

# NEWSLETTER



IID is committed to the protection of children and youth from all forms of sexual abuse. The organization is also engaged in the fight against pedo-criminality and its propagation via news media and the internet.

INNOCENCE  
IN DANGER  
SWITZERLAND

2019

Photo: "Welcome rocks"



## ACHIEVING RESILIENCE: THE IID RETREATS

Or how to move forward on a path of resilience alongside a community of mentors.

Children and/or adolescents who have been sexually abused often have behavioural problems, difficulty managing their emotions, lack of self-confidence and struggle to trust adults. The objective of Innocence In Danger's resilience program is to promote the well-being of people in direct contact with particularly heavy psycho-social realities. Thanks to its open, positive and creative approach the resilience program established in Switzerland since 2002 by Mrs Homayra Sellier, President and Founder of IED allows:

- Psychological well-being; the ability to resolve conflicts and/or seek help from a referent adult in the most secure and caring environment.
- Strengthening their identity and other internal resources;
- The consolidation of external resources: groups, peers and families.
- Enable children to overcome their injuries and regain the strength and desire to live fully.

The positive effects of this model on the resilience of participants and the therapeutic benefits are recognized by academic research (Germany 2015, France 2016).



## A Record Breaking Year

This year the Innocence In Danger organization welcomed 20 children and adolescents, ages 2 1/2 to 18. They were accompanied by their protector parents: a total of fourteen parents of which five were fathers. The director of the retreat was supported by a team including IID's director of therapy, art-therapists, yoga professors as well as a team of 10 volunteers with various professional backgrounds in the legal, entertainment and training world. This year's program was carried out with a more prominent focus on therapeutic activities than in past years. Every morning the children participated in mindfulness workshops, yoga classes as well as art-therapy sessions. The afternoons included excursions and activities, for both the children and parents, taking great advantage of what the region has to offer.

The children were able to try out a remote-controlled sailing yacht regatta, organised by the Gstaad Yacht Club, in an atmosphere worthy of real 'London fog', at Lake Retaud. Both parents and children put their wakeboarding skills to the test at the highest wake-park in Europe supervised by a dynamic team of instructors. The children spent a fun-filled day with the Lovell Camp instructors at their facilities, where they were able to choose from a multitude of different activities and sports. The last day allowed everyone to relax at Lake Lauenensee, around a BBQ, and to end their stay with a wonderful evening of recognition, gratitude and emotion.



## An increased emphasis on holistic support for families

As part of our holistic approach to nurturing families during this stay, our therapeutic director set up daily group therapy sessions for parents who wished to participate. Building children's resilience can only be achieved by considering the family as a unit. It is a fact that relatives suffer the full impact of their child's traumas to such an extent that the family balance can be weakened or even called into question and must therefore be restored.

Two parent-oriented self-defense workshops played a cathartic role in strengthening the family as a body. Parents were able to physically attack their child's abuser and as a result free themselves – in part— of the tensions, anger and guilt experienced by many of them for not protecting their children from the unspeakable.

They were able to come together amongst parents, accompanied by the two art therapists on an excursion and a guided tour of the herbal shop, Les Jardins des Monts in Rossinière. This multifaceted approach towards parents helps them support to their children, and stimulates their protective skills by consolidating their internal resources.

## Self-Defense With Excel Security

Every year, instructors James and Kathrine Otighbagh of Excel Security do us the honor of welcoming the children to their dojo, in order to teach them the basics of self-defense. I AM MY BODYGUARD is a program developed in partnership with IID. All too often victims of sexual violence do not trust their physical capacities and are still regularly intimidated and assaulted. These workshops provide a valuable tool for resilience through the learning of good self-defense reflexes and the children are able to work on their self-confidence.



**Innocence in Danger is an association that depends on the generosity of companies and individuals to finance the fight against child sexual abuse. The IID team would like to thank those who have supported us.**

Special thanks to those who supported our Summer Camp: Institut le Rosey, Early Beck, Le 16 rue de la Joie, le Gstaad Yacht Club, Hotel Alpina, Lovell Camp, Gstaad Menuhin Festival, Bowling de Chaux.

# Mindfulness Workshops

In these workshops, children learn the importance of attentiveness through appropriate exercises. They learn to identify their focus and use it to deal with all kinds of external events such as emotions, thoughts and sensations. The courses are supervised by Susanna Roques (therapeutic director of the resilience stay and founder of Innocence in Danger Colombia). The "Attention Works" program is secular and based on Eline Snel's method. This is a program adapted for children, inspired by the MBSR (Mindfulness Based Stress Reduction) program established by Jon Kabat-Zinn, which gave birth to Mindfulness Meditation.



## AWARENESS & PREVENTION

### Raising awareness with films

As part of our mission to raise awareness, Innocence in Danger has for many years, been involved in the promotion of films telling the stories of children who have suffered the horrors of sexual abuse. These films make it possible for people to reflect on the existing taboos and challenges facing our society. On 24th January 2019, in partnership with Alpina Hotel in Gstaad, IID was able to organize a screening of the Film 'The Tale'. The debate led by Mrs Homayra Sellier and Mrs Dariane Pictet, a psychiatrist, answered the many questions raised by about thirty parents in the region on issues related to grooming and predator manipulation.



### IID Nordic Walking Team

Innocence en Danger's Nordic walking team is attracting more and more motivated volunteers. We warmly thank Hotel Olden for hosting us for a breakfast prior to departure. A dozen walkers and runners climbed the Glacier 3000 to raise awareness and funds for our mission to fight child sexual abuse.



We are ready to build our 2020 Nordic Walking Team! Support us and join us on 08.08.2020 for the GLACIER RUN!

### PREVENTION WORKSHOPS

Following this screening, a Parent Support Committee of the JFK school was set up to support Innocence in Danger's prevention and awareness initiatives. We invited the director of Innocence in Danger Germany to give workshops for children and teenagers as well as parents on how to surf the Internet safely.

**WHAT YOU SHOULD KNOW ABOUT PROTECTING CHILDREN ON THE INTERNET TODAY**

THE FUNDAMENTALS OF CHILD PROTECTION IN THE AGE OF INTERNET, SMARTPHONES, SEXING AND CYBERBULLYING

its events, its campaigns and especially its summer resilience retreat for children who are victims of sexual abuse. We supported the work this year with financial or in kind donations.

Restaurant, Eagle Club, Arc en Ciel, Olden Hôtel, Wake up Gstaad, JFK School, Taxi Simon and Taxi Gstaad, Hôtels d'Oex, Excel Security, Gstaad Photography and all of our loyal friends and supporters.

## IID NTERNATIONAL

### OUR FIRST INTERNATIONAL MEETING IN BERLIN

On March 25th to 27th 2019, we held our first international meeting in Berlin.

For 3 days the members of the different offices of IID from France, Switzerland, Austria, Colombia, and Germany came together in order to share and understand each other's operating methods. We discussed the facts and figures of sexual assaults in each country as well as the current and future plans of each entity. Although we share the same objective, these workshops have allowed us to become aware of the social, political and legal reality of the countries in which the various IID offices are located. The purpose of these 3 days was to enhance the value of our work, and to strengthen the links and synergies between the various actors and offices.



### A mother's testimonial

“Thanks to this resilience retreat our son has freed himself of his shame and has come home proud of himself, proud to have denounced his aggressor, proud to have freed himself from his control, he is no longer ashamed of what he has been through.

This break in our lives has been very beneficial. The team took great care of my family during these 10 days and helped me to carry the heavy weight of our experience.

Being with families who are going through the same thing as us is really powerful. And it makes us feel less isolated.”

## CALENDAR

MARK YOUR CALENDAR FOR OUR ANNUAL FUNDRAISER!

Funk. Punk. Disco. Daisies  
March 7th, 2020  
GreenGo Club  
Palace Hotel  
Gstaad

### IID Gstaad Film Festival:

For the past 5 years, IID has been involved in promoting films related to human rights. Ms. Sellier is a juror in the category of “human rights and dignity” at the Tryon International Film Festival. In 2020 we will be inviting lovers of the 7th art to discover major films that focus on the challenges of our society.



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### DONATIONS

We accept donations on our website and via bank transfer

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