



26TH NATIONAL CHILDREN'S MONTH



THEME:
**“ISULONG: TAMANG PAG-AARUGA
PARA SA LAHAT NG BATA!”**

NOVEMBER 2018

BRIEFER

1. National Children's Month (NCM)

Is an annual event for the Filipino Children to celebrate and recognize the Filipino children as the most valuable assets of the nation and to emphasize the importance of the role of the child within the Filipino family and within Philippine society.

Republic Act No. 10661 or the National Children's Month Act declares every November as the National Children's Month with the Council for the Welfare of Children (CWC), Department of Social Welfare and Development (DSWD) and the National Youth Commission (NYC) as lead agencies. This declaration commemorates the adoption of the Convention on the Rights of the Child by the United Nations General Assembly on 20 November 1989, and seeks to instill its significance in the Filipino consciousness.

2. Focus and Theme of the 2018 National Children's Month

This 2018 marks the 26th year of the National Children's Month celebration in the Philippines and the launch of the Philippine Plan of Action to End Violence Against Children (PPAEVAC), 2017-2022 which translates the findings of the 2015 Philippine National Baseline Study on Violence Against Children (NBS-VAC) into specific action.

The focus and theme of this year's celebration aim to align with the key strategies of PPAEVAC to end violence against children in the Philippines. As approved by the Council Board in its Special Meeting conducted on 07 June 2018, **the 2018 NCM focuses on positive parenting, with the theme "ISULONG: TAMANG PAG-AARUGA PARA SA LAHAT NG BATA."**

3. Objective of the 2018 National Children's Month

The year's celebration aims to advocate building a safe, nurturing and protective environment for children through positive parenting among parents, guardians, caregivers and teachers. Specifically, it aims to:

- increase awareness on the importance of positive parenting and positive discipline;
- increase knowledge of parents/caregivers on how to handle or educate their children while in the cyberspace;
- intensify the advocacy of Positive Discipline in Classrooms responsive to the needs of the learners;
- strengthen the integration of appropriate classroom dynamics in daily teaching;
- provide space for children's participation in legislative advocacy;
- push for the passage of the Positive Discipline Bill; and
- celebrate gains and successes on child rights promotion and protection of the country

4. Key Messages

- Violence Against Children (VAC) is everywhere and it occurs across socio-economic status.
- VAC prevalence in the Philippines is high with overall prevalence of 80%¹.
- Proven strategies to prevent children violence includes: (i) enhancing individual capabilities of parents, caregivers and children, (ii) embedding violence prevention in institutions and services, (iii) eliminating root causes of violence²

¹ Council for the Welfare of Children. (2015). National baseline study on violence against children.

² Know Violence in Childhood. (2017). *Ending Violence in Childhood: Overview. Global Report 2017*. Know Violence in Childhood. New Delhi, India.

- Efforts towards ending VAC should be well promoted and accelerated such as³:
 - Promoting positive parenting and positive discipline
 - Changing cultural practices that contribute to VAC, including the elimination of corporal punishment
 - Promoting non-violent values, communication and relationship with children
 - Building the skills of parents and caregivers in non-violent discipline, problem-solving and conflict resolution
 - Respecting the whole child and their family, their dignity, and their development needs
 - Increasing awareness of children's rights
- Children have a right to protection from all forms of violence.
- "No VIOLENCE against children is JUSTIFIABLE; and ALL VIOLENCE against children is PREVENTABLE"⁴
- "Children are tired of being called *the future*. They want to enjoy their childhood, free of violence, now!"⁵

5. The Philippine Facts on VAC

Results of the 2015 Philippine National Baseline Study on Violence Against Children (NBS-VAC) revealed that most Filipino children experience and are vulnerable to physical, psychosocial and sexual violence in any setting:

- 3 in 5 children experience physical violence, with more than half of this happening at home;
- Most common cases of violence at home are corporal punishment committed by parents and siblings;
- 3 in 5 children experience psychological violence; in the forms of verbal abuse, threats, or neglect.
- 1 in 5 children below age 18 have experienced sexual violence while growing up.
- Common perpetrators of sexual violence are brothers or cousins.
- 2 in 5 children experience violence online, whether sexual violence or cyberbullying.
- prevalence of violence in schools is almost equally disturbing
- More than half experienced at least 2 types of abuse

Further, the 2016 Systematic Literature Review of the Drivers of Violence Affecting Children in the Philippines showed that:

- Violent discipline is the most frequent form of violence against children in the home, driven by factors including social norms around the use of and effectiveness of discipline, authoritarian parenting, and parents' level of education;
- The lack of supervision, single headed household and absent parents increases the vulnerability of children to sexual violence at home;
- Emotional violence from parents increases children's negative behavior, which increases their risk of experiencing violent discipline and perpetrating aggressive behavior towards others;
- Parenting practices that include the use of coercion, threats, insults, and a frightening tone increase the risk of child maltreatment and set the state for similar patterns of behavior in parent/child and other relationship;

³ Durrant, J.E. (2007). Positive discipline: What it is and how to do it. Save the Children Sweden.

⁴ Pinheiro, P.S., (2006). World Report on Violence against Children. Geneva: United Nations Secretary-General's Study on Violence Against Children.

⁵ Ibid.

- Experiencing childhood or familial sexual violence is also a driver of all forms of intimate partner violence victimization for females;
- Experiencing or being exposed to violence in the home also increases the risk that children will use or experience violence against partners, peers and family members.

6. Impact of Violence in Childhood

The damage of violence in childhood goes far beyond immediate trauma and fear, extending through many aspects of child's life, affecting the child's health and education, and restricting future opportunities. Violence can lead to depression and behavioral problems, post-traumatic stress, anxiety and eating disorders. These impacts on mental health can make young people more vulnerable to substance abuse, and poor reproductive and sexual health.⁶

7. What is Parenting?

Is a child rearing process promoting and supporting the physical, emotional, social, and intellectual development of a child from infancy to adulthood.

The most common caretaker in parenting is the biological parent(s), but it can be an older sibling, a grandparent, a legal guardian, aunt, uncle or other family member, or a family friend. The government and society have a role in child-rearing. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations. Others may be adopted, raised in foster care, or placed in an orphanage.

8. What is Discipline?

Discipline means "teaching" that is based on setting goals for learning, planning an effective approach, and finding solutions that work.

9. What is Positive Discipline?

It is a non-violent approach to teaching, an approach to parenting that helps children succeed, gives them information, and supports their growth. It is solution-focused and respectful of the child as a learner and based on child development principles.

10. What positive discipline is?

Positive discipline is about:

- long-term solutions that develop individual child's own self-discipline
- clear communication of parent's/caregiver's expectations, rules and limits
- building a mutually respectful relationship between parents/caregivers with the child
- teaching a child with life-long skills
- increasing the child's competence and confidence to handle challenging situations
- teaching courtesy, non-violence, empathy, self-respect, human rights and respect for others.

⁶ Know Violence in Childhood. (2017). *Ending Violence in Childhood: Overview. Global Report 2017*. Know Violence in Childhood. New Delhi, India

It is built on 4 principles of effective parenting – focusing on identifying long term goals, providing warmth and structure, understanding how children think and feel, and problem solving.

Long Term Goals- are those that parents want to achieve by the time their children are grown up. These goals are the foundation on which you will build your positive discipline skills that will require warmth and structure. Example of goals, you might want your child to be: kind and helpful; thoughtful and courteous; a wise decision-maker; honest and trustworthy, non-violent, caring towards you, a loving parent.

Providing Warmth and Structure

What is warmth?

- emotional security
- unconditional love
- verbal and physical affection
- respect for the child's development level
- sensitivity to the child's needs
- empathy with the child's feelings

What is structure?

- clear guidelines for behavior
- clearly stated expectations
- clearly explained reasons
- support to help the child succeed
- encouragement of the child's independent thinking
- negotiation

Understanding How Children Think and Feel

- When we see the world through the eyes of a 1-year old, a 5-year old or a 13-year old, we can begin to understand their behavior, then we come more effective teachers.
- It is a way of reaching parenting goals by providing warmth and structure that are appropriate to the child's stage of development.

11. Positive discipline is not:

- permissive parenting
- letting a child whatever he/she wants
- about having no rules, limits or expectations
- about short-term reactions or alternatives punishments to slapping, hitting and shouting.

12. Recommendations to reduce violence in the home?

The World Report on Violence Against Children emphasize the importance of:

- Changing cultural practices that contribute to VAC, including the elimination of corporal punishment;
- Promoting non-violent communication and relationship with children;
- Building parent's skills in non-violent discipline, problem-solving and conflict resolution;

- Respecting the whole child and their family, their dignity, and their development needs;
- Increasing understanding of child development; and
- Increasing awareness of children’s rights

13. Current efforts to promote and build a safe, nurturing and protective environment for children?

a. Philippine Plan of Action to End Violence Against Children (PPAEVAC)

A road map designed towards a progressive reduction of violence against children in the country. It is multi-sectoral response plan to the findings of the 2015 National Baseline Study on Violence Against Children, which revealed a very high prevalence of physical, psychosocial and sexual violence among children in any setting

b. 3rd National Plan of Action for Children

It is the medium-term plan of action for children that lays the foundation and defines the targets towards achieving the Sustainable Development Goals by 2030. It adopts a rights-based and results-oriented programming approach focused on children’s rights to improved quality and standards of life for them, survival and development, protection, non-discrimination, and participation. And as such, it recognizes that a much broader strategic approach is called for beyond child-specific and child-centered programs and projects by taking into account national socio-economic programs that have bearing and impact on children.

c. Sustainable Development Goals

SDGs are the blueprint to achieve a better and more sustainable future for all. They address the global challenges we face, including those related to poverty, inequality, climate, environmental degradation, prosperity, and peace and justice. It include goals and targets on ending violence against children:

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| Target 5.2: | Eliminate all forms of violence against all women and girls in the public and private spheres, including trafficking and sexual and other types of exploitation. |
| Target 16.1: | Significantly reduce all forms of violence and related death rates everywhere |
| Target 16.2: | End abuse, exploitation, trafficking and all forms of violence against and torture of children. |

d. Child Protection Policy in Schools and Institutions that promote zero-tolerance policy for any act of abuse, exploitation, violence, discrimination, bullying, and other forms of abuse (e.g. Child Protection Policy of the Department of Education). The Policy describes the policies and procedures required to apply and monitor to ensure that any children come in contact with the personnel of an institution are accorded with respect and protected from any form of abuse and exploitation. It also includes guidelines on how to deal with any incident that might occur while working or dealing directly or indirectly with children.

14. Ways to Celebrate the 2018 National Children Month

- Hanging of tarpaulins/ streamers about the Children's Month Celebration;
- Recitation of "*Panatang Makabata*" during flag ceremony every Mondays of November
- Development, production and distribution of Information, Education and Communication (IEC) materials and other collaterals to include those developed by CWC;
- Posting of the NCM official logo and the 2018 Theme, audio visual presentation, and other NCM advocacy materials on the websites and its official social media accounts;
- Conduct of organizational activity related to the focus and theme of the 2018 NCM and submission of activity details by encoding it through the link: bit.ly/2018NCM or emailing at paio@cwc.gov.ph for inclusion in the official 26th NCM Calendar of Activities;
- Participation in all NCM major activities and NCM-related activities nationwide;
- Participation in the Signature Campaign for the Passage of Positive Discipline Bil; and
- Support the "*Pito, Bata, Pito*": A Call for Help Campaign– collect and distribute whistles to children and do a whistle barrage.