

World Down Syndrome Congress

9-12 July 2024 • Brisbane, Australia



WDSC 2024
BRISBANE, AUSTRALIA

www.wdsc2024.org.au



I Protect Myself





PREVENT VIOLENCE!

I Protect Myself



PATRICIA ALMEIDA



I Protect Myself

PREVENTION

**Why we should act
immediately?**



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Children with disabilities are up to **four times** more likely to **face abuse** .

Women with disabilities are nearly **40%** more likely to face abuse in adulthood.



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**A mere 3%
of sexual abuses
involving people
with developmental
disabilities
are ever reported.**



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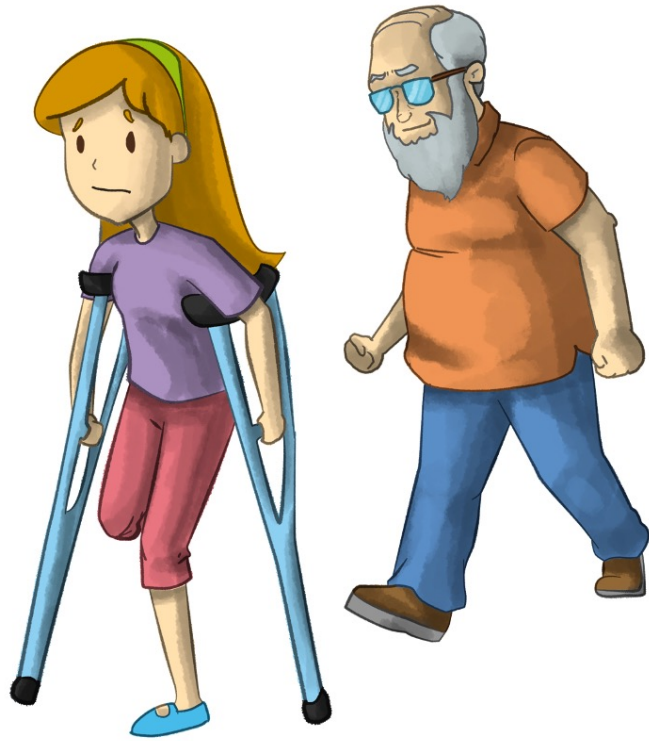


**Abused and
betrayed:
An Epidemic
of Sexual Abuse
of which no one
speaks**

Joseph Shapiro

In the U.S., people with intellectual disabilities experience **SEVEN TIMES MORE SEXUAL VIOLENCE** than people without disabilities. It is a crime that often goes unreported and goes unpunished.

<https://www.npr.org/2018/01/08/570224090/the-sexual-assault-epidemic-no-one-talks-about>
Department of Justice, EUA 2018



Vulnerability of children with disabilities

What about a child who does not speak? Does not see? Does not hear?
Depends on other people to go to the bathroom? Cannot defend herself?

Why does this happen?



Children with disabilities are considered more vulnerable to abuse due to greater **physical and social isolation**

- Insensitive and/or intrusive medical interventions
- Greater dependency on others and diminished control over their life and decision making
- Lack of communication and language

Why does this happen?



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- People with disabilities need to trust other people and are taught to be **nice** to others
- People with disabilities are not taught to defend themselves against violence
- There are **ALMOST NO** materials for prevention and professional training, **AND VERY LITTLE** discussion on the subject.



Educating for prevention



"Prevention is only effective when violence doesn't happen"

Neusa Maria

... EU ME PROTEJO



- Released March 2020
- Applied Research
Masters in Disability Studies
CUNY City University of New York
by Patricia Almeida
- 50 collaborators
- Validated by families, educators,
children and people with
disabilities



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**How to talk
about it?**



News make us afraid.
Fear paralyzes us...
Shame and
embarrassment
postpone the
conversation...



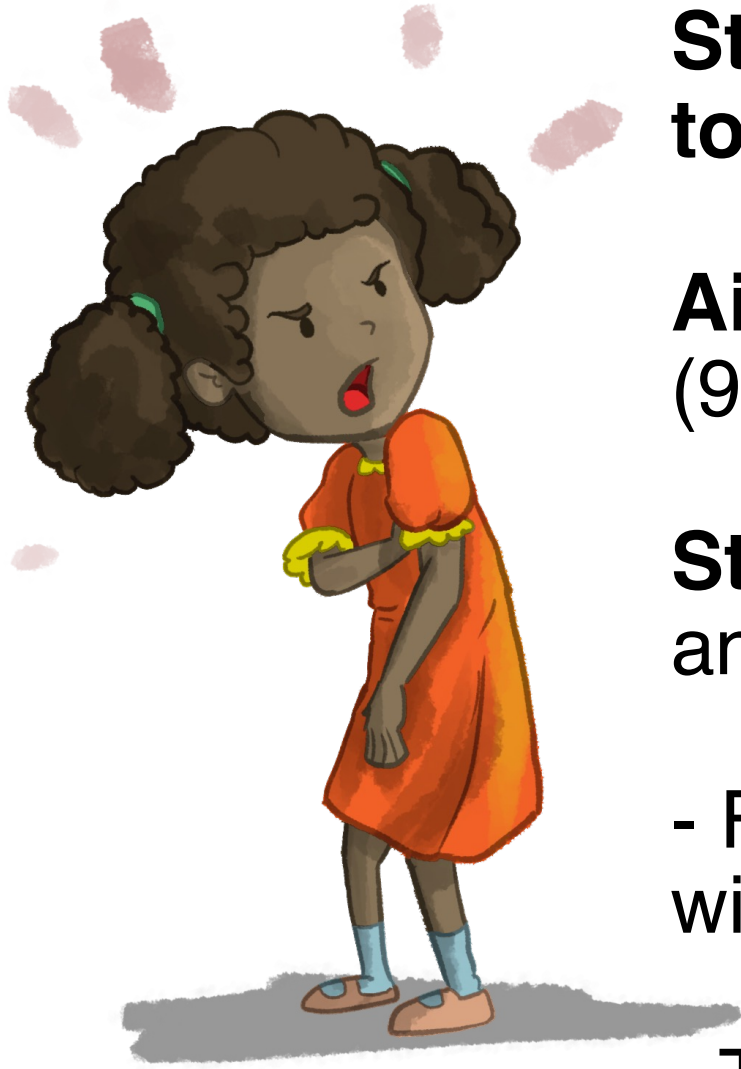
Families are convinced that things like this
will never happen to their daughters and sons.



- BUT...
Pretending that
violence does not exist

- Failing to warn
about the dangers
of life

Make children more vulnerable than they already are.



Strengthen children with information to prevent violence



Aim: homes, schools, clinics, churches, (90% pwd are in inclusive schools in Brazil)

Strategy: Listen to and understand parents and teachers

- Find ways to talk about it without offending or embarrassing
- Teach in a way that all children, with and without disabilities, learn together



Change the narrative:

Sex education



Education to prevent violence

Why is this different?

- Easy to understand communication

- Direct information, no metaphors

- Self-explanatory illustrations, concrete situations

- Dressed characters, diversity, images do not offend, provoke shame or embarrassment

- Focus on protecting the body FROM BULLYING TO ABUSE AND PHYSICAL VIOLENCE

VALIDATION WITH FOCUS AUDIENCE



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SIMPLE AS THIS | How to use Easy Language



Organizer | Patricia Almeida

Mascot - a black girl with disability



Her mother knew she was more vulnerable to violence. Her mother created an easy to understand book for her.

Now she knows how to prevent violence and wants to tell about it to other children

Cotinha (Little Cot, from mascot)



Things that all children
with and without disabilities
have to know
from a young age:

1 – Know the NAME of all parts of the body,
including their PRIVATE PARTS



2 - Like and be PROUD of their own body



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3 – Know that they OWN THEIR BODIES



4 - Know that people they TRUST
can HELP with showering, using the bathroom



5 - Know that the DOCTOR or NURSE can touch them when they are sick



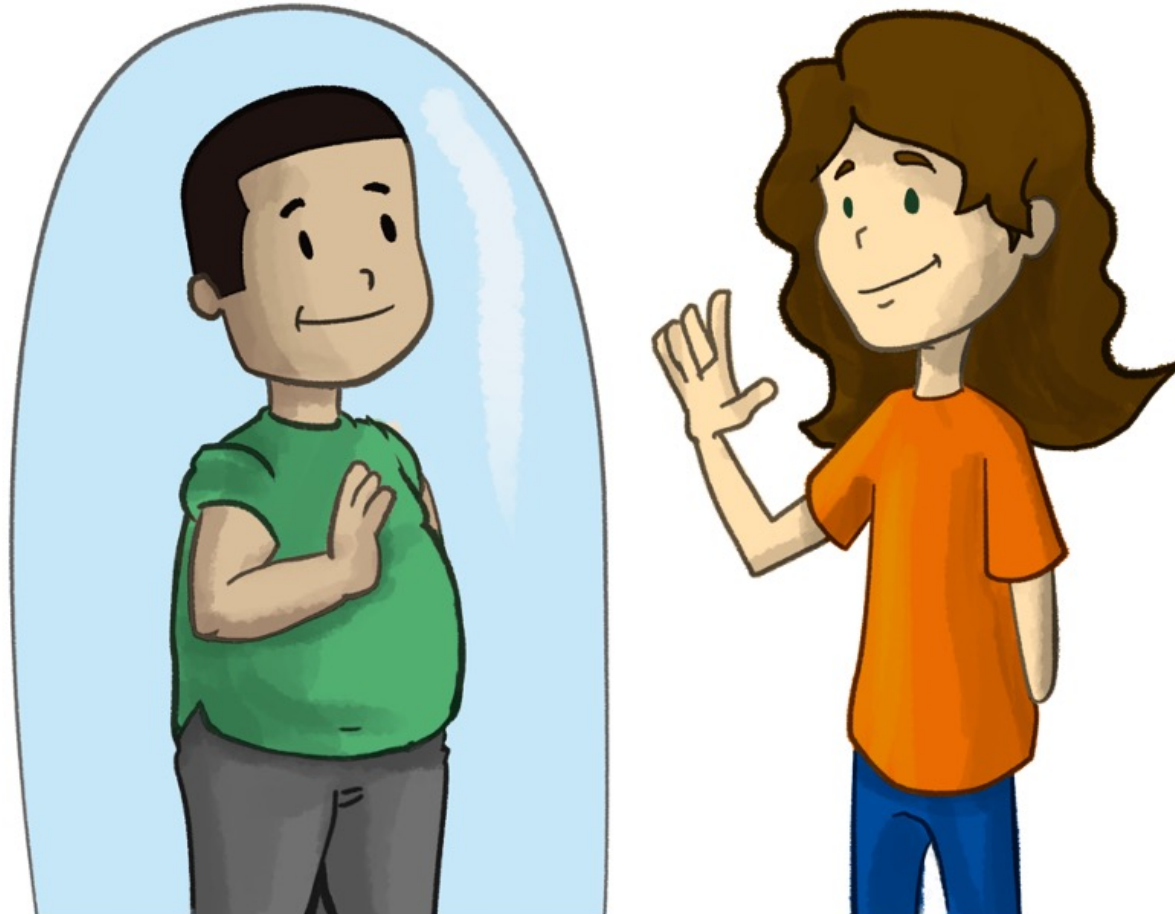
6 - Know that it is WRONG for anyone to TOUCH THEIR PRIVATE PARTS



7 - Know that it is **WRONG** for anyone to hit them



8 – Know how to RESPECT OTHER people's bodies



9 – Know how to recognize DANGEROUS situations



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10 - Know **WHAT TO DO**, in case of any violence:
Shout, say no, get out, ask for help



11 - Know WHAT TO DO, in case of any violence:
DO “NO SIGN” with the head, make a
STOP sign with hand



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12 – Know that they should TELL a trusted person what happened, UNTIL THEY FIND PROTECTION



13 – Learn to NOT KEEP SECRET of what is WRONG



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14 – Know that IT'S NOT THEIR FAULT



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15 – Know that they should stay **AWAY** from the person who does harm





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**Educate for peace,
self-knowledge, and
to respect differences**



Helps parents and educators
in this delicate conversation
to prevent violence in a:
Anti-ableist
Anti-racist
Antisexist
Antibullying
way, since preschool



SOME PEOPLE HAVE ONE ARM



SOME PEOPLE HAVE TWO ARMS



SOME PEOPLE HAVE NO ARMS



HOW MANY ARMS
DO YOU HAVE?

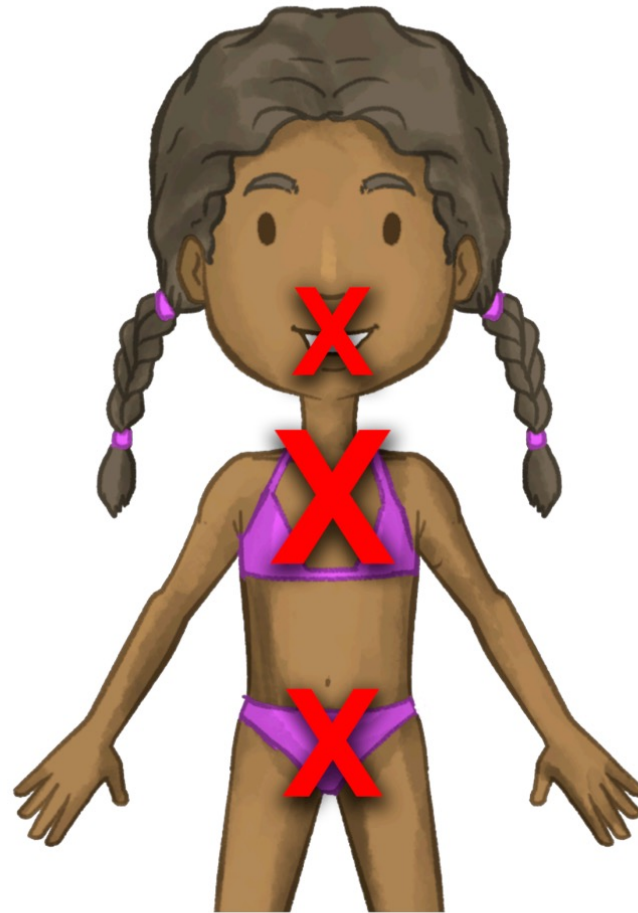
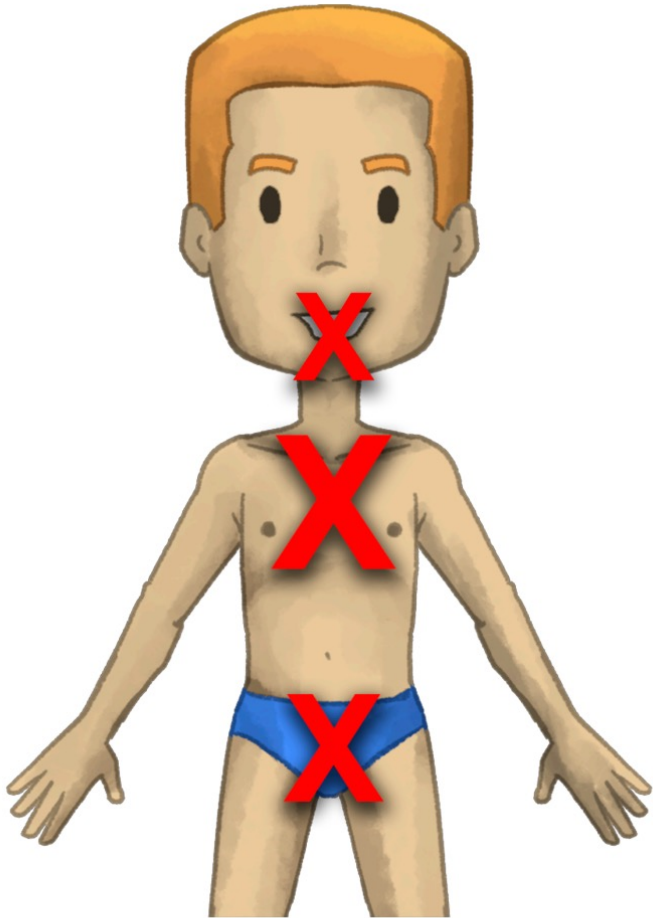


LEGS AND ARMS ARE PARTS
OF OUR BODY

THERE ARE PARTS OF OUR BODIES
THAT WE CALL

PRIVATE PARTS

CAREFUL!



IF SOMEONE
WANTS TO TOUCH
MY PRIVATE PARTS

BEWARE!



**IF SOMEONE WANTS
TO CARESS ME
AND TOUCHES
MY PRIVATE PARTS**

THIS PERSON IS LYING!

THIS IS NOT CARESS!

LOOK OUT!



I RESPECT
OTHER PEOPLE'S BODIES

I DO NOT TOUCH
OTHER PEOPLE
IF THEY DO NOT ALLOW

WHAT IS

THE COLOR OF YOUR EYES



THE COLOR OF YOUR SKIN



THE COLOR OF YOUR HAIR



HOW IS YOUR HAIR LIKE?



WE ARE ALL



DIFFERENT

UNIQUE

AND SPECIAL

PERSONS!

I PROTECT MYSELF BECAUSE MY BODY IS MINE





CREDENTIALS
I PROTECT MYSELF

PEDIATRIC SOCIETY



MINISTRY OF HUMAN RIGHTS
AND CITIZENSHIP

MINISTÉRIO DOS
DIREITOS HUMANOS
E DA CIDADANIA



BRAZILIAN FEDERATION
OF DOWN SYNDROME ASSOCIATIONS



Prizes

- Neide Castanha
Faça Bonito 2020
- Prize Accessibility
Pátria Voluntária 2022
- Luiz Egydio Setúbal Foundation
Communication 2023



Publications



I Protect Myself

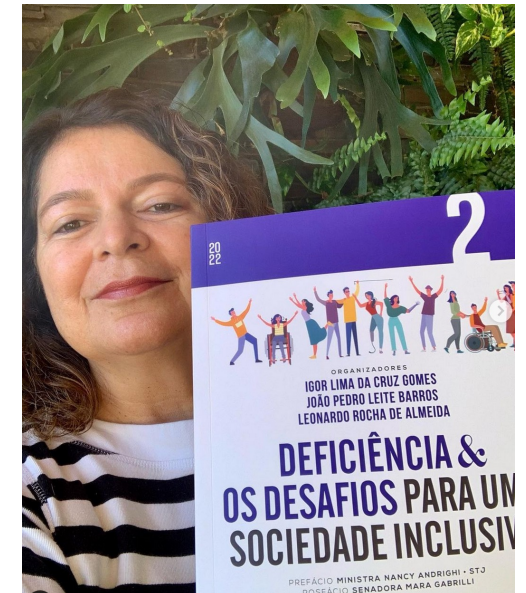


Article "I Protect Myself: prevention is the vaccine against the epidemic of violence against children with and without disabilities", Gisele Costa, Neusa Maria, Patricia Almeida and Paula Ayub.

Book "Itinerary of reflections and practices of accessibility and inclusion: the power of the Interinstitutional Forum", Fiocruz.

Article: "I Protect Myself: Inclusive Education for Prevention of Sexual Abuse of Children with and Without Disabilities"
Patricia Almeida

Book: Disability and the challenges for an inclusive society, publisher Foco



I Protect Myself – NY UN



16th COSP – 2023 – UN NY

Yo Me Cuido – Bolivia, Argentina Uruguay





I Protect Myself



Resources



I Protect Myself 



- Cartilhas
- Cartilha Libras e Audiodescrição
- Músicas
- Livros
- Poema
- Jogos
- Boneca
- Teatro de Fantoches
- Figurinhas
- Lista de recursos

Eu me proteger
da violência



**Inclusive Education to prevent
violence in childhood**

Booklet

– 16 pages





School book – 106 pages

The book cover features a central illustration of a girl with brown hair in pigtails, wearing a pink dress, with her arms crossed. Above her is a large orange speech bubble containing the text "I PROTECT MYSELF BECAUSE MY LITTLE BODY IS MINE". To the left is a girl with dark skin and curly hair, wearing a yellow dress, holding up a large brown hand. To the right is a boy with dark hair, wearing a blue shirt and brown overalls, holding up a large brown hand. In the bottom left corner is a yellow flower logo and the website "www..facabonito.org". In the bottom right corner is a stylized orange flower logo and the website "www..eumeptejo.com".

I PROTECT MYSELF BECAUSE MY LITTLE BODY IS MINE

www..facabonito.org

www..eumeptejo.com

1 - GETTING TO KNOW MY BODY

2 - TAKING CARE OF MY BODY

3 - MY FAMILY

4 - WHO CAN TAKE CARE OF ME

5 – PROTECTING MYSELF

6 – MY STORY.

MINHA HISTÓRIA

Eu Me Protejo 



UM DIA EU ESTAVA NA COZINHA DA MINHA CASA

UMA PESSOA TENTOU ME BEIJAR

E MEXER NAS MINHAS PARTES ÍNTIMAS!



Accessibility

- Universal Design for Learning
- Easy Language
- Sign Language
- Audiodescription

Communication board AAC



I Protect Myself

@EUMEPROTEJOBASIL

@MAES.MUNDO.AFORA



eu	falar	acariciar	mostrar	parar	boca	doces	banheiro	mau	bom
você /seu	gostar	tocar	fotografar	balançar a cabeça	mama	comida	vizinha	medo	triste
peessoas	ajuda	dar	ir	empurrar	bumbum	presente	posto de saúde	raiva	culpado
familia	vestir	despir	brincar	mentir	pênis	dinheiro	Conselho tutelar	sim	não
sentir	tomar banho	ver	gritar	proteger	vagina	passeio	escola	bern	Atenção /Perigo

Pictograms author: Sergio Palao. Origin: ARASAAC (<http://www.arasaac.org>). License: CC (BY-NC-SA). Owner: Government of Aragon (Spain)

Eu Me Protejo

<https://www.instagram.com/p/CfhNklhDDq2/>



Girls do not keep secrets

What is this touch?

It was just a caress

- Books
- poem



<https://youtu.be/rA7t0C8m40U>
- poema

<https://www.eumeprrotejo.com/livros>



Music videos



I love my little body

<https://youtu.be/KLVtWObISyo>

Neusa Maria

My little body is mine

<https://youtu.be/ichLR3OeRGM>

Lud Lúdica @ludi.ludica



EU ME PROTEJO



QUEBRA-CABEÇA

INICIAR

SAIR



I Protect Myself

Games

- digital and analogic games



<https://www.eumeprtejo.com/jogos>



- Characters for coloring



- Puppets

<https://www.eumeprotejo.com/teatro-de-fantoches>

Short videos

Parents and Educators

- 6 Truths about abuse
- 6 Myths about abuse
- 6 Tips for prevention
- How to use the book
- Children and young people with disabilities
- How to receive reports





Training for educators and professionals:

Public Teachers' Training School Paulo Freire (Rio/RJ, São Luís/MA - 2021) and Bahia Public Defenders

<https://www.eumeprotejo.com/cursos>





How to receive spontaneous reports

Psychologists of MP/GO
Alexis Institute (Juliana,
Liliane and Silvia)

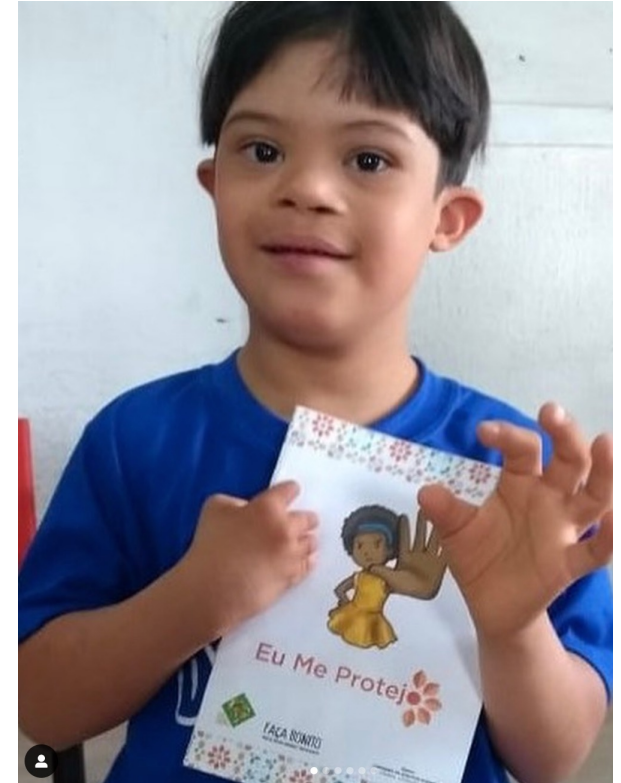
- The importance of the victim's account
- Special report and expert listening
- What happens after the complaint?





Children with Disabilities

Children and Youth with disabilities



Rio – Disability Secretariat



Quem é mãe de menina sofre mais ainda

2 em cada 3 vítimas de estupro é uma menina com menos de 13 anos

Dossiê da Mulher, 2020 - Instituto de Segurança Pública do Estado do Rio de Janeiro (ISP-RJ).

Rio
SMPD

Congresso
Inclusão na PRÁTICA

0:35 / 0:59

Inclusion in Practice Congress 2021
https://www.instagram.com/tv/CXR_qTljur0/

Training SMPD Rio/OAB



Formação:

<https://www.youtube.com/live/Cb2au8eoQ6A?feature=share>



Games, activities, songs







I Protect Myself 



Eu Me Protejo

www.eumeprotejo.com



I Protect Myself



⤴ Pull up for precise seeking



Eu Me Protejo 

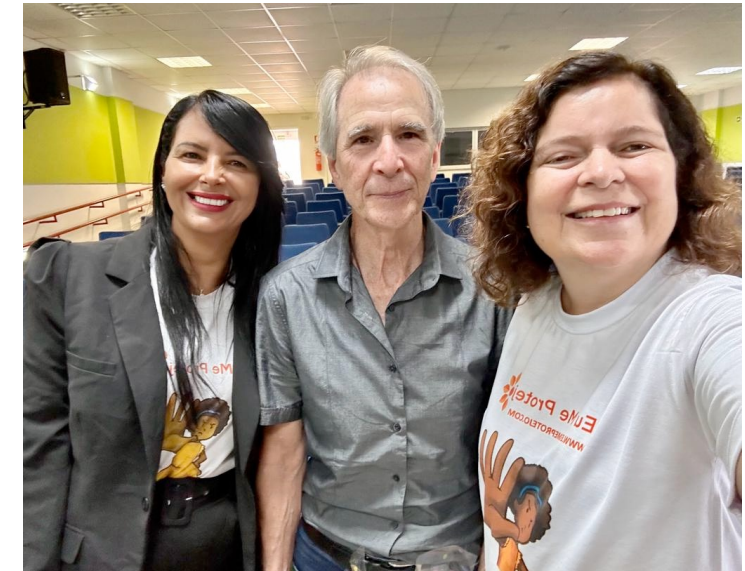
 **Rio**
PREFEITURA | PESSOA COM
DEFICIÊNCIA

Inclusive Pilot Project

Santo Antônio do Descoberto/GO



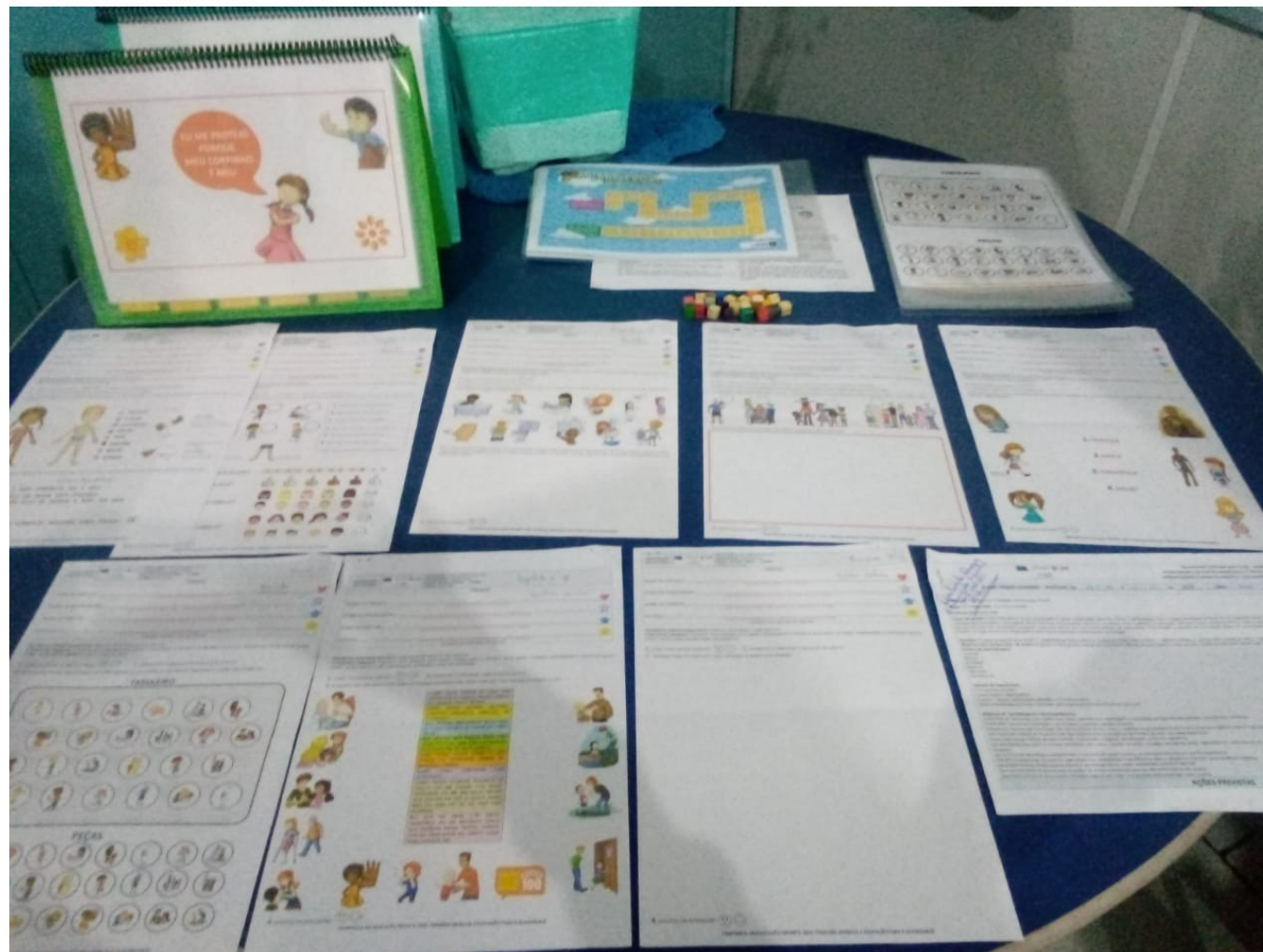
2022/23 – Andrea Melo
Coordinator of Early Childhood Education
Municipal Department of Education
Ivania Ghesti – National Council of Justice
Vital Didonet – National Front Early Childhood



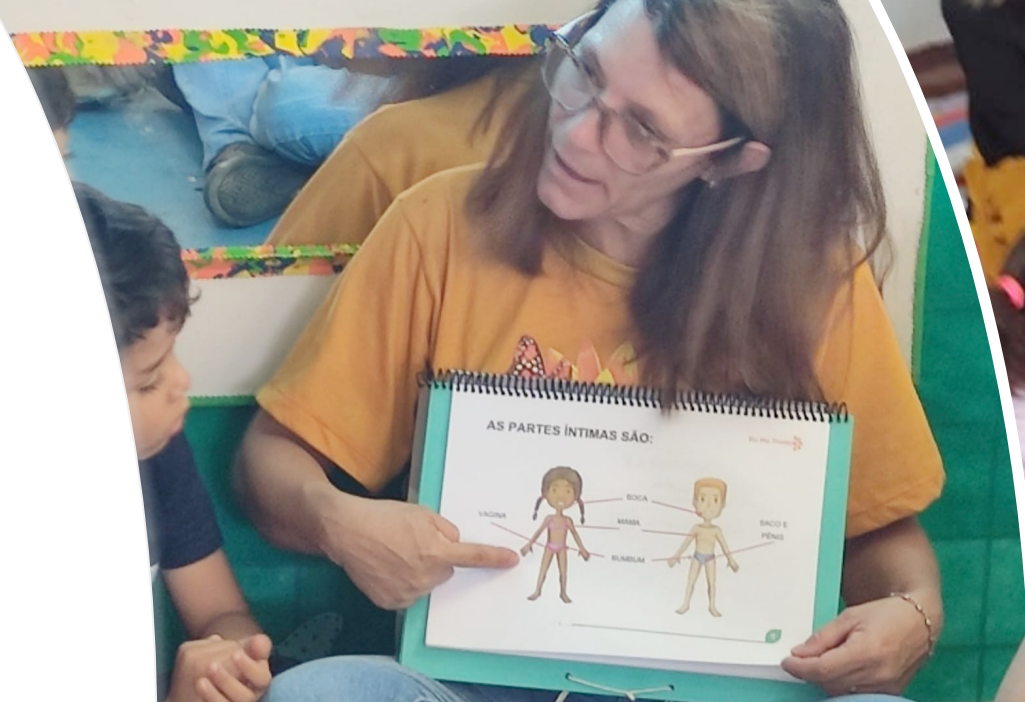
Santo Antônio do Descoberto/GO

2022/23

**200%
More reports
on children's
violence**



Santo Antônio
do
Descoberto/GO



I Protect Myself 

Be multipliers!



I Protect Myself





I Protect Myself



I Protect Myself



Little Cot is alive!



Atuação: Gabriel Calasans

Direção: Paula Wenke

<https://www.tiktok.com/@casacivilbr/video/7234564348042153222>

https://www.instagram.com/p/CsYhimEg_sa/

Palácio do Planalto

Associação
Maria de Nazaré
e ISDF



Palácio do Planalto



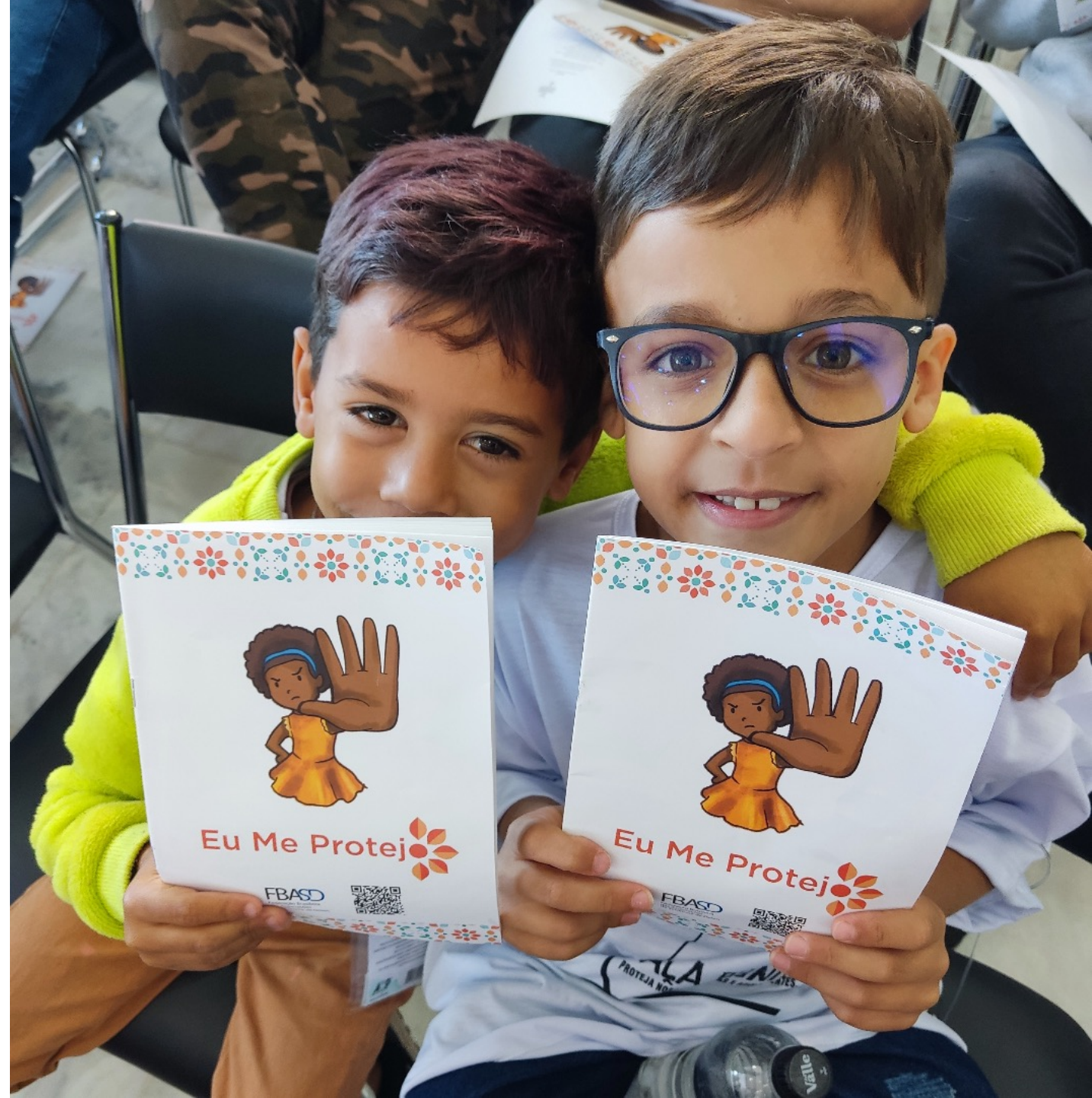
I Protect Myself 



Palácio do Planalto



Palácio do Planalto



Andradas/MG



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Delegada Michele Rocha

Andradas/MG



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2023 – Civil Police –
Dr. Michele Rocha



Andradas/MG



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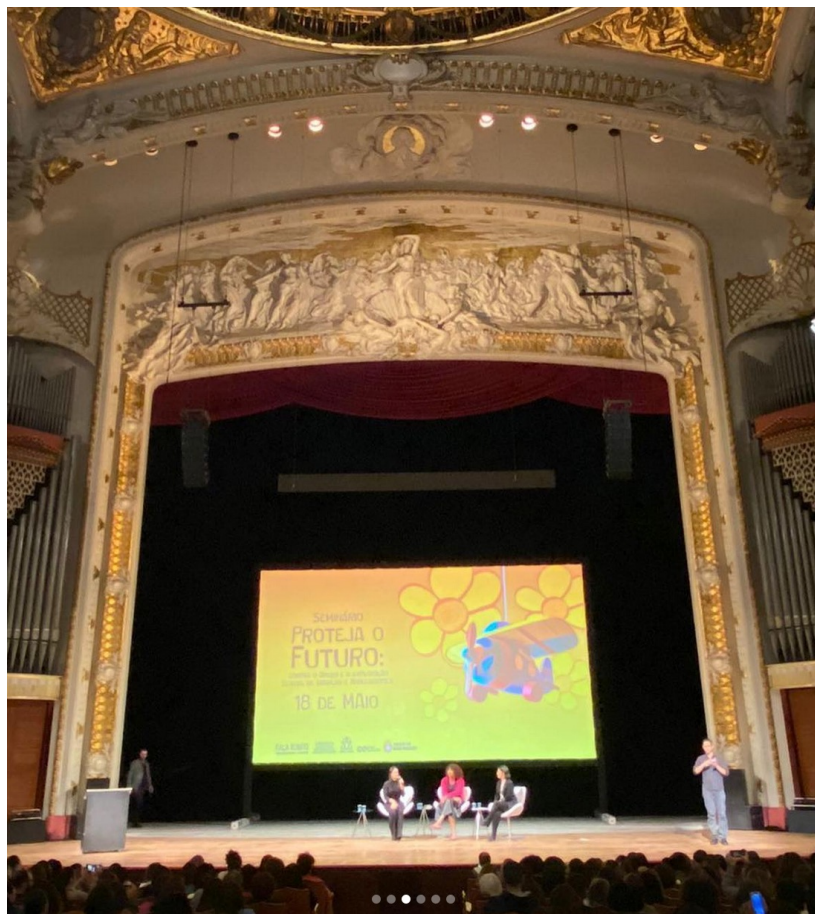
I Protect Myself



Andradas/MG

São Paulo/SP

Assistance and Social Development Municipal Secretariat



Theatro Municipal Paula Ayub e Ana Claudia Brandão

Salgado/SE



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Navegantes/SC



UPA Gravatás



I Protect Myself



Belém/PA



I Protect Myself



Gisele Costa



Brasília/DF



Garis – Karina Figueiredo

Churches – Rio de Janeiro



I Protect Myself



Rita Teixeira

Marajó Island - Amazon



Rio Grande do Sul – Homeless shelters by Climate Emergency



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CREATIVITY



CREATIVITY



PROPOSAL

Possible partners

- **YOU**



BE PART OF THE NETWORK!







- Deaf girl, 9 years old
- Wealthy family would “raise her”
- Was given to the daughter when she got married, and left the city
- Birth mother never stopped trying to find her
- Sonia worked as a maid for 40 Years with no salary
- No school, no sign language, no health or dental services
- She was rescued from slave-like conditions in the house of a magistrate in the Court of Justice of Santa Catarina
- Sonia’s sisters wanted to visit her and take her home
- The magistrate’s family convinced Sonia to return to the house from where she had been rescued.

#FreeSonia #SoniaLivre



Patricia Almeida, from Brazil, activist for human rights and mother of three women, the younger Amanda, who was born with Down syndrome.

- Retired Brazilian foreign servant, - Vice-consul in New York and Geneva. Medal of the Order of Rio Branco – Knight Degree – Ministry of Foreign Affairs of Brazil.

- Journalist, worked as an editor at TV Educativa and TV Manchete and as a producer at BBC Brazil in London.

- Specialist in Plain Language (Universidad Autónoma de Barcelona, Plena Inclusión – Spain and Fundación Visibilia - Argentina), Master of Arts in Disability Studies (CUNY - City University of New York).

- Director of Communication of the Brazilian Federation of Down Syndrome Associations and member of the National Front of Women with Disabilities in Brazil.

<http://federacaodown.org.br/>

- Former advisor to the National Secretariat for the Inclusion of Persons with Disabilities, participated in the translation and ratification process of the United Nations Convention on the Rights of Persons with Disabilities in Brazil.

- Organizer of Simple as This – How to use Easy Language guide, Public by National School of Public Health, Fiocruz.

<https://www.arca.fiocruz.br/handle/icict/59614>

- Creator of the news agency Inclusive – Inclusion and Citizenship (Human Rights Education and Autistic Pride Awards), GADIM – Global Alliance for Disability in Media and Entertainment, GADIM Brazil, Odimídia – Observatory of Diversity in the Media.

<http://www.inclusive.org.br/>

<https://gadim.org/>

<https://www.gadimbrasil.org/>





- Co-author of Eu Me Protejo (I Protect Myself) - inclusive education to prevent violence in childhood.

<https://www.eumeprotejo.com/>

Booklet in English:

https://www.eumeprotejo.com/_files/ugd/f04b3c_fa8afe64172d4779beda9a10eae29e92.pdf

- Co-author of Canta e Lê (Sing and Read) - children's videos to learn to speak and read.

<https://www.youtube.com/playlist?list=PLjh9XfGtby6VXdIUCx1zd7tvHkJjZtiE->

- Co-founder of the Movimento Down, Zika Movement and Necessary Adoptions. Former Board Member of Down Syndrome International.

<https://www.movimentodown.org.br/>

<https://movimentozika.wordpress.com/>

<https://www.adocoesnecessarias.org/english>

- Coordinated civil society efforts for the UN resolutions on World Down Syndrome Day and Easy to Understand Communication.

<https://s38312.pcdn.co/wp-content/uploads/easy-to-understand-draft-resolution.pdf>

<https://digitallibrary.un.org/record/721907?ln=en>

- Member of the Jury of the International Diversify TV Mipcom Award (Cannes). Collaborator of the MetaSocial Institute, of the campaign Being Different is Normal. <https://diversifytv.com/>

Portfolio: <https://cunyonline.digication.com/patricia-almeida/Welcome>

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