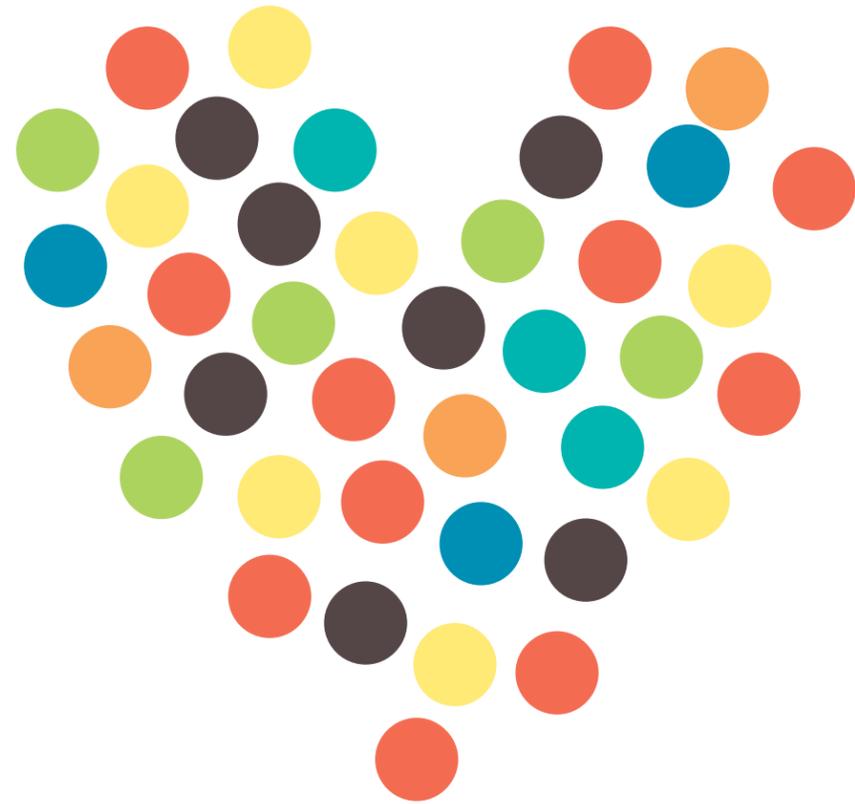


little.
warriors

every child
deserves a childhood.





Little Warriors is a national charitable organization focused on the awareness, prevention and treatment of child sexual abuse.

We also advocate on behalf of and with child sexual abuse survivors.

OUR STORY

From Vision to Reality

“It’s one thing to discover your life’s purpose — it’s another to take a risk and really do something about it. Thankfully, that risk was one our founder, Glori Meldrum, was willing to take when she had the vision for Little Warriors.” *-Little Warriors staff member*

In 2008, Glori channeled a passion driven by her own experience as a child who had been sexually abused, into creating Little Warriors. The original purpose of Little Warriors was to spread awareness of child sexual abuse and to educate adults on how to help prevent it from happening to children in our homes and how to respond when they acknowledge that abuse has occurred.

But Glori’s vision didn’t stop there. As a survivor, she felt more could be done to support children who had been sexually abused. Her idea was to establish the first treatment centre of its kind for survivors of child sexual abuse: the Be Brave Ranch. Opening the Be Brave Ranch was no easy task. Thankfully, thousands of supporters from across Canada came forth to donate, fundraise and give significant amounts of time and resources to help bring this vision to life. After six long years, Glori’s vision became a reality — in the fall of 2014, the Be Brave Ranch opened its doors to welcome the first group of children to its unique treatment program. In order to ensure the Be Brave Ranch treatment program was making a difference in the lives of children, Little Warriors partnered with researchers at the University of Alberta to measure the outcomes of the children as they move through the program.



Little Warriors is committed to:

OUR VISION

- Little Warriors is a national charitable organization focused on the awareness, prevention and treatment of child sexual abuse.

OUR MISSION

- Raise **awareness** and provide information about child sexual abuse.
- **Advocate** to ensure the rights, needs and interests of children are respected and protected.
- Provide child sexual abuse **prevention** strategies to adults through education.
- Provide a **treatment** facility to help children cope with the devastating effects of child sexual abuse.

Awareness

Empower and inform adults, through culturally sensitive preventative education and resources, to help prevent, recognize and react responsibly to child sexual abuse.

Engage and educate adults on the statistics and impact of child sexual abuse through annual awareness campaigns, social media, fundraisers, networking and prevention workshops.

Provide local and national resources and information.

Prevention

Spread the message of responsibility, action and hope using trained, committed volunteers to deliver the in-person prevention workshop to adults across Canada.

Equip adults with a toolkit of child sexual abuse prevention strategies, through the delivery of a research-based child sexual abuse prevention workshop.

Reduce the risk of child sexual abuse within organizations by encouraging them to incorporate mandatory child sexual abuse prevention policies and procedures.

Treatment

Provide a safe, secure, culturally inclusive multi-modal, trauma informed treatment centre for children and youth who have been sexually abused.

Deliver evidence based, ethical leading clinical practices that reduce mental health related issues and enrich outcomes for children and youth.

Work collaboratively with other community organizations and service providers to provide continuous, high quality care for children and youth.

Advocacy

Advocate to ensure the rights, interests, needs and viewpoints of vulnerable children, adolescents, and families who have been affected by child sexual abuse are respected and protected.

Support children and adolescents impacted by providing scientific research and relevant data to policy-makers and decision-makers in government.

Encourage more clinical research into the effects of child sexual abuse and the benefits of therapeutic support for child survivors, and advocate for evidence-based policies and procedures to protect children from sexual abuse.

Healthy children strengthen communities

The future prosperity of our communities depend on our ability to foster the health and well-being of the next generation. To maximize opportunities for healthy life trajectories it is crucial that children receive support to achieve strong mental health. The balance of behaviours, emotions and thoughts support children's healthy brain development, and lifelong health. Strong mental health promotes a positive outlook

The estimated rate of CSA is 20-25% in Canadian Indigenous populations¹

and enables us all to participate in life and accomplish our goals. It helps us realize our potential, cope with stress, work productively, enjoy strong relationships, and contribute to our communities. Investing in mental health fosters our shared prosperity and helps all of us achieve our full potential. It also helps us prevent, address and overcome related societal challenges, such as homelessness and involvement with the criminal justice system. When we prioritize health and wellbeing, we help everyone reach their full potential and contribute to their communities. If we invest in systems to ensure all people are able to get the treatment they need, we will have a healthier, and stronger society.

Adverse Childhood Experiences (ACEs) are events experienced by a child before they reach the age of 18.² Research has consistently shown that exposure to toxic stress in childhood related to ACEs can result in negative health outcomes in adulthood involving physical, behavioural and social issues which can last a lifetime. The 10 most commonly researched ACEs are: **Sexual abuse**, verbal abuse, physical abuse, physical neglect, emotional neglect, parental separation, household mental illness, household domestic violence, household drug or alcohol abuse and incarceration of a household member.

An ACE score is determined by answering a series of questions related to childhood experiences in each category. As a person's ACE score increases so does their likelihood of negative health outcomes in adulthood. It is important to recognize that outcomes will not be the same for every individual, but it is evident that both prevention and early intervention can be crucial to an individual's lifelong wellbeing.

Stress is one of the forces that shapes brain architecture in a developing child. Whether it strengthens or weakens brain architecture has to do with the kind of stress, its intensity and duration, and whether supportive caregivers are present in the child's life. "Toxic stress" occurs when no supportive caregivers are around to buffer the body's response to repeated negative experiences. Things that cause toxic stress may include abuse, neglect,

parental addiction, violence outside the home, or chaotic environments. Experiencing a chronic stressful condition such as neglect or abuse is what scientists call toxic stress and can disrupt developing brain architecture. This can lead to lifelong difficulties in learning, memory and self-regulation. Children who are exposed to serious early stress develop an exaggerated stress response that, over time, weakens their defense system against diseases, from heart disease to diabetes and depression. When we don't attend to these important aspects of development promptly, there can be serious consequences later.

Trying to change behaviour or build new skills on a foundation of brain circuits that were not wired properly when they were first formed requires more work and can be problematic. This is why Little Warriors works tirelessly to educate adults on how to help prevent child sexual abuse. The Be Brave Ranch is needed to help treat children who have experienced the trauma of child sexual abuse, to help reduce the risk for later physical and mental health problems.

When we make investments in children and families, the next generation will pay it back through a lifetime of productivity and

responsible citizenship. Through effective clinical interventions we can change the trajectories for children and families by adding to protective factors that positively tip the scales to support children and families becoming healthy and productive.

Nearly 40% of females and 30% of males with histories of CSA will experience an episode of Major Depressive Disorder³

The lifelong and debilitating effects of child sexual abuse are often overlooked. Children who have been sexually abused have been shown to develop a number of psychiatric disorders and negative behaviours, including:

- **Guilt, shame and self-blame**
- **Low self-esteem and anxiety**
- **Depression, self-harm and suicidal thoughts**
- **Drug and alcohol abuse**
- **Sexual promiscuity and prostitution**
- **Difficulty trusting others**
- **Post-traumatic stress disorder**
- **Criminal and violent behaviour**





Our Impact

In Canada, the statistics relating to child sexual abuse are truly overwhelming. A staggering one in three girls⁴ and one in six boys⁵ will experience an unwanted sexual act before their 18th birthday. Even more disturbing is that a recent study shows that 95% of child sexual abuse cases go unreported.⁶ Even if you haven't been personally affected by child sexual abuse, it's clear that too many children have been.

The preliminary cost estimate of child sexual abuse in Canada exceeds **\$3.6 billion annually.**⁷

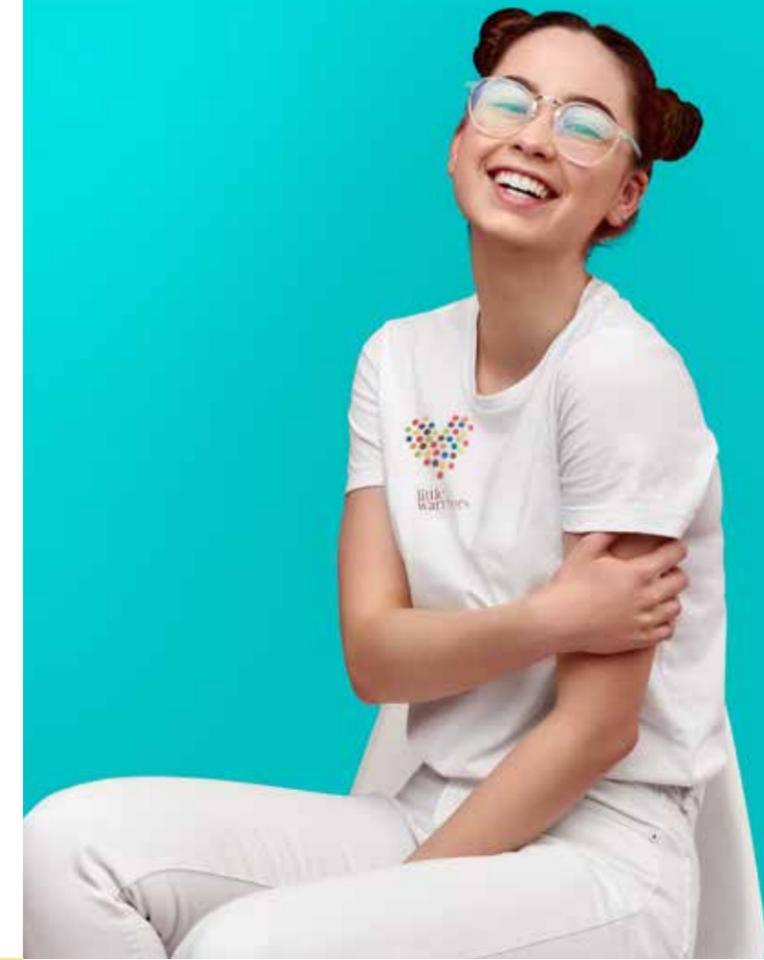
The Cost of Child Sexual Abuse

Child sexual abuse affects people from all economic backgrounds and from all walks of life. While some families may have the information and financial means to access the range of extensive therapies required to help overcome the long-term trauma of abuse, most do not. Benefit plans are limited, which means the majority of child survivors receive little—if any—therapy and care.

Government care for child sexual abuse typically costs \$10,000 to \$14,000 per month. That's an annual total of more than \$100,000. What's more, such care may provide little or no therapeutic intervention. Left untreated, the issues facing child sexual abuse survivors are likely to increase.

“It is amazing to see the support these kids have at the Little Warriors Be Brave Ranch. We need this and our community needs this.”

– Little Warriors Donor



Cost of Child Sexual Abuse in Canada⁸

	PRIVATE	PUBLIC	TOTAL
HEALTH	\$5,111,410	\$1,713,532,341	\$1,718,643,751
SOCIAL AND PUBLIC SERVICES	\$203,805,039	\$710,913,818	\$914,718,857
JUSTICE	\$117,359,516	\$355,004,360	\$472,363,876
EDUCATION/RESEARCH AND EMPLOYMENT	\$1,140,030	\$12,578,803	\$13,718,833
MORTALITY	\$357,879,769	\$118,150,783	\$476,030,552
MORBIDITY	\$75,864,108	\$25,045,852	\$100,909,960
TOTAL	\$761,159,872	\$2,935,225,957	\$3,696,385,829



“Rugby is the best dog ever... he knows how to listen because he's got big ears. I have a picture of him in my room at home to remind me of all the things I learned at the BBR.”

– Jill, Age 9



OUR SERVICES

How Little Warriors Helps

Awareness

Despite the prevalence of child sexual abuse across Canada, for many, it remains an issue that is difficult to discuss. At Little Warriors, we want to engage the nation in a meaningful dialogue regarding child sexual abuse and get people thinking about the damaging effects this heinous crime has on the children in our communities and on our society as a whole.

Prevention

Little Warriors has volunteers across Canada who work to educate adults to help prevent child sexual abuse by delivering the Prevent It! workshop. The Little Warriors Prevent It! workshop is an interactive workshop **designed to educate adults to help prevent child sexual abuse through improving** attitudes, knowledge and behaviour of workshop participants. This free workshop is unique in Canada and was developed using research-informed methods and evaluated with scientific rigour. During the workshop adults will learn to take action using the following steps: **Study, Talk, Observe, Prepare for Action.** Participants can take the 3 hour in-person workshop in communities where we have active facilitators, or they can take the 90-minute online version by registering on the Little Warriors website.

The published results of an extensive study conducted on the Prevent It! workshop suggest that at the three month follow up after completing the workshop, there were highly significant improvements in several aspects of behaviour and knowledge, and attitudes regarding child sexual abuse.

After taking part in the Prevent It! workshop, participants are better informed about child sexual abuse and feel more empowered to do the following:

- **Talk with children about healthy sexual development**
- **Watch for concerning behaviours in other adults**
- **Watch for concerning signs in children**
- **Respond to disclosures of child sexual abuse**
- **Report abuse**
- **Reduce the risk of sexual abuse as responsible adults and organizations**

It costs approximately \$30 to educate one adult, and thanks to the generosity of our donors, Little Warriors offers this workshop in communities across Canada at no cost to participants. Every adult who takes the Prevent It! workshop is given the tools to have a direct impact on the prevention of child sexual abuse within their community. Little Warriors educates over 3000 adults across Canada every year.

Little Warriors and the Be Brave Ranch are fully accredited through the Canadian Accreditation Council.

Treatment

The Little Warriors Be Brave Ranch by Ray LaBonte and Family is located on 120 acres outside of Edmonton, Alberta. It is a specialized, intensive, trauma-informed, evidence-based treatment centre focused on helping children who have been sexually abused, as well as their families. Our

program is for girls and boys from 8-12 years old and girls between the ages of 13 and 16. We offer a one-year combined onsite and outpatient program designed with significant input from many leading academic and clinical experts who specialize in child sexual abuse and trauma.

The Be Brave Ranch treatment program is based on intensive episodes of treatment. We support healing using evidence-informed clinical interventions, including **TF-CBT (Trauma Focused Cognitive Behavioural Therapy), DBT (Dialectical Behavioural) Informed Interventions, Expressive Therapies (Art, Psychodrama, etc.), Somatic Therapeutic Interventions, Indigenous Elder Teachings, Animal-Assisted Therapy, EMDR, Music Therapy, Group Therapy, Family Therapy, and Individual Therapy.**

The treatment for the children begins with a 28-day stay at the Be Brave Ranch for children ages 8-12 and a 12-day stay for girls ages 13-16. During their initial intensive intervention, children are placed in a peer group or "cohort," which helps them create strong bonds and encourages greater support.

Throughout the year, children return to the Ranch for three additional intensive interventions for 12 days to continue their face-to-face therapy and reconnect with their cohort in person.

In between stays, children work with the clinical team on an outpatient basis and in collaboration with resources in their community. The Be Brave Ranch team values work with other community agencies and supports to address the needs of children, youth and families across the continuum of care.

It costs approximately \$25,000 for a child ages 8-12 and \$10,000 for a youth ages 13-16 to complete the year-long treatment program at the Be Brave Ranch. In order to remove financial barriers and make our program accessible to all children who require it, the treatment program, accommodation, food, 24-hour supervision and recreation activities are offered at no cost to participants.

We are partnered with researchers at the University of Alberta through the department of Psychiatry to oversee and measure the outcomes of the Be Brave Ranch treatment program. Our clinical oversight committee ensures that the staff and programs operate in accordance with good clinical practice and applicable regulatory requirements.

Clinical data results confirm the success of the Be Brave Ranch treatment program for boys and girls aged 8-12 and girls aged 13-16. The results include highly significant reductions in post-traumatic stress disorder (PTSD), depression and anxiety. Additionally, the intensive and comprehensive treatment program significantly improves self-esteem, cognitive abilities and resiliency.

We believe this will lead to profound long-term benefits including:

- **Reduced mental health related issues, including depression and anxiety**
- **Increase in self esteem**
- **A greatly reduced risk of future drug and alcohol use**
- **Increased performance in school**
- **A decrease in school dropout rates**
- **A decrease in suicide rates**
- **A decrease in interactions with the criminal justice system**

For a complete list of our clinical data results, visit our website at littlewarriors.ca.



“Such a knowledgeable workshop. Detailed and easy to understand.”

– Prevent It! participant

Future Focus

Family Program: Children come to the Ranch for their intensive, evidence-based treatment for child sexual abuse, but once they return home the families need support, tools, knowledge and resources to help support their child on their healing journey. We can help build up children's resilience by supporting their caregivers. Strong, responsive relationships with adults and experiences that support development make it easier for children to withstand adversity. Mental health supports for caregivers are resources that help foster those supportive relationships and positive environments for children.

We know through our research that trauma impacts generations and often there is an intergenerational effect with trauma. The mental health of parents and caregivers is closely linked to the mental health of

children. Our vision is to have a program to help the families of the children that attend the trauma informed treatment program at the Be Brave Ranch to complete the circle of healing and change lifelong trajectories towards wellness.

Cyber Counselling Program: Our goal is to create a cyber counselling platform and develop a program that will be available online for resources and family support.

Adult Survivor Program: We would like to develop a program for adult survivors of child sexual abuse so that they too can find the healing they need and benefit from the world class facility and leading clinical practices at the Be Brave Ranch.

In order to accommodate and treat more children we will need to raise more funds to allow us to add additional office space, as well as houses for children, adolescents and families.

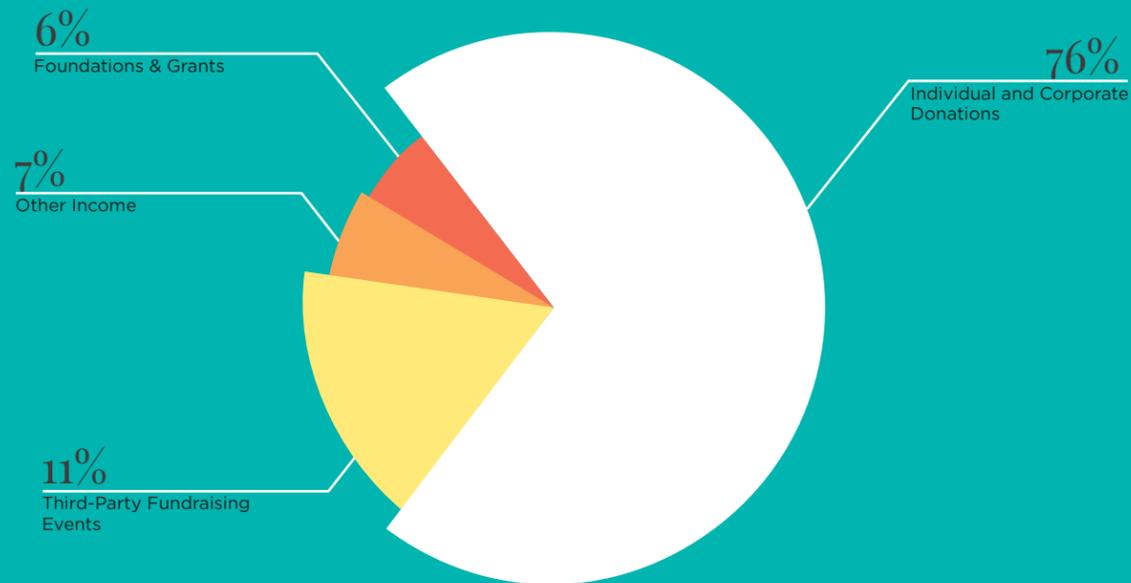
How You Can Help

We're very proud of everything that Little Warriors has been able to achieve since its inception in 2008. Thanks to the giving nature of our valued donors, volunteers and supporters, we're able to welcome more than 100 children to the Be Brave Ranch every year and train thousands of adults across Canada to help prevent child sexual abuse.

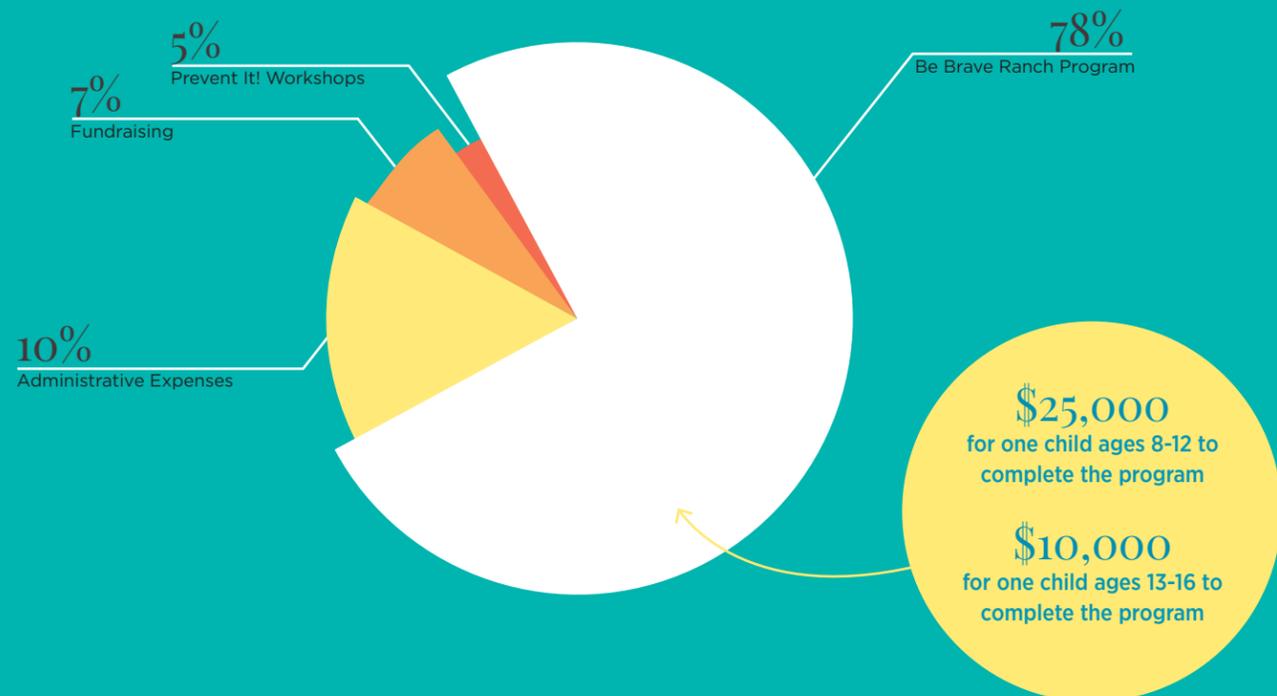
But our work isn't finished, with your help we can continue to change the trajectory of the lives of children who have been sexually abused.

To continue pursuing our mission to prevent, treat and spread awareness of child sexual abuse, we need to raise over \$4 million every fiscal year.

DONATIONS



EXPENSES



Here are just a few examples of how your gift will make a difference:

- Art supplies for our art therapy room **\$25**
- One adult can attend a Prevent It! Workshop **\$30**
- Grounding kit for a child in treatment **\$50**
- Sensory supplies for 4 children **\$100**
- One trauma therapy session **\$150**
- One equine therapy session **\$200**
- Travel expenses for one child **\$500**
- Annual treatment for one child ages 13-16 **\$10,000**
- Annual treatment for one child ages 8-12 **\$25,000**

provide treatment to children at the Be Brave Ranch. All donations over \$25 will receive a tax receipt.

- **Join the Little Warriors Tribe**
The Little Warriors Tribe is a united group of inspired people rallying together to provide Little Warriors with the dedicated, ongoing support it needs and deserves. Become a Tribe Member by committing to a minimum annual donation of \$150 for three years.
- **Donate online**
Donations can be processed online via Canada Helps. Visit littlewarriors.ca/you-can-help/donate/donate-now-via-canada-helps

- **Donate by phone**
During weekdays, please call our office at 780-922-9010 or toll-free at 1-855-922-9010 to make a donation using your credit card.

- **Donate by mail**
Fill out a donation form (available online) and mail your donation to PO Box 92507, Sherwood Park, AB T8A 3X4. Please make cheques payable to Little Warriors.

For forms and additional information, please visit littlewarriors.ca.

Recent research has shown a strong to moderate connection between CSA and generic anxiety symptoms, obsessive compulsive disorder, and PTSD⁹

How to Contribute

MAKE A DONATION

Your donation will help Little Warriors raise awareness of child sexual abuse, educate adults to help prevent it and

Get Involved

Support a Little Warriors Signature Event

Every year, Little Warriors organizes two signature fundraising events: the Be Brave Luncheon (spring) and a golf tournament (fall). There are many ways for you or your company to take part, from sponsoring an event or donating gifts in-kind to purchasing tickets and more.

Supporting a signature event not only allows you and/or your company to give back to Little Warriors in a fun and meaningful way, but also provides valuable opportunities to raise awareness of your company and show how it's making a difference in the community.

To find out more about either of our signature events, visit littlewarriors.ca.

Host Your Own Event or Make Little Warriors your Charity of Choice

Hosting an event in support of Little Warriors is a great way to give back to your community while doing something fun. From corporate golf tournaments to bake sales and charity runs, there are countless opportunities for you and/or your company to make Little Warriors your charity of choice.

When you organize an event in support of Little Warriors, you are not only raising money to support an important cause — you're also raising awareness about Little Warriors and the valuable work we do.

To get started, take a look at our third-party event information on littlewarriors.ca.

Other ways to donate

- We can create an online Giving Page for you on Canada Helps to receive donations to Little Warriors in lieu of gifts for birthdays, anniversaries, weddings or other special events.
- Create a Facebook Fundraiser
- Donate items and supplies to the Little Warriors Be Brave Ranch. A comprehensive list can be found on our website.
- Switch to Sponsor Energy for your gas, and choose Little Warriors as your charity of choice to receive half of their corporate profits based on the power consumption of its supporters.
- If you want to donate a car to charity, you can turn your vehicle donation into generous dollars to support Little Warriors. Working on our behalf, Donate a Car Canada will accept your vehicle for donation — running or not, old or new.

Information on other ways to donate can be found on our website at littlewarriors.ca.



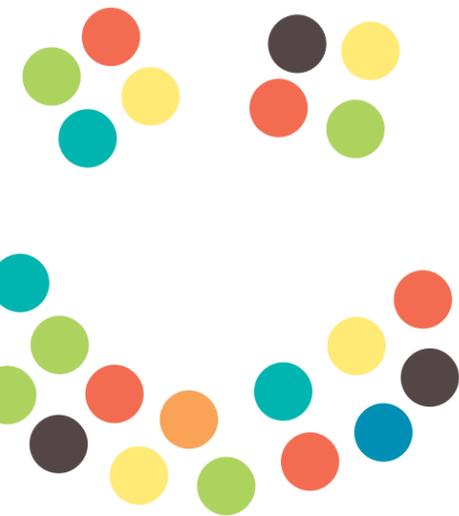
“Our family truly has hope again ... thank you Little Warriors. I cannot imagine our lives without you. We consider you all part of our Village!”

– Be Brave Ranch parent

“Little Warriors is a great organization to support because it affects the children that are vulnerable and innocent. As a society we truly need to help mend those little broken hearts.”

– Little Warriors Donor





“I never fit in... I didn't have friends before either. I was bullied real bad before I came here. Then, I made friends at the Be Brave Ranch who were also abused. I now know that I am not alone and I can move on and pretty much do whatever I set my mind to.”

– Jay, age 12

Planned Giving

Leave a lasting legacy by making a planned gift and you'll receive significant tax benefits while also making an important contribution.

OPTIONS INCLUDE:

- **Gifts/bequests**

Designate an amount or portion of your estate to Little Warriors through your will.

- **Charitable gift annuities**

Make a significant gift to Little Warriors while providing personal income in your lifetime.

- **Endowment gifts**

An endowment fund is an investment in the future of Little Warriors. When you make investments in children and families, the next generation will pay it back through a lifetime of productivity and responsible citizenship. Your donation to an endowment will be treated as capital and invested in perpetuity. Little Warriors has an endowment fund with the Edmonton Community Foundation, who is recognized for integrity, transparency and stewardship.

- **Gifts of life insurance**

An affordable way to make a larger gift to Little Warriors.

- **Gifts of publicly traded securities**

You can donate stocks, bonds or mutual funds to Little Warriors and reduce your capital gains taxes.

- **Name a room at the Be Brave Ranch**

Purchase the naming rights to a room at the Be Brave Ranch as a way to memorialize yourself or a loved one.

Donor Recognition

Donors like you provide us with the capacity to help protect and treat children in our community. We deeply value your contributions and want to recognize your support in a deep and meaningful way.

SOME OF OUR DONOR RECOGNITION

BENEFITS INCLUDE:

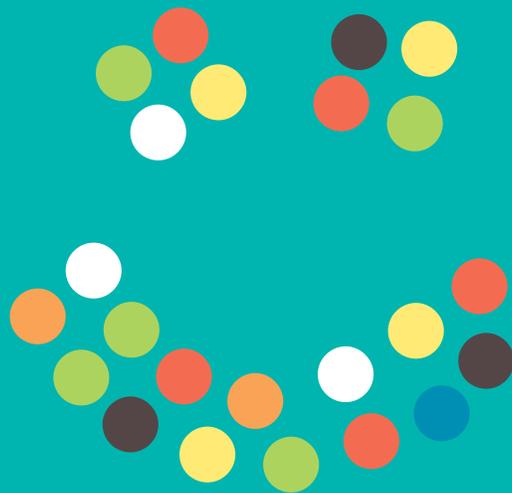
- Recognition on the Little Warriors website and in our Annual Report for donations over \$25.
- Legacy and naming opportunities available at the Be Brave Ranch.
- Recognition on Little Warriors' social media channels.
- The opportunity to attend donor recognition events at the Be Brave Ranch.

As a Little Warriors donor, you can help prevent child sexual abuse and help provide trauma informed, evidence-based treatment to child survivors of this horrific crime. To donate or request more information, please call Little Warriors at 780-922-9010 or email us at info@littlewarriors.ca.

your support
changes lives.



¹ Collin-Vezina, D., & Dion Jacinthe et Trocme, N. (2009). Sexual abuse in Canadian Aboriginal communities: a broad review of conflicting evidence. *A Journal of Aboriginal and Indigenous Community Health*, 27-47.; ² Felitti, V. J., Anda, R. F., Nordenberg, D., Williamson, D. F., Spitz, A. M., Edwards, V., ... Marks, J. S. (1998). Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults: The Adverse Childhood Experiences (ACE) Study. *American Journal of Preventive Medicine*, 56(6), 774-786. doi: 10.1016/j.amepre.2019.04.001; ³ Molnar, B. E., Buka, S. L., & Kessler, R. C. (2001). Child sexual abuse and subsequent psychopathology: results from the National Comorbidity Survey. *American Journal of Public Health*, 60-753.; ⁴ MacMillan, H.L., Tanaka, M., Duku, E., Vaillancourt, T., & Boyle, M. (2013). Child physical and sexual abuse in a community sample of young adults: Results from the Ontario Child Health Study. *Child Abuse & Neglect*, 37(1), 1-14.; ⁵ Pereda, N., Guilera, G., Forns, M., & Gómez-Benito, J. (2009). The international epidemiology of child sexual abuse: A continuation of Finkelhor. *Child Abuse & Neglect*, 33(6), 331-342.; ⁶ Martin, E. K., & Silverstone, P. H. (2013). How Much Child Sexual Abuse is "Below the Surface," and Can We Help Adults Identify it Early? *Frontiers in Psychiatry*, 4(58), 1-8.; ⁷ Hankivsky, O., & Draker, D. A. (2003). The Economic Costs of Child Sexual Abuse in Canada: A Preliminary Analysis. *Journal of Health & Social Policy*, 17(2), 1.; ⁸ Hankivsky, O. A., & Draker, D. A. (2003). The Economic Costs of Child Sexual Abuse in Canada. *Journal of Health & Social Policy*, 17(2), 1-33.; ⁹ Maniglio, R. (2012). Child Sexual Abuse in the etiology of anxiety disorders: a systematic review of reviews. *Trauma, Violence, and Abuse*, 96-112.



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