and perpetrators in child sexual abuse and exploitation prevention and response strategies, acknowledging that a kid can experience abuse as well as do harm to others.

Children's safety is greatly aided by parents and other adults who look after them. In high income nations, parenting programs are numerous and well established. Although NGOs have also pioneered many services, they may be led by a variety of different sectors, with the health sector's responses typically comprising nurses and community health practitioners. All parenting-focused initiatives, regardless of the main sector or agency, are covered in this section to make the topic more straightforward. There is a wealth of information available on parenting and using early intervention to safeguard children's welfare and stop child abuse and neglect (Wessells et al, 2013).

The crucial task of raising physically and emotionally healthy children who are capable of reaching their full potential as adults has received a lot of attention in the literature.

Preventive help for parents whose children are likely to be susceptible due to poverty or other familial and environmental adversity is frequently promoted via early intervention programmes (Dodge & Lambelet-Coleman, 2009).

Since the influence primarily on sexual violence has not been frequently studied, there is insufficient information on primary prevention of child sexual abuse and exploitation in this literature. Contrary to child abuse or neglect in the home, child sexual abuse and sexual exploitation cover a variety of different types of offences, and the primary offenders are not always parents and caregivers but also include known and previously "unknown"/unacquainted adult and peer offenders, as well as "boyfriends." The public health targeting of support to address family and environmental hazards and vulnerabilities has been demonstrated to be helpful in avoiding child maltreatment; however, there are essential parts of this work that are likely to be similarly important in preventing child sexual abuse (Dodge & Lambelet-Coleman, 2009).

2.3 Conclusion

Based on above literature evidences we could understand the depth and intensity of childhood sexual abuse. These articles help the researcher to understand the variables. The research was started with the gap identified after the literature review. The study was conducted based on the after effects suffered by adults about their childhood sexual abuse. How it still affects their life. The study focuses on the respondent's perspective.

Childhood sexual abuse creates the emotional, physical as well as psychological problems. The survivors need psychosocial support from family as well as from community. Protection of child rights include right against exploitation as well, for protecting their we must create child friendly atmosphere. We have to take actions against childhood sexual abuse or other kinds of abuse affecting our children.

Chapter 3

Methodology

Childhood sexual abuse: experience of young adults

Statement of the problem

Sexual abuse is an act where the abuser sexually touches or forcing for sexual favors without consent of that person. Sexual assaults are increasing. There are a number of cases reported and a number of cases are suppressed due to lack of awareness. The sexual abuse happened in childhood can long term psychological and emotional effect. The childhood sexual abuse cases are not reported due to lack of proper sex education in children. Most of the children at that stage do not know they were abused by the abuser. This is because they were not aware of good touch and bad touch. The parents are not giving that much of importance to the sex education. Most of the parents hesitate to speak about such subjects to children. When the children are assaulted, in most of the cases they are not open up to their parents. The fear of denial, judgment and anger is not allowing the children to disclose such incidents. These childhood sexual abuses creates a lot of stigma, alertness, fear, worthlessness even depression in later stages. The children when grown up may bring the experience with them and this affects their personality and communication with others.

Most of the sexual abuses happenings not visible, because they are suppressed due to a number of reasons. The abuser may be a close relative, family friend, teacher or neighbor and the place it happens may be home, school, relative's home or vehicle. The childhood sexual abuses are discussed topics but defining a sexual assault is seems to be difficult for common people. The sexual abuse is not a single topic; it is closely associated with sex education and parenting skill. As an adult when opening up about childhood abuse some

may feel the same fear, some may feel courage because the experience is different for different people. Parents are not allowing children to go outside as they feel danger outside so they keep the children at home however most of the sexual abuse cases in childhood are happening in our safe places, by our safe people. The study aims to bring out psychological and emotional trauma of the survivors, their relationship with their parents and their feelings and opinion about the traumatic experience. Opening up about sexual abuse may bring relaxation and free feeling; it may result in therapeutic experience. The late effects of childhood sexual abuse are depression, sexual problems, shame, self-blame, eating disorders, anxiety, repression, denial sexual problems, guilt, and relationship problems. The late effects of childhood sexual abuse among adults is not that much discussed.

Significance of the study

According to the latest reports on crime child sexual abuses are reported 106958 by the Indian home minister. Scope of the study is to understand the depth of sexual assault on adults. The late effects suffered by the young adults are not that much discussed topics. The study will explain the emotions and feelings of survivors and their coping mechanisms. The study also seeks the importance sex education in childhood and importance of parenting.

General objectives

- To know the effects of childhood sexual assault on young adults

Specific objectives

- To know the physical and psychological effects of sexual assault
- To know their reaction towards the incident at past and in present
- To know what was their feelings in the past and present.
- To know their support system

Definition of concepts

Sexual abuse

Theoretical definition

Sexual abuse is an act which one intentionally sexually touches another person without consent, or physically forces a person to engage in sexual act against their will.

Operational concept

A person intentionally touches private parts of another person without consent or flashing or in appropriate hugging.

Childhood

Theoretical definition

The state or period of being a child

Operational concept

The early developmental stage in the age up to 15

Research design

Qualitative research, Narrative

Universe

The universe of the study is young adults in the age group of 20- 30 who suffered sexual assault in childhood.

Sampling method

Convenience sampling

Sampling size

7 young adults aged between 20-30 who experienced sexual assault

Tools of data collection

Interview using open ended questions

Method of data collection

In-depth interview using open ended questions.

Inclusion criteria

The young adults in the age group of 20-30 who experienced sexual assaults

Exclusion criteria

The other age groups

Young adults who didn't experience sexual assaults.

Expected outcome of the research

The research will bring out the psychological and emotional effects of sexual assault and importance of sex education among children. The study is also focused on the solutions to prevent sexual assault.

Challenges

Language and lack of experience in research.

Chapterisation

Chapter I – Introduction

Chapter II – Review of literature

Chapter III – Research Methodology

Chapter IV – Narratives

Chapter V – Thematic analysis and discussion

Chapter VI – conclusion and implications for professional social work practice

Chapter 4

Narratives

Case 1

Name- Ms. B

Sex- Female

Place- Aluva

Educational Qualification- post graduation

Ms B is a 23 year old one, who resides at Aluva. She was born in a joint family, which consist of father, mother, brother, aunt and uncle. Currently she is doing her post-graduation. Her childhood was normal, she was very talkative and everyone in her house loved her so much. She was a favorite child in her family. She enjoyed going to relative's house. She had many good memories of childhood. She also recollected a how she loved to perform dance in every occasions.

The incident of sexual abuse happens in her age of sixteen, at that age she was aware of good touch and bad touch. One day she went to her cousins house, were she was lying in bed with her cousins. The other cousins left for dinner, while she was in room alone, one of her cousin, Mr A came to the room and hugged her in appropriately. It was all sudden, she couldn't respond a word, it was very uncomfortable for her. She was stucked in that moment and couldn't move. It happens for a couple of minutes and he left. She was crying a loud, but she was afraid to tell others about the incident. The person who did was so close to her. She was sure that no one will believe her. All the blames will come

on me only.

“It was sudden and I couldn't respond, i know it was inappropriate , but at that age I was not ready to react”

This incident made her guilty of being there. From that moment she didn't went to relatives house, but she reacted normally to others so that no one could get suspicious of her behaviour.

“From that moment this experience disturbs me more, it come often to my thoughts, Now i know the differences between good hug and bad hug and how to react to these situation ”

She shared her experience after a long time with her friends, when they were discussing about their experiences. Her friends supported her and appreciated for moving on. Now she is moved on but still it hurts. She knows that it was not her mistake

Case 2

Name- Ms. A

Sex- Female

Place- Manjaly

Educational Qualification- post graduation

Ms A is a 22 year old female, who resides at Manjaly. She was born in a nuclear family, which consist of father, mother and brother currently she is doing her post-graduation.

Her childhood was normal. Her mother and father were very supportive. Her childhood hobby was singing. She had so many good experience of growing up.

The incident happend when she was 12 years old, she was studying in 5th standard. She was going to school, on the way she had to go through a bridge. A stranger was coming by opposite side. He was staring at her; there is no one in the other than the stranger in that bridge. He came close to her and tried to touch her breast, he was successful in doing that. She was stuck and couldn't move. The stranger went when someone was coming.

"I was speechless and crying inside so that one could hear me, i was weeping inside but i decided to go to the school"

On the way she met her uncle and he asked about her gloomy face. She couldn't control her emotions so she cried loudly. She explained everything to her uncle. Uncle consoled her and asked to tell her parents. But at that age she was not ready to disclose this matter to anyone.

“I pleaded my uncle to not to tell anyone and uncle agreed that and I went to school”

After this incident she was very careful. She didn't want to tell her parents because she was afraid.

“I think the parents should create a friendly behaviour towards their children so that they could open up about everything”

She is not recovered from the psychological trauma it still disturbs her.

Case 3

Name- Ms. S

Sex- Female

Place- Angamaly

Educational Qualification- post graduation

Ms S is a 22 year old female, who resides at Angamaly. She was born in a nuclear family, which consist of father, mother and brother currently she is doing her post-graduation. She had worst childhood and she didn't get much care and love.

“My childhood was not so good, my father was alcoholic, I have seen domestic violence in my house”

She was very talkative person; she had a very reserved family and a long list of relatives. She was only eight years old when the abuse happened, abuser was an old age, long distant relative of her.

One day the person visited her house with his wife. “We never had any cell phone but this person had small nokia phone and I was very interested to play games at that age. When i asked his phone to play games he sat me on his lap and allowed me to play games. After a while he kept his hands on my knees and I could feel the hand moving

upwards. I was getting irritated, when the hand reached somewhere near my panty line, I stood up and walked away"

She didn't remember whether he touched on her private part or not, but she remembers she walked away because of irritation. She took many years to understand that was a sexual abuse.

But she never blamed her for what happened. She understood that it was not her fault. The person was wrong and she never sit on someone's lap.

"my mother once told me to not sit on anyone's lap, i think i followed it till now , after that incident my body became so sensitive in such a way that i can feel a touch up to two days"

She moved on but still it hurts. Now she is strong enough to handle such situations.

"We should teach our children about bad touch and good touch, it is very essential thing"

Case 4

Name- Ms. N

Sex- Female

Place- Moozhikkulam

Educational Qualification- post graduation

Ms N is a 22 year old female, who resides at Moozhikkulam. She was born in a nuclear family, which consist of father, mother and two sisters Currently she is doing her post-graduation.

She is differently abled person, her one hand is weak, and she had faced many difficulties in her life. Her family was poor and her childhood was challenging.

The incident happened from a family friend. Her family trusted that person so much. One day she was coming from school on the way he met that person. He had his car with him so he asked her to come with him, he will drop her. He was very friendly with her and she had trust in him so she agreed to that. On the way in the car he tried to touch her thighs first and he was successful doing that. After that he touched her breast.

"I was afraid and praying to God"

He dropped her in her house and he reacted normally. She cried a lot but he was sure that no one will believe her what happened.

" I had experience with one more incident where a teacher hugged me but when i told my mother she was not ready to accept , she told me that you are misunderstood him"

She decided not to tell anyone but it still disturbs her she is not move on. Now the person is in abroad. He settled there but i met him recently. He behaved normally.

"I think parents are our support pillars they have to believe in their children, they have to ask them about everything"

She shared this incident with her friends and she gets support from her friends. She also stated she will become a good parent who listens to their children.

Case 5

Name- Ms. D

Sex- Female

Place- Piravam

Educational Qualification- post graduation

Ms D is a 24 year old female, who resides piravam. She was born in a nuclear family, which consist of father, mother and sister. Currently she is doing her post-graduation. She had good childhood. Her father was army officer so she studied in delhi , there she was in a hostel. The abuser was his classmate. She was thirteen years old. One day when no one was there in class he touched her first and grabbed her. This incident made her so emotional.

“He was a good friend of mine; i still don't know why he did to me like that”

She cried a lot and tried to calm down but she decided to tell her mother about the incident.

When she returned to home she told her mother what happened with her. Mother was took it as silly thing and asked her to not to tell anyone about the incident. Mother tried to

suppress the matter. More than that incident the response mother was a shock to her.

That night she cried a lot and wanted to tell her father too but due to mothers warning she didn't reveal it to anyone.

After she grown up, she shared this incident with her friends , they supported her and it made confident.

" Now i know how to handle such situations because i have that courage , I think the most important thing in children's life is their parents, how they interact with their children play a key role in their development process, parenting is a skill, everyone should get parenting training"

She also stated the importance of sex education. The children must know at least the difference between good touch and bad touch. She is moved on and now she is ready to talk about this incident with courage.

Case 6

Name- Ms. R

Sex- Female

Place- Alappuzha

Educational Qualification- post graduation

Ms R is a 24 year old female, who resides Alappuzha. She was born in a nuclear family, which consist of father and sister currently she is doing her post-graduation. She had a wonderful childhood. Her father was supportive and caring. Her mother used to scold her because of his talkative nature. She was very naughty in childhood. Her father was a government employee, so she studied in different places. Her father got transfer to their own place. She could meet her relatives. She faced sexual abuse from her relative.

"There was a man who was very friendly towards children. He is my distant relative and always bought me sweets and we became friends. At those time we didn't had television in our home so we will go to his house for watching television. I was studying in fourth standard at that time. One day I went to his house for watching television. The television placed in a separate room not in a hall. The man, a boy and I were there in that room. The boy was playing with his car. He forced me to sit on his laps. He started to touch me in my private parts. I felt painful; it is continued for 20 or 30 minutes. I couldn't say no

because I couldn't understanding what is happening with me."

For her it was first experience and in that age it is difficult to understand what is happening. This incident made a trauma in her. She didn't revealed it to any one unless she grown up. She believes that most of sexual abuses are happening in our own safe places by our own safe people. She moved on but not willing to disclose to anyone but now she had that courage to tell anyone what happened.

" we should normalize the things, if the abuser is not guilty why should we? it is not our fault, it is their fault, we should create awareness among the communities so that the communities can prevent child sexual abuse. It happened to me but I don't want anyone else to be victim"

Case 7

Name- Ms. I

Sex- Female

Place- kakkanad

Educational Qualification- post graduation

Ms B is a 24 year old female, who resides kakkanad. She was born in a nuclear family, which consist of father and mother currently she is doing her post-graduation. She is the only child of her parents. Her childhood was normal. She didn't have much memories she recalls her habit of eating pickles a lot. She loves pickles. She belongs to a lower economical family. Her uncle was very supportive. He financially supported the family in crisis. He had a son, he comes home occasionally. I was a adolescent then. One day we were sleeping in same bed.

"We were sleeping in the bed and in the middle I could sense a hand, touching on my private part. From that touch i wake up"

It was shocking for her because he was a good cousin of her. She reacted normally after the situation. She was sure that no one will believe her and also she don't want to destroy the bond with uncles.

She emotionally breakdown. Whenever she recalls this incident she cries but recently she

shared this matter to the abuser. He completely forgot about the incident but he accepted his fault and apologized to her. After this incident she moved on. The cousin is ashamed of his behaviour but he was adolescent too. She told that it affected me in many ways.

“ I cried a lot because of this incident but now I am not crying, every child should get the opportunity to grow in a peaceful atmosphere, their childhood experience will affect them in many ways, now I took class about good touch and bad touch to children so that they could understand the difference “

Now she had the courage to handle such situations in life. She is working till 11pm in the night and came late to the house but now she is strong and confident.

Chapter 5

Thematic analysis

and discussion

4, Introduction

The chapter will draw upon the main themes and present the findings which arose out of the interview process and subsequent data analysis. The key themes emerged following data analysis as a result child sexual abuse were sexual abuser, place of the incident, feelings and reactions responses when shared, management and solutions. All of the themes are interconnected, from analyzing of data it emerged that child sexual abuse all areas of an individual throughout their life time.

4.1 Sexual abuser

Sexual abuse is when one individual acts in abusive sexual activity toward another. It frequently involves employing force or taking advantage of another person. The perpetrator is known as a sexual abuser. The six out of seven respondents shared that the abuser was a person who is close to family. four respondents faced such incidents from the relatives and two faced from classmate and family friend.

“The person was my cousin; he came close to me and hugged inappropriately. I felt bad and uncomfortable. I was sixteen and I was aware about bad touch and good touch. I felt stuck in the moment, and I doubted myself if am thinking wrong because the person who did was very close to me.”

(Respondent 1)

“Mine is very reserved family but I have long list of relatives. This experience occurred from an elderly long distant relative of mine and I was eight or nine years old. One day the person visited my house with his wife. We never had any cell phone but this person

had a small Nokia phone and I was very interested to play games at that age. When I asked his phone to play games he sat me on his lap and allowed me to play the games. After a while he kept his hands on my knees and I could feel the hand moving upwards. I was getting irritated, when the hand reached somewhere near my panty line, I stood up and walked away.”

(Respondent 3)

“my father got transfer to our own place and I could meet my relatives. There was a man who was very friendly towards children. He is my distant relative and always bought me sweets and we became friends. At those time we didn't had television in our home so we will go to his house for watching television. I was studying in fourth standard at that time. One day I went to his house for watching television. The television placed in a separate room not in a hall. The man, a boy and I were there in that room. The boy was playing with his car. He forced me to sit on his laps. He started to touch me in my private parts. I felt painful; it is continued for 20 or 30 minutes. I couldn't say no because I couldn't understanding what is happening with me.”

(respondent 6)

“The incident was happened in the early adolescent stage. The person was my relative, and I didn't remember much. We were sleeping in the bed and in the middle I could sense a hand, touching on my private part. From that touch I wake up”

(Respondent 7)

From the responses it is very clear that the children are not safe surrounded by family

members and relatives. When it happens inside the family the intensity of trauma is high. The victims doubt their self eventually they became trustless. When the abuser is inside the children are forced to face them throughout their life. It becomes difficult for them to handle such situations. Their face reminds them about the incident and the repeatability of the incidents is also very high.

Only one respondent is faced such incident in her life from stranger. The emotional and physical responses of sexual abuse are same in children but the intensity may vary. Some children realize the incident as sexual abuse in later in their life.

“I was small at that time and I was going to school. There is a bridge, I was crossing it , a stranger was coming towards me and tried to touch my private part, it was all sudden and I couldn't move.”

(respondent 2)

4.2 Place of the incident

It refers to the place where the sexual abuses occur. From the data analysis five places were found.

- Own home
- Relative's house
- Public space
- School
- Vehicle

The respondents were abused in these places. It implies that no place is safer for children. It happened in home; it happened in school, it happened in everywhere. Creating a child friendly environment is very important to protect the children from abuse.

“When I grow up my mom restricts me to go outside because she is afraid of strangers. I always wanted to tell her that I was not safe in our home, because it happened in my home itself. Not from stranger it happened from a relative.”

(Respondent 3)

“The school memories is not sweeter for me, it reminds me about the incident”

(Respondent 5)

“I didn't travel in unknown vehicles; I carry paper spray with me. While I travel I became more conscious”

(Respondent 2)

From these responses the significance of the place reveals. The child reminds the incident whenever he/she sees the place. These negative thoughts will carry throughout their life. They became more alert.

4.3 Feelings and reactions

Feelings and reactions include immediate feelings and reactions and reaction and feelings after a long time. Feelings are our emotions. Emotions vary according to situations. Reaction is a thought in response to a circumstance or situation.

The respondents had both negative feelings and positive feelings about the incident. From the respondents it is clear that sudden feeling during and after the incident was negative. The participants doubted themselves and felt ashamed. The positive feelings came when they got support from others and after a long time.

4.3.1 Negative feelings

The negative feelings include a group of negative emotions experienced by the respondents during the sexual abuse and after it. The negative feelings include regret, self-doubt, helplessness, isolation, anger, sadness, numbness, shock and depressed.

“At that moment, I was shocked and stacked. I cannot respond a word. I was crying and doubtful against myself. Self-doubt was at its extreme level and was feeling ashamed about the incident.”

(Respondent 1)

“I always asked myself if I was wrong to judge him. Couldn't it be just my thoughts? I never knew what was good touch and bad touch then. The incident made me uncomfortable with any kind of touch afterwards, even if it is on hand”

(Respondent 3)

4.3.2 positive feelings

The positive feelings include a group of positive emotions experienced by the respondents during the sexual abuse and after it. The positive feelings include reactive, brave, normalizing, realization.

“Now I feels that it is very important to respond and react.”

(Respondent 2)

“what would have happened if I did not stand up and walk away then. It was incident of delayed sex education, but my mother had taught me to not sit on anybody’s lap even if it is a known person”

(Respondent 3)

“Now am not sad because I spoke to him about this incident, before that whenever I remember this incident, my eyes will fill with tears”

(Respondent 7)

4.4 Response when shared

Response is reaction to some incident. Response includes both from family side and friends side when the respondents shared the experience of sexual abuse. It includes both positive and negative responses and not shared. The respondents took time to share the experience with others. Three of the respondents shared the things with their mother but rest of the four respondents didn't have the courage to open up to their parents. This is because most of the respondents didn't have that space with their parents to open up about such incidents. All the respondents shared their experience with close friends. The friends supported them and appreciated for moving on and they also shared similar experience, it helped the respondents to believe that they are not alone. The response matters to the victims. Positive responses help them to move on whereas negative responses affect their self-esteem.

4.4.1 Positive responses

The positive responses include appreciation, supporting, consolation, protection and encouragement to share. These responses mostly got from friends. Only one respondent got positive response from a family member. Positive responses boost self-esteem and it helps the victims to overcome. Positive response creates positive feelings and it is essential in the process.

“yes, I shared it with my friends am only able to share it when they also shared similar stories. They supported and appreciated for moving on”

(respondent 1)

I wanted to share this experience with my father but I couldn't but one day I opened up to a friend who hugged me and told me it's not your fault"

(respondent 6)

"I spoke this incident to my few close friends but I didn't disclose the name of the person. The friends wanted to beat that person"

(respondent 7)

4.4.2 Negative responses

The negative responses include denial, ignorance, judgment and warning. Three of the respondent shared the incident with mothers but they didn't get enough support or consolation. The negative responses affect the self-esteem of the victims. The victims will develop the fear to share with others after getting the negative response.

"I disclosed this incident to my mother after few years, but amma tried to correct me. My mom told that he is a good person and you are mistaken him"

(Respondent 4)

"I tried to spoke to my mother but she took it as a silly thing"

(Respondent 5)

4.4.3 Not shared

Four of the respondents never shared this incident with their parents. The respondents are afraid of disclosing and some didn't have the space to open up. Parent- children bond plays a significant role here. The parents should create a safe environment for children.

“No I didn't shared with my mother because she is very emotional and she cannot handle such experience”

(Respondent 3)

“I didn't shared this incident with my parents because I didn't had that space to talk with them, if I shared, they will not accept that, they would tell me that was your imagination”

(Respondent 7)

4.5 Management

Management includes how the respondents overcame the incident. It takes lot of time to the respondents to heal but most of them managed to overcome by self. They took precautions and tried to avoid such incidents. By growing up they developed courage to overcome such incidents.

It is a deep process. All the respondents developed their own coping mechanism.

“The situation was worse in that age, but later I understood that it’s not my fault”

(Respondent 1)

“Time helped me to deal with my emotions, now it doesn’t make me sad, I normalized it”

(Respondent 6)

“It took many years to identify that it was a sexual abuse, as I grown up my thoughts changed and could develop my own coping mechanism now I can handle any situations”

(Respondent 3)

“Now I know I have the ability to overcome such situations. I work late night and reach by 11 pm at home because I acquired that courage during these years”

(Respondent 7)

4.6 Solutions

The respondent put forward solutions to stop child sexual abuse.

1, sex education

2, parenting skill

These are two solutions put forward by most of the respondents.

The government should make policies and programs to stop child sexual abuse. The community should take care the mental health of children for that intervention at community level is needed.

4.6.1 Sex education

To prevent them from straying, children should be taught sex education at the appropriate age. Experts agree that it's critical to teach kids about sex at the appropriate age and in the appropriate manner. It can be started as early as age four or five. At a young age, introduce children to their private areas. They should disclose all relevant details, including the body's name, regarding their privates. There should also be mention of both good and unpleasant touches. TV and the internet help kids who are eight years old and older to start understanding a lot. Parents have a duty to watch over their children's sexual behaviour in this digital age and to give them the right knowledge.

“I think it is essential to provide sex education for children, at least parents can tell them about good touch and bad touch”

(Respondent 3)

4.6.2 Parenting skill

Children's progress in a variety of areas, including their cognitive, emotional, social, behavioral, and physical development, are largely based on the caliber and consistency of their interactions with their parents and other key caregivers. Parenting is a skill needed to develop. A good parent can understand the mental health of their children. The parents want to create child friendly atmosphere and a close relationship so that the children could open up to their parents about everything.

“Parents play a huge role in the development of their children, parenting skill training is essential in our society”

(Respondent 7)

Discussion

The child sexual abuse is a threat to humanity. It affects the mental health of children. Research also shows that abused children have the tendency to abuse other children also. Prevention measures should be taken to prevent the child sexual abuse

The findings of the research includes

- Majority of the type of sexual abuse experienced by the respondents were inappropriate hug and touch on private parts by their close relations in their own comfort spaces but few of them (the respondents) experienced the same from strangers also in public spaces.
- After the incident of sexual abuse majority of the respondents could not react in that very moment, which created negative feelings such as regret, self-doubt, helplessness etc., but later on recalling the incidents made them cautious enough to be courageous to handle such situations in future and normalize their feelings.
- Majority of the respondents got a positive response like validating their feelings with support and appreciation from their friends comparing to the negative response like denial, judgmental attitude and ignorance from family members, but few of them are afraid to share their experience because they did not have a comfort space to open up.
- Majority of the respondents overcame the crisis with self-assurance as they lack a proper support with comfort zone, which made them more self-sufficient however experience sharing helped them to ventilate their own feelings, helping them to find solution like creating awareness, improving parenting skills to avoid such

incidents in future.

The research helped the researcher to gain in depth knowledge about child sexual abuse.

The many studies on child sexual abuse address its various aspects but the question how these studies contribute in preventing child sexual abuse.

Why these existing government policies are not sufficient to stop abuse against children?

What are the measures the community should take the children safe? These topics should be discussed and government should implement effective policies with ensuring community participation.

The parents of the children should observe their children's behaviour so that they could identify risky behaviour. The teachers can also contribute to it identifying the symptoms of child sexual abuse.

SUGGESTIONS

Suggestions to Government.

- Strengthening Policies on child sexual abuse
- Actively working to understand and prevent the problem related to children
- Creating awareness on Criminal laws
- Regulation on children's safety
- Creating a healthier media and culture
- Include parenting training and parenting counseling mandatory
- Include sex education in syllabus

Suggestions to Educational institutions

- Developing Teaching Strategies on sex education and preventing measures against CSA
- Implementing improvement Strategies Suggested by Students and teaching staffs.
- Strengthening Policies and Mechanisms in Handling sexual abuse in schools
- Provision of Appropriate Psychological Counseling
- Education for Parents.
- Regulating the roles of the Government, EOC and NGOs.

Conclusion

The children globally face many problems like domestic violence, child trafficking, poverty, mal nutrition, abuse, child labor etc. Children are considered as vulnerable section of the society. They need protection and care from the society. All these factors affect the development of children.

Sexual abuse is one of the problems that threat the entire society. It affects both psychically and psychologically. The seven respondents faced sexual abuse in their childhood, in their early adulthood still the incident disturbs them. The respondents managed to overcome the situation. The support from family friends and from the community is essential in the moving on process.

The children are not safe in their homes. The most of the perpetrators was closed ones. Parents need to educate the children about bad touch and good touch. The children in their early childhood cannot identify they are abused. Early identification signs can help the children. The issue will undoubtedly continue to be complicated by variations in the actual acts of CSA and individual variations in responses to trauma, even though future studies' "research-level precision" standards will presumably lead to clearer outcomes. While statistics and categorization are still significant in psychology, it is better for an individual therapist to adopt the approach of learning as much as they can about the problems with CSA and its therapy before they face a survivor or victim in the treatment context. Additionally, it's crucial to keep in mind that every victim's experience with CSA is unique, and to always move at the client's comfort level.

Social work implications

The social worker has a major role in preventing child sexual abuse. The social worker can contribute into macro level intervention as well as micro level interventions.

The macro level interventions include

- Policy level intervention
- Community awareness
- Parenting training
- Including sex education in syllabus
- Teachers training
- Social work research
- Making NGO's for protection of children

The micro level interventions include

- Mental health assessment
- Counseling to children and family

Individual counseling.

The age of the child and the therapist's training will determine the type of therapy used. Some therapists work with patients who are reluctant to talk about their experiences using creative methods (such as art, play, and music therapy).

f group counselling.

Meeting in groups with other young people who have experienced sexual abuse or who have problems with their sexual conduct can help them understand themselves, feel less alone, and acquire new skills through play, role playing, conversation, and games.

f Family counselling.

In order to encourage good parent-child communication and to assist parents develop new skills that will improve their children's feelings and support healthy behaviours, many therapists will see children and parents together.

- Providing various therapies to the victims

Therapy informed by trauma. This therapy acknowledges the impacts of trauma and the possibility that even a child too young to recall a traumatic incident could still be affected by it. In order to make traumatic memories and experiences bearable, trauma-informed therapy focuses on processing them.

PTSD therapy. Flashbacks and nightmares are two common symptoms of PTSD in children and young adults. They might react violently when terrified and have twisted emotions, negative thoughts, and unpleasant outbursts of wrath. PTSD symptoms can be lessened by methods including cognitive processing therapy, eye movement desensitization and reprocessing, and group treatment.

BIBLIOGRAPHY

1. Impact of Child Sexual Abuse. A Review of the Research, Browne A, Finkelhor D. 1986
2. The effectiveness of male- targeted sexual assault prevention programs meta-analysis wright L, Zounlome N, whiston S , Trauma, violence, and abuse, (2020), 859_869,21(5)
3. The effects of childhood sexual abuse on children's psychology and employment Wohab M, Akhter S Procedia- Social and Behavioral Sciences, (2010), 144-149
4. AN EXPLORATORY STUDY OF PRE-SCHOOLER'S PERCEPTIONS AND UNDERSTANDING OF CONCEPTS TAUGHT IN THE "FEELING SPECIAL, FEELING SAFE" SEXUAL ABUSE Mckenna Weir K (1999)
5. A LITERATURE REVIEW ON SCHOOL CHILD SEXUAL ABUSE PREVENTION PROGRAMS by Lisa Korn ,Marian M, Advisor R (2004)
6. Child Sexual Abuse Dilillo D (2007)
7. Child Sexual Abuse in India: Current Issues and Research, Carson D, Foster J et al. 2013
8. Impact of Child Sexual Abuse A Review of the Research, Browne A, Finkelhor D 1986
9. United Nations Children's Fund (2020) Action to end child sexual abuse and exploitation: A review of the evidence, UNICEF, New York
10. The Long-Term Effects of Childhood Sexual Abuse: Counseling Implications, Hall M. Hall J

11. Medico-Legal System in Sexual Assault Cases in India, Dap Patil Y
12. Briefing paper Rape Perpetration A Review Rape perpetration A review 1. 2012
13. AWARENESS OF GOOD AND BAD TOUCH AMONG CHILDREN,
MANISHAP 2018
14. Advancing Theory, Methods, and Dissemination in Sexual Violence Research to
Build a More Equitable Future: An Intersectional, Community-Engaged
Approach McCauley H, Campbell R, Buchanan N et al. Violence Against
Women, (2019), 1906-1931, 25(16)
15. Medico-legal care for survivors/victims of Sexual Violence
16. Threats and trends child sexual exploitation and abuse
17. Sexual violence research agenda SVRI aim SVRI objectives
18. Sexual violence encompasses acts that range from verbal harassment to forced
penetration, and an array of types of coercion, from social pressure and
intimidation to physical force
19. A statistical analysis of alleged victims of sexual assault- a retrospective study

APPENDIX

Interview guide

1. What are you doing now?
2. Could you share some memorable childhood memories?
3. Do you have any experience in which you were being physically used? Could you narrate it?
4. Why did you still remember this incident?
5. Why do you think it happened?
6. What are the steps you had taken after knowing it was a sexual abuse?
7. When did you share the incident with parents and friends? What was their response?
8. How you felt now?
9. What was your feeling in the past and present?
10. How did you manage to overcome?
11. In your opinion, how can we prevent childhood sexual abuse?