



# Hands Off

Stop Child Abuse



**LEO LION - SUPPLEMENT FOR ADULTS**

© Marc C. Riebe, Björn Scholz, Nils Marheinecke 2022

English first edition

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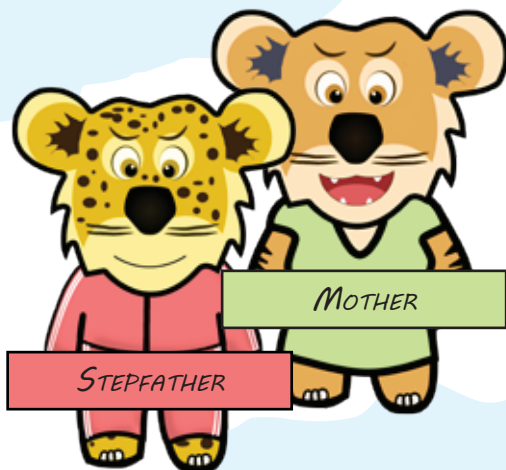
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*LEO LION* is the main character of our guidebook. Little Leo has to go through many terrifying situations in which he learns to seek help.

Leo's parents are separated. He lives together with his evil *STEPFATHER* and his *MOTHER*, who also neglects him and closes her eyes to her evil partner.



Temporarily, Leo is forced to live with his *UNCLE*. The latter takes photos of Leo and touches him in places on his body, although he does not want this, and cuddles with him against his will.



Leo's *FATHER* tries his best to bring the little boy to him where he is safe. But it is only through Leo's courageous cry for help that he is finally able to help him.



# 1. INSTRUCTIONS FOR USE

## **TRIGGER WARNING!**

This book explicitly deals with different forms of child abuse that could trigger affected people. If you notice any signs of this while reading, do not be afraid to seek help. Contact points can be found in the appendix of the booklet.

# PREFACE

The maltreatment of children is one of the most serious, gruelling and also dangerous problems that people who deal professionally with minors have to face. Unless they are trained psychologists or social workers, there is often a great deal of uncertainty about how to deal with this issue - the information that can be acquired in teacher training courses, for example, is sparse or non-existent. And yet there is a good chance that sooner or later cases will arise that need to be dealt with or that will lead to headaches due to their unclear circumstances. When is it appropriate to seek help or convene conferences? What pitfalls lurk when carefully probing the situation?

## WHY THIS BOOK?

Leo Lion is intended to serve as a bridge between clinical diagnostics and the initial suspicion of child maltreatment, and to support staff with little previous training in approaching a suspected case as sensitively as possible. This book is **by no means a diagnostic tool itself** - nor does it want to be, nor can it be; diagnosis is a delicate matter that requires specia-

lised personnel in order not to further endanger the child's well-being through inappropriate approaches. But in order to have a diagnosis initiated in the first place, it makes sense to get a rough picture of the case in advance and to look for clues that facilitate the decision for or against further prosecution.

## A FIRST OVERVIEW

The first part of this book contains general and specific information on how and when to use this book. After an explanation of what constitutes abuse in the first place, possible signs of abuse are discussed: What are the indicators that maltreatment might be present? Finally, there is a briefing on how to use this book, along with important warnings about working on this topic.

Read this chapter carefully and try to keep the points presented in mind as you go through the book. There are also key points from these sections in the appendix to facilitate application.

## FORMS OF ABUSE

The second part of this book deals more intensively with the different forms in which maltreatment can manifest itself.

After each explanation of the type of maltreatment, typical situations are presented - hand in hand with the Leo workbook - in which this maltreatment can occur. These example situations all refer to the pictures in the workbook and serve as an instruction manual on how to go through it together with the child.

## **THE SUSPICION IS CONFIRMED**

If the suspicion of abuse is confirmed in the course of the work, the last section answers the question of what to do now. Telephone numbers and contact persons are listed here.

This book was written with the intention of giving staff working with children an easy-to-understand overview of the complex situation of child maltreatment and to support them in taking the necessary steps to free the child from his or her situation.





# WHAT IS ABUSE?

Child abuse is basically understood as acts of violence by adults against children and adolescents. Child maltreatment includes various areas through which the child's well-being is severely endangered:

- **Neglect:** The failure to meet the child's basic needs, such as food, cleanliness, wound care.
- **Physical abuse:** The intentional physical injury of the child.
- **Psychological abuse:** Isolation, devaluation, withdrawal of love.
- **Sexual abuse:** Acts performed on a child for the purpose of sexual gratification.

In this book, the sub-areas of neglect, physical maltreatment and sexual abuse are addressed. Although the importance of psychological abuse should not be underestimated, there is less clear evidence of it, making it even more difficult to recognise this gradual form of abuse, especially for young children.

A special case of medical abuse is the so-called „Münchhausen proxy syndrome“. In this case, healthy children are made to believe they have diseases in order to treat these phantoms with medication or therapy, or they are used as a pretext to impose restrictions on the child. As a very specific and rarely occurring syndrome, this form of abuse is also not dealt with in this book.

## CHILD ABUSE IN SWITZERLAND

There is little statistically robust data for most types of child maltreatment in Switzerland. However, in 2019 alone, 1568 cases of child abuse were reported from 21 Swiss clinics, with physical abuse and neglect making up the largest subsections at 31% and 30% respectively. Howe-

ver, the number of unreported cases is likely to be much higher.

Sexual abuse is still the best documented: In the Optimus study of 2012, for example, 29% of the student body surveyed stated that they had already been exposed to some form of sexual violence at least once in their lives. In 2020, only 1257 cases of sexual violence against children were reported in Switzerland.<sup>1</sup> In Germany, this is around 17,000 reports per year.<sup>2</sup> There are 1-2 children in every school class who are victims of sexual violence, which corresponds to around 1 million cases in Germany and 18 million victims in Europe.<sup>3</sup> In the canton of Aargau, there are statistically about 3800 assaults with sexual violence against children per year.<sup>4</sup>

According to the above statistics, the number of unreported cases is around 8,000, of which only about 100 are reported to the police. Prevention and detection work is important to protect children from assaults and to be able to intervene in an emergency. Here, schools can make a valuable contribution to sensitising children and parents. At the same time, it is important to sensitise teachers in recognising possible victims.

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1 <https://www.kinderschutz.ch/sexuelle-gewalt>

2 <https://de.statista.com/statistik/daten/studie/38415/umfrage/sexueller-missbrauch-von-kindern-seit-1999/> [13:40, 11.12.2021]

3 [https://beauftragter-missbrauch.de/fileadmin/Content/pdf/Pressemitteilungen/2017/10\\_Oktober/05/6\\_Fact\\_Sheet\\_Zahlen\\_Ausmass\\_sex\\_Gewalt.pdf](https://beauftragter-missbrauch.de/fileadmin/Content/pdf/Pressemitteilungen/2017/10_Oktober/05/6_Fact_Sheet_Zahlen_Ausmass_sex_Gewalt.pdf)

## LEGAL

Even though the concept of child abuse is not used under criminal or civil law in Switzerland, the contents of the same nevertheless constitute criminal offences in serious cases. There is a three-tier system for safeguarding the best interests of the child in Switzerland:

### Voluntary

Legal consequences for less serious forms of abuse can be avoided in good time by making use of voluntary support services. These include social services, psychological counselling or educational counselling.

### Civil law

If the voluntary offers are not sufficient to ensure the best interests of the child, it is the task of the child protection authority to initiate appropriate supportive measures. In order for the authority to be able to act, it is important to report any cases as early as possible so that action can be taken quickly if the child's well-being is still endangered.

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4 <https://www.medicusmundi.ch/de/advocacy/publikationen/mms-bulletin/gesundheits-der-kinder/kinder-haben-rechte—und-brauchen-schutz/jaehrlich-werden-in-der-schweiz-ca.-45'000-kinder-sexuell-missbraucht>

## **Criminal law**

Criminal law only applies to violations of the best interests of the child that are of criminal concern. As a rule, however, these are only punished if they are not the result of negligence, are of serious proportions or have been carried out repeatedly or systematically. In this case, it is the responsibility of the police to conduct interviews and initiate investigations.

### **See for example:**

Art. 11 BV

Art. 302 para. 1 CC

Art. 122, 123 para. 2, 125 para. 1 and 2, 126 para. 1 and 2  
SCC,

BGE 117 IV 14, 129 IV

## **SIGNS OF ABUSE**

How can you tell if a child is being abused? Unfortunately, this question cannot be fobbed off with a definitive answer. The effects of maltreatment on a child can manifest themselves in many different ways - and these abnormalities **do not necessarily have to do with maltreatment**. However, the-

re are a few signs that should at least be vigilant, as these may indicate that maltreatment is taking place. Some of these are:

**Body:**

Bruises, abdominal injuries, venereal diseases, bodily pains, wounds with unclear cause

**Appearance;**

Neglect, stench, unkemptness, emaciation

**Behaviour:**

Anxiety, sleep disorders, age-inappropriate sexual behaviour, social withdrawal, sudden aggression

# BOOK USE

This book is intended to be used **together with the book „Leo Lion Protects Children“**. The Leo Lion picture book is the visual material for the children to work with on the topic. This booklet is intended for the adults working with the children.

The Leo Lion book is divided into four chapters, the first three of which **each deal with one form of abuse**. In order not to burden the children with too much at once, it is advisable to work through the chapters or even the individual double pages individually.

Each double page has a **counterpart** in this book, where information on the type of abuse or hints on how to work on the book are given. In addition, there is also a **read-aloud text** here to provide the children with a framework for the story - the short text passages in the children's book can be read together with the children (depending on their literacy skills).

The book can function as an **educational book** for children to make them aware of some types of abuse. It may also provide clues during the work that abuse may be taking place. As



this is a very sensitive topic, there are a few things to keep in mind:

## PITFALLS IN THE TOPIC OF ABUSE

The task of verifying a suspicion of abuse is a tightrope walk between various dangerous outcomes:

**If too little research** or explanation is done, there is a risk that abuse will not be recognised as such and the child will remain trapped in his or her predicament.

If, on the other hand, the approach is **too demanding or direct**, any traumatic experiences of the child may be flushed to the surface again, which can lead to a so-called **re-traumatisation**. In this case, the child emotionally relives the abuse, which is a huge psychological burden and can lead to unpredictable results.

If the questions are asked too **suggestively**, i.e. in such a way that the answer is already forced on the child with the question, the child may either answer what he or she thinks the adult wants to hear or, in extreme cases, even unconsciously create his or her own memories. The knowledge gained in this way cannot be utilised because its truth content is extremely doubtful.

## WARNINGS (!)

Work on the book is to be interrupted immediately if a child shows signs that working on these topics puts him/her in extreme emotional states. These include:

**Sudden freezing:** If a child suddenly becomes very quiet, just stares into space or even does not react to contact, it may be that he or she is experiencing a so-called **dissociative state**. Do not try to force the child out of this state, but make sure that the child takes up a safe position. Strong sensory stimuli, such as the smell of ammonia, may help the state to subside, but an ambulance should still be called.

**Tantrums:** If a child throws a tantrum or even becomes physically aggressive during work, this is a first indication that something is wrong.

**Crying:** It is possible that even children who have not experienced abuse themselves are strongly affected by the topic. To be on the safe side, you should always interrupt the work first.

**Anxiety:** Even if anxiety is evident, it is important to first clarify whether it is merely the subject or whether there could

be more behind it. In any case, the child should be spoken to individually and his or her feelings should be taken seriously.

**Reports:** If a child starts to tell about his or her own abusive situations while working with the book, the work must also stop. Especially if it takes place in a group situation and other children are also affected by the report.



## **2. FORMS OF ABUSE**

# NEGLECT

Child neglect is not itself a direct form of maltreatment, but it can have equally serious consequences for its victims. Unlike other maltreatment, the child is not intentionally harmed physically or psychologically, but is **deprived of basic resources** they need to live or develop freely, which can cause them harm in the same way.

These basic needs that are withheld can be manifold: they can be **physical** (e.g. sufficient food or sleep), **medical** (wounds, illnesses), **emotional** (affection, attention) or **educational** (providing an environment for the child to learn).

Neglect can often not be clearly distinguished from abuse, as they often occur together.

Particular **risk factors** for the occurrence of neglect are inadequate parenting skills, poverty and the lack of a social network of the guardians. These are all factors that promote

high stress, which in turn can lead to the child not receiving appropriate attention.

Certain mental illnesses (e.g. bipolar disorder or schizophrenia) and substance abuse can also increase the risk of neglect.

However, it is important not to prejudge ill persons and those with low incomes, as risk factors *by no means* mean that neglect must also be present in corresponding families.

# WHO IS LEO LION?

## - INTRODUCTION -

The introductory pages should serve to set the stage for the story. Here, abuse is not yet directly addressed, but a situation is already introduced that should be unproblematic for very few children.

It is worthwhile to first discuss with the children what a separation of the parents actually means and whether they have perhaps already had to make experiences with it themselves. Especially for the younger children it is important to make sure that the content is understood. Questions that could be discussed include:

- What is a separation?
- What is a stepdad?
- Does this mean that parents do not love their children?





## TO READ ALOUD

This is Leo. Leo is a lion, but Leo is also a child. Leo has a lot of problems. Leo's parents have just divorced. His mum and dad don't live together any more. That's why Leo lives with his mum and stepdad. But he would rather live with his dad. Because his mother has little time for him and his stepdad treats him badly.

# **HUNGRY, DIRTY, DEFENCELESS**

## **- PHYSICAL NEGLECT -**

Physical neglect is when a parent or guardian does not take enough care of the child's basic physical needs. This includes, among other things, providing regular and sufficient food, ensuring proper personal hygiene and clean clothing, and ensuring an environment for the child where he or she is not exposed to dangers to life and limb - sources of danger such as open power cables or blades or medicines scattered around the home are just as much a part of this as choosing violent or irresponsible caregivers.

This form of neglect is often the easiest to register, as many of its signs are visible. If a child is constantly wearing dirty clothes, becomes increasingly skinny or often complains of hunger itself when it has just been with its guardians, physical neglect could be present.



## TO READ ALOUD

Leo did not have an easy time with his mum. Leo romped a lot, which often made him very hungry. But when he wanted breakfast before school, his mother sometimes didn't give him anything. She said that she was very busy and didn't always have time to go shopping. That's why Leo was hungry at school every now and then and also very sad.

# SIMPLY SICK

## - MEDICAL NEGLECT -

Medical neglect is when the child is deprived of basic medical care. It does not have to be about wound care, as in this example, but extends to other areas of health. For example, if a child becomes ill frequently or severely without the guardians consulting a doctor, it may be medical neglect.

Indications of this kind of neglect can be given by reports from the child itself, for example when it has been ill for a long time and tells of being left on its own during this time.

Frequent or severe physical injuries that have obviously not been treated can also indicate medical neglect. However, it is extremely important to exclude abuse that was inflicted on the child intentionally (see also the chapter on physical abuse).



## TO READ ALOUD

Once a week, Leo went to football. He played in a club and was a goalkeeper. That could also be stormy at times. Once Leo stumbled and scraped his knee. It hurt a lot and was bleeding. Leo went to his mum and asked for a plaster. But his mum was once again too busy. Leo was sad, but Leo is also smart. He went to the tap and cleaned his knee all by himself. But he still didn't have a plaster, unfortunately.

# UNHEARD

## - EMOTIONAL NEGLECT -

Emotional neglect occurs when the child's need for contact is not met or when the child is left alone with difficult emotions even though he or she seeks contact. Especially separations, as in this book, can present children with difficult emotional challenges that can manifest themselves in many different ways.

Of course, children sometimes have to deal with their feelings on their own. Parents also have a certain amount of leeway for their own parenting methods. But if a child constantly expresses its emotional needs and these are always rigidly rejected, this can have serious consequences for the child's emotional life and thus also for the later adult.

Emotional neglect is difficult to recognise - if the child does not report such situations frequently, behavioural problems could provide clues to ask about it.



## TO READ ALOUD

Leo didn't like being alone. It was worst in his room at night. The darkness scared him. That's why he sometimes couldn't sleep. Then he wanted to be hugged by his mummy.

But as so often, his mum didn't have time. She would only call into his room, „Turn on the light, child! Leo had to learn on his own not to be afraid of the dark.

# ON THEIR OWN

## - EDUCATIONAL NEGLECT -

Educational neglect is probably the most general way of harming a child through disregard. It can result from too little interest in the child, too little time or even a misunderstood concept of anti-authoritarian education - namely, when the child is no longer educated at all. Constant loneliness, the resulting lack of impressions and lack of guidelines on how the child should behave can have serious effects, for example on social behaviour. If children do not learn to get along with other people, they make their own rules or develop corresponding fears. In addition, the child's development can be disturbed by a lack of experience, as it must first slowly learn things that are self-evident for other children.

If a child shows strong conspicuousness in his social behaviour and deficits in everyday tasks (such as tying shoes), these could be indications of educational neglect.





## TO READ ALOUD

It was not only at night that Leo felt lonely. Leo had few friends. And his mum and stepdad didn't play with him either. Leo often sat alone in his room and was sad.

What could Leo do to stop being so lonely all the time? Leo did not know.

# PHYSICAL ABUSE

Physical abuse - the **infliction of injuries** on those under protection - is often the easiest to recognise, as it often results in consequences of a visible nature, such as bruises or wounds of other kinds.

This type of ill-treatment also includes **educational corporal punishment** if it is excessive or has serious consequences.

**Infants and toddlers** in particular run the risk of becoming victims of physical abuse because, firstly, they are not yet capable of expressing their will and, secondly, they are going through developments that pose particular challenges for their guardians (such as the notorious defiant phase). For example, maltreatment is the most common cause of severe head injuries to infants.

However, older children are also at risk of becoming victims of physical abuse, although the risk decreases with age. The **risk factors** are similar to those of neglect. However, in the

case of physical abuse, there is often a trigger, such as the sudden loss of a job, which leads to the threshold for violence being crossed. In addition, people are more likely to become perpetrators if they themselves were victims of violence as a child.

# PUNISHMENT IS NECESSARY?

## - CORPORAL PUNISHMENT -

Punishment has always been a fundamental component of authoritarian educational concepts. Corporal punishment - also called chastisement - plays a special role here: In Austria it has been forbidden since 1977, and in Germany since 2000, to discipline their children with the help of physical violence. In Switzerland, on the other hand, corporal punishment is still allowed and not punishable - as long as it is not used repeatedly and systematically.

Even if moderate physical punishments, such as the typical slap on the buttocks, do not have lasting physical after-effects (although harsher ones do), the tendency to become violent oneself increases the more violence was experienced in childhood. In addition, the psychological consequences can be manifold and continue into adulthood. In this respect, corporal punishment differs little from other forms of physical violence to which children can be exposed.



## TO READ ALOUD

Leo's mum didn't pay enough attention to him, but she didn't hurt Leo. But Leo's stepdad quickly became angry.

Leo was afraid of his stepdad. If Leo did something he shouldn't do, his stepdad would scream and send him to his room. And sometimes he would hit him. That hurt Leo very much. No one should hit you, even if you did something wrong!

# VIOLENCE AS AN OUTLET

## - ABREACTING -

Families that are under a lot of stress are at a higher risk of abusing their children. This sometimes leads to parents' problems, such as debt or stress at work, being taken out on their children. Drug or frequent alcohol use can also massively lower the inhibition threshold and increase already violent tendencies. Certain mental disorders of the parents can also contribute to violent behaviour towards their children.

As with other forms of physical abuse, fresh or numerous older wounds can be an indication that the child is being abused. Bruises, welts or other wounds are the less subtle signs - however, for example, clustered redness on certain parts of the body (e.g. strangulation marks) can also be signs of abuse.



## TO READ ALOUD

Sometimes Leo's stepdad drank a lot of beer. Then he got angry even faster. Even when Leo was behaving well, his stepdad would hit him and yell at him. Leo didn't know why - he had been a good boy after all.

This hurt Leo very much and made Leo very sad and afraid.

# BETWEEN THE FRONTS

## - UNINTENTIONAL VIOLENCE -

Even if children are not always the target of domestic violence, they can still become its victims. In addition to the numerous psychological consequences of constantly experiencing violence as an everyday occurrence, they can also literally get caught between the fronts.

Thus, injuries can not only indicate targeted violence, but can also be an indication that the child is growing up in a generally violent environment.





## TO READ ALOUD

But Leo's stepdad didn't just hit little Leo. He also hit Leo's mum.

But Leo was a brave little lion. When his stepdad wanted to hit his mum, he simply jumped in between. He shouted for his stepdad to stop.

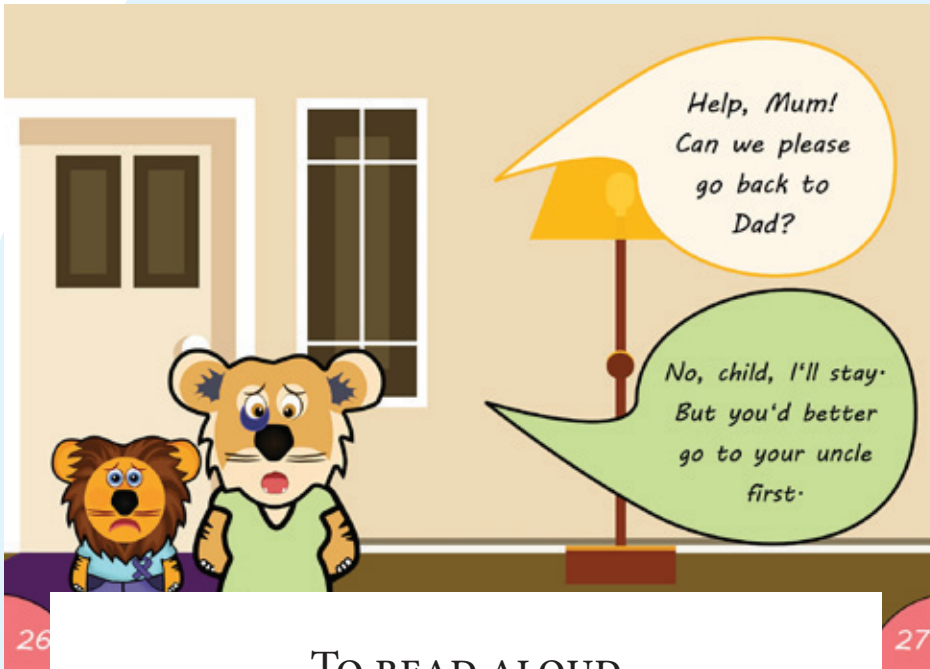
So Leo protected his mum that day.

# LEO IS TAKEN AWAY

## - INTERLUDE -

These pages serve as a transition into the next chapter and provide a good opportunity to recap what problems Leo has and how he fought back.

But the interlude also shows a typical situation of how children can get into the clutches of sexual offenders and how there can be a connection to neglect. It is often close relatives who inflict sexual violence on children - and if the child already has hardly any place in the family's life, it can happen all the more easily that signs of abuse are not even noticed or are ignored.



## TO READ ALOUD

All this was too much for little Leo. He wanted so much to go back to his daddy. Daddy never hit mummy and neither did Leo.

But his mum didn't want that. But she also wanted to protect Leo from his stepdad. That's why Leo was supposed to live with his uncle for the time being.

# SEXUAL ABUSE

Sexual abuse includes **any act** on children that serves **to satisfy the sexual desires** of the perpetrator. It is not just about sexual intercourse - sexual abuse does not even have to involve touching to be considered as such. This is because children can also be seriously harmed by other acts.

Sexual abuse includes, for example, exhibitionistic masturbation in front of the child, assisted masturbation (on the perpetrator or on the victim), taking nude photos, physical contact for the purpose of gratification without penetration - and of course the latter.

The **perpetrators** usually come from the victims' **immediate environment** and are often even family members, whereby there are basically two different types of perpetrators: **Paedophile offenders**, i.e. persons who feel sexually attracted to children and seek to act this out, and those who commit sexual abuse against children as a **substitute act** - i.e. for whom the child itself is not the focus, but is an easy victim.

The **risk of** sexual abuse is particularly high for children who are socially isolated, have low self-esteem or close family members who have also experienced sexual violence,

# THE WAY TO THE UNCLE

## - INTRODUCTION -

This chapter may be the most difficult of all. The topic of sexual violence is extremely sensitive - especially for younger children - because it describes actions that can be extremely traumatising, and secondly, a type of action that seems deeply alien to children who have not been exposed to it before.

Take your time and do not try to cover everything at once. There must be enough space for questions and their discussion. At the same time, make sure that the children are not disturbed.

And even more so than in the previous chapters, if children show signs of possibly being victimised themselves, interrupt the book immediately and offer the child a safe space.



## TO READ ALOUD

Leo was brought to his uncle by his mum. His mum wanted to protect him from his stepdad. But Leo preferred to go to his dad. His uncle was scary. He always looked at Leo in a funny way and tried to touch him.

But Leo's mum didn't want to take him to his dad. And so little Leo had no choice but to go to his uncle.

# PHOTOS & MASTURBATION

## - HANDS OFF CONTACTS -

„Hands-off contacts“ are sexual offences against children that do not involve physical contact. This collective term includes, among other things, taking nude photos, masturbating in front of the child, watching the child while bathing (or other actually innocuous, everyday situations) for sexual stimulation and instructing the child to perform acts intended to imitate sexual practices (e.g. gymnastic exercises).

Unfortunately, apart from personal reports by the child (which should always be taken seriously) or the chance finding of photos, there are few ways to detect hands-off contacts that go beyond general signs of abuse. It is therefore particularly important that children have the opportunity to turn to other adults if they have problems.





## TO READ ALOUD

Leo's uncle had a camera and always wanted to take pictures of Leo. He told Leo that he was pretty. And he also told Leo to take his clothes off. He tried again and again, but Leo said „No!“.

His uncle took photos anyway, but Leo stayed dressed. If someone wants to photograph you naked, be like Leo and roar „No!“ like a lion.

# THE TICKLING GAME

## - PLAYFUL ABUSE -

One of the most perfidious - because seemingly harmless - variants of abuse is tickle play or joint wrestling. Here, the situation of fooling around and fooling around together, which is initially positive for the child, is slowly but surely diverted into abuse: As if unintentional, the touches repeatedly touch sexual parts or other taboo zones, clothes are playfully removed step by step, in hard cases up to complete nudity.

This can happen in a single „game“ or over a longer period of time in which the boundaries are pushed further and further. Often the child does not even notice that boundaries are being crossed - sometimes, however, vague feelings of queasiness or fear begin to set in when the „game“ is to continue.

With this form of abuse, it is particularly challenging to notice the distinction from harmless play - warning signs here are nudity, touching taboo zones and requests for secrecy.



## TO READ ALOUD

Leo's uncle often wanted to play the „tickle game“. Leo also thought it was fun to be tickled by his uncle. But then Leo noticed that his uncle kept tickling him in the same places - between his legs and on his bottom. And Leo's uncle wanted Leo to take his clothes off again.

But brave Leo shouted „No!“ again. Because he didn't want to tickle naked.

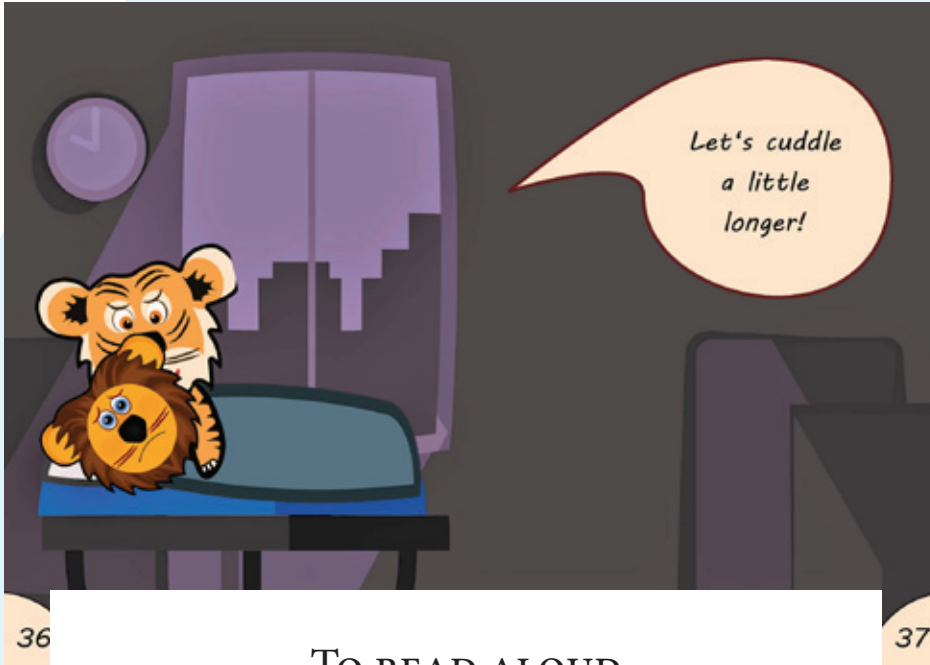
# JUST CUDDLING?

## - RECASTING TENDERNESS -

Sexual offenders often have sophisticated strategies to abuse their victims. One of the most common - as with playful abuse - is to force and exploit seemingly harmless physical contact. Especially children whose need for closeness is otherwise not satisfied, or who generally long for more attention, quickly become victims.

Physical contact can lead to more offensive sexual approaches, but this will not happen immediately, especially with cautious offenders.

Especially when no obvious boundaries are crossed, it is difficult to detect such abuse.



## TO READ ALOUD

Leo was often afraid in bed at night. And he felt lonely. His uncle said that he could sleep with him, then Leo wouldn't be so alone. At first Leo thought that was good. But his uncle wanted to be with him more and more and wanted to cuddle more and more often.

Leo didn't feel good about that. So he said „I don't want to cuddle any more!“ and preferred to sleep alone again.

# PENETRATION

## - RAPE -

Children, if they do not clearly define the boundaries and have great assertiveness, unfortunately also become victims of direct sexual violence. This can happen by „using“ the child's private parts, or by inserting foreign objects into the anal area. Often these are not only fingers or male genitals, but also objects.

All these acts are criminal offences of sexual abuse punishable by imprisonment.

If the child confides in you, the first course of action should be to go to the doctor to view and document any injuries. The police should be informed immediately.



## TO READ ALOUD

One day, they didn't stop at cuddling. Leo's uncle moved closer and closer to him and held him tight. Then all of a sudden Leo's bottom hurt a lot.

Leo shouted that he didn't want that. But his uncle then threatened him. He said he would hurt Leo if he didn't shut up. So Leo said nothing more at first.

But Leo was braver than he thought and wanted to tell his dad right away.

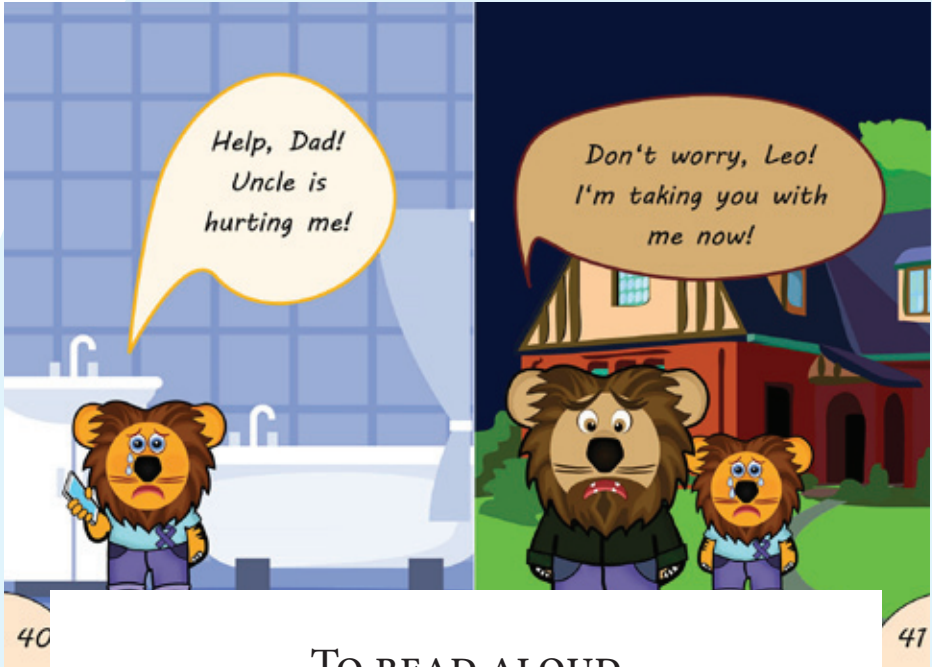
# LEO GETS HELP

## - INTERLUDE -

After all that Leo has been through, he finally gets the help he deserves. This section invites you to discuss with the children that it is imperative that they seek help if something similar should happen to them. At best, this will result in some points that the children can keep in mind and draw on if it should happen.

- Why is it so important to seek help?
- Where can I find safety?
- Who do I call when I need help?





## TO READ ALOUD

Leo was very scared. In a flash, he had stolen his uncle's mobile phone. Then he locked himself in the bathroom. He cried when he called his dad.

His dad picked up and Leo told him everything. His dad then immediately drove to his uncle's house and took Leo out.

Leo was brave and sought help. And that's why he also got help.

# THE AFTERMATH

The epilogue concludes the story about Leo. Here we are told what Leo still has to do so that he can finally live in safety.

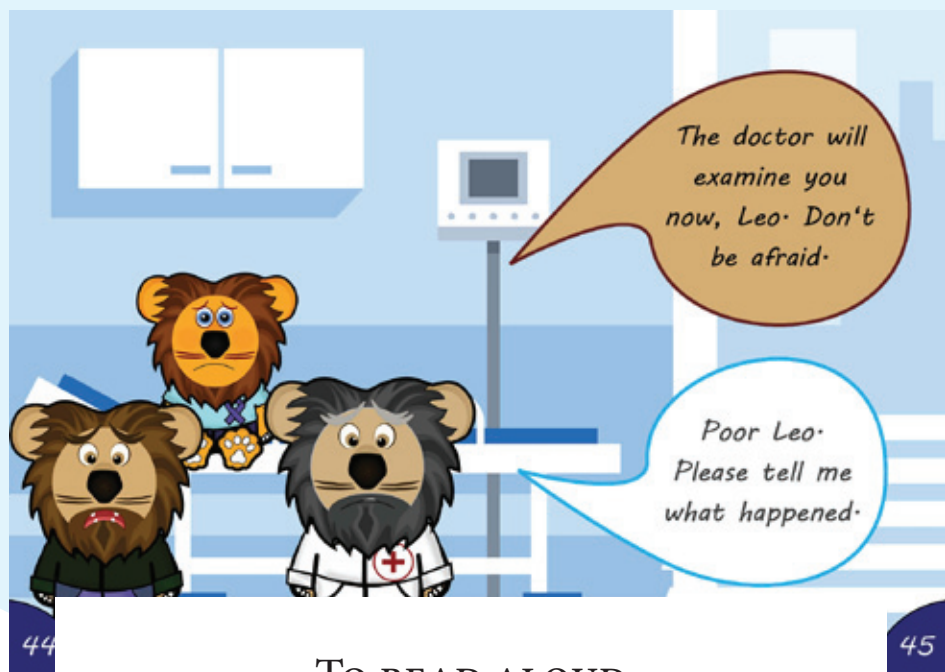
It is of utmost importance that - provided a crime is disclosed early enough - the taking of evidence begins. The more solid evidence there is of criminal offences, the higher the chance that there will actually be a conviction.

The process of taking evidence can be extremely demanding for the victim, who has to reprocess his traumatic experiences and undergo examinations that might remind him of the undesirable things that happened to him. In addition to giving evidence to the police, the procedure also includes a physical examination of the victim by a doctor.

The victim needs all the support she can get for this.

The following pages do not contain any notes, as they do not contain any new information on maltreatment. As before,

however, it is important to ensure that the children understand the material - i.e. to ask questions and, if necessary, to explain in a child-friendly way.



## TO READ ALOUD

Leo was first taken to hospital by his dad. There, a doctor examined him and took a close look at all the places where his uncle had touched Leo.

Leo was still scared and it was very uncomfortable for him. But Leo's dad stayed with him the whole time. And Leo was a brave little lion and stayed with the doctor until the end of the examination.



## TO READ ALOUD

Afterwards, Leo's dad took him to the police. The policeman wanted to know exactly everything that had happened. Leo was scared and didn't like to remember what had happened to him.

But Leo remained a brave little lion and told the dear policeman everything that had been done to him.

His dad was very proud of Leo.



## TO READ ALOUD

When it was all over, the policeman took Leo to his dad. Leo was brave, got through everything and was finally allowed to stay with his dad.

Leo's dad hugged him and stayed with him all day to play with him.



## TO READ ALOUD

And Leo lived happily and contentedly with his dad, who from then on made sure that Leo was safe.







1. Instructions for use

2. Leo Lion

3. What now?

Appendix



# 3. WHAT NOW?

## HELP LINES SWITZERLAND

Pro Juventute help line (children and young people): 147

<https://www.147.ch/de/>

Crisis counselling and victim support Kokon (children, adolescents, young adults): 044 545 45 40

<https://kokon-zh.ch>

Parents' telephone: 058 261 61 61

<https://www.projuventute.ch/de/elternberatung>

Help hotline violence against women: 052 213 61 61

<https://www.frauennottelefon.ch>

Help hotline violence against men: 061 691 02 02

<https://mbrb.ch>

Help hotline for pregnant women in need: 0800 811 100

<https://www.shmk.ch>

Help hotline for perpetrators: 078 778 77 80

<https://www.konflikt-gewalt.ch/fachlicher-hintergrund.html>

Specialist information for private individuals and professionals: 031 384 29 28

<https://www.profamilia.ch/familien/familienratgeber/stichworte/kinderschutz>

## WARNINGS (!)

Work on the book is to be interrupted immediately if a child shows signs that working on these topics puts him/her in extreme emotional states. These include:

- **Sudden freezing**
- **Tantrums:**
- **Cry**
- **Anxiety**
- **Reports**

If any of these things happen, resolve the situation and try to calm the child down. If suspicions harden, seek psychological help immediately instead of trying to resolve the situation on your own.

# HANDS OFF - STOP CHILD ABUSE E.V. ...

... is a **non-profit association** for education and prevention of sexual violence against children. Our mission is to implement **preventive measures** in nursery schools and primary schools with plays and books to raise awareness.

Children and adults should recognise the signs of sexual abuse as well as paedophile, sadistic and sexually oriented offenders in time. We would like to contribute to this through education and prevention work.

For more information about the association, our mission and the founders, please visit our website

**[www.haendeweg.ch](http://www.haendeweg.ch)**

# DONATIONS TO PROTECT OUR CHILDREN

We gratefully accept donations under the reference „Donation - Hands off“.

Our **IBAN** is: CH37 0900 0000 1548 1594 2

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**Account holder:** Hands Off - Stop Child Abuse e.V., Schweizergasse 10, 8001 Zurich.

We will of course send you your **donation receipt** afterwards.

Marc C. Riebe  
Founder and Board of Directors



# LEO LION PROTECTS CHILDREN

... from maltreatment. This booklet provides important information about different forms of abuse as well as guidance on how to deal with this difficult topic with children. The booklet „Leo Löwe schützt Kinder vonnöten“ is needed for this.

For children from the age of 3



**Hands Off**  
Stop Child Abuse

