



# Manual for tutors and responsible adults

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# Introduction

This manual explains the essential elements for understanding the features of the video game “Patito y las Burbujas” (Duckling and the Bubbles), which aims to **raise awareness, inform, and prevent various situations of vulnerability that minors may face**. Additionally, on one hand, children will be taught topics such as **self-care, values, body recognition, emotions, boundaries, hygiene, etc.**, as it is important to teach children these subjects from a young age because in their early years, they are learning about the world in a very open way.

On the other hand, **for the adults responsible for the care of these minors**, the manual will help them pay more attention to the children and **provide them with a way to explain to these minors fundamental topics for their development**, which may be complicated for them to address.

It will also **help them to be recognized and recognize themselves as a trusted adult for that child**, as children learn by example. Therefore, as parents, it is important to always take the initiative and set an example when acting. Additionally, **indicators of violence will be taught so that acts of violence** such as child sexual abuse (CSA) can be prevented.



For this reason, this tool provides us with a great lesson by simulating aspects of real life in a way that is more friendly for children, making the interaction with the aforementioned topics more enjoyable for both minors and the adults who care for them.

Considering that there are different types of violence, such as physical, emotional, psychological, or neglect, and that these can lead to child sexual abuse (CSA), **“Patito y las Burbujas”** is a tool that, **throughout the video game, exposes how these types of violence may manifest in the main character.** It also shows **how they can be identified and how to address them** (in a very kind manner).

Likewise, in this manual, it is important to **explain some of the characteristics that CSA victims may present**, as well as some traits and types of aggressors, to clearly understand some elements and moments that will appear during the video game in relation to the above. In other words, some characteristics of how a child or adolescent might experience CSA will be shown, with the aim of prevention.



# 1 Background

03

## 1.1 Child Development



The video game, in addition to being a form of entertainment, also promotes topics for the proper development of a minor, such as self-care, as this encompasses all the actions we take for our own physical, mental, and emotional well-being.

Self-care for boys and girls ranges from teaching them good hygiene habits to guiding them towards forming healthy friendships. This video game can help explain these concepts to children, which in turn will make them feel more secure, fulfilled, and happy.

It is very important to educate children with values because it will help them make decisions that can have a positive or negative impact throughout their lives, and it is taken for granted that children, like adults, know how to control their emotions.

Another topic addressed in the video game is **emotional development**, as **children are discovering both the world around them and their inner world**, and it is essential not to forget or assume that children, like adults, know how to control their emotions.

Furthermore, **children's emotions are a valuable source of information for understanding what is happening with them**. For this reason, they must be taught to identify and manage their emotions by becoming aware of what they feel.

It is important **for children to learn about boundaries, to be able to express how far they feel comfortable with certain things that happen**. In other words, they need to be taught how to set limits for others in relation to them.



**Setting boundaries strengthens children's emotional resilience**, allowing them to develop the ability to learn, and making them feel more secure, cared for, and valued. It teaches them that they can also set boundaries with adults or their peers if they do not feel comfortable.

**Body awareness is essential for a child's development in identifying themselves physically**, as it allows them to limit inappropriate actions that may be directed at them **and understand what bodily boundaries exist when interacting with others**. This helps the child to precisely identify if they felt uncomfortable at any point with any physical contact.



As a consequence of body awareness, it leads to an important point: hygiene. **Good hygiene provides physical and mental well-being and helps identify when something is significantly affecting them**, such as irritation in the genital area or behaviors that are not appropriate for the child's age.

Moreover, talking about **body awareness** takes us to **personal space, which primarily reinforces the care of the child in their physical space** when something makes them uncomfortable, regardless of whether the person is known or not.



In summary, the video game "Patito" provides an important opportunity for adults to interact with minors in order to teach them comprehensive self-care in an interactive way, with dynamics that are appropriate for their age.

The video game can be used as a tool to identify and prevent different types of violence, which include:

**Psychological violence:**

Actions or omissions aimed at controlling, isolating, humiliating, shaming, insulting, stigmatizing, or stereotyping a person.

**Emotional violence:**

Verbal or behavioral aggression that harms a person's emotional well-being.

**Neglect:**

Any act that reflects carelessness, negligence, or obstruction to the integral development of a minor, elderly person, or person with disabilities.

**Physical violence:**

The intentional use of physical force or an object to cause harm to a person.

**Sexual violence:**

Any intentional sexual act that is forced upon another person.

According to UNICEF (2016), “Child sexual abuse” occurs when a child or adolescent **is used for the sexual stimulation of their abuser** (an adult known or unknown to them, or another minor) or the gratification of an observer. Nowadays, a **child’s sexuality can also be corrupted through sexually explicit comments.**



CSA is a growing problem worldwide, with **the majority of cases going undetected or unreported because there are usually no physical injuries** to serve as evidence of who the abuser was, nor is there a specific behavior that child victims present. There are also usually no witnesses, as sexual abuse often occurs in secret.

When it comes to sexual abuse, **various cultural prejudices are associated with it.** This makes it very difficult to report CSA because there is a belief that “if there is no visible injury, there was no abuse.” As a result, it is difficult for the victim to be believed, for the abuse to be detected, or for the victim to receive any help.



According to authors Orjuela, L. and Rodríguez V., the following types of child sexual abuse are explained:

### By physical contact:

Touching with sexual intent.

Kissing any part of the body that is considered an erogenous zone or causes discomfort to the child.



### Without physical contact:

Engaging in sexual acts in the same space where the minor is present and can hear them.

Exhibitionism in front of the child.

Lascivious looks and gestures.

Listening to sexual conversations.

Showing pornography or explicit sexual content to a minor.

Sexualized comments towards the child.

Taking photos or videos of the minor.

Grooming.



## Personal factors of boys and girls:

Children who do not have secure attachment bonds with their caregivers or who suffer from emotional deprivation.

Children with disabilities are more vulnerable to all forms of violence.

Children who do not have information about risky situations or who lack clear information about sexuality.

Younger children.

## Of the aggressors:

Histories of childhood with the presence of physical, psychological, or sexual abuse.

Consumption of child pornography.

Families where different types of violence are exercised.

Psychopathic personality disorders.

Lack of empathy.

Cognitive distortions.



The National Service for Minors (SENAME) mentions that **CSA (Child Sexual Abuse) can be committed by anyone**, as the abuser may come from either **the extrafamilial or intrafamilial environment**, each case involving distinct characteristics and dynamics. In other words, the sexual abuser may be inside or outside the family.

It should be noted that **a sexual abuser is someone who performs a sexual act against a child**, a crime referred to as pederasty. Additionally, there is a **mental health issue called pedophilia**, which refers to individuals who are sexually attracted to children under 11 years old, while **ephebophilia or hebephilia** refers to those who are attracted to adolescents between the ages of 12 and 16.

In extrafamilial sexual abuse, **the abuser does not belong to the victim's family environment** and may be a completely unknown individual to the victim and their family members. The abuse can occur only once, or **the perpetrator may be someone known to the victim**, belonging to their surroundings, who usually exerts an **act of domination through force or long-term terror**.



In cases of extrafamilial sexual abuse committed by someone familiar to the victim, **there is a physical or social proximity where the abuser exercises a role of power over the minor**, such as teachers, priests, neighbors, family friends, among others. The **abuser manipulates the trust of the victim and their family**, using coercive strategies such as threats, lies, persuasion, or psychological pressure, creating a dynamic that maintains the child's silence and confusion.

The abuser presents the victim with an affectionate, protective, and gratifying relationship, mixing feelings of being cared for with feelings of being physically violated, making it difficult for the victim to identify as such. This gives rise to feelings of shame and guilt, which interfere with the child's ability to recognize the danger they are in.

Intrafamilial sexual abuse occurs when the perpetrator **is part of the family unit**, such as a father, mother, brother, stepfather, uncle, or grandfather, among others. **The abuse involves the manipulation of family bonds through the use of power derived from their role**. Generally, there is a successive crossing of boundaries, with the abuse being repeated over time and characterized by the victim's silence, **leading to a delayed revelation of the abusive situation**. Sexual abuse often takes place in the home of the victim and/or the abuser. It may or may not involve penetration, and when it does, it may be the final stage of successive boundary violations.

According to authors Orjuela, L., and Rodríguez V. (2012), there are a series of factors of various kinds that may contribute to situations of child sexual abuse.

### Family factors:

- Family relationships where power is exercised in an abusive and unequal manner.
- Communication difficulties.
- Emotional distance, inability to respond to the needs of the child.
- Lack of information about child development and sexual development.



## Social factors:

- Failure to recognize the rights of the child.
- The hypersexualization of children's clothing.
- Social validation of violence and the abuse of power within close relationships.
- Minimizing the impact that experiencing violence in childhood has on their development into adulthood.
- False beliefs about childhood sexuality, such as thinking that children do not have sexuality and normalizing hypersexualized actions towards the child. For example, allowing the child to see an adult's naked body, whether the adults are their parents or not.
- Cultural customs that promote early marriage.



Children and adolescents who are victims of sexual abuse often remain silent out of fear, guilt, helplessness, and shame. They feel complicit, powerless, humiliated, and stigmatized. UNICEF (2016) mentions the following characteristics:

**WARNING:** We must remember that CSA has particular characteristics in each case; therefore, the effects and behaviors resulting from it can vary from person to person, and they may also be the result of other types of violence.

Therefore, it is not a rule or an obligatory condition to present the following.

- **The child may be more cautious about not wanting to be seen naked, or they may exhibit increased exhibitionism.**
- **They may seek to avoid a specific place.**
- **Use of sexual language that is not appropriate for their age.**





- Erratic mood swings in the child, which may cause them to be constantly angry, suddenly fearful, and more sensitive to crying.
- The child may have significant behavioral regressions, meaning they may act younger than their age and seek more affection from their caregivers.
- Itching and irritation in the genital area.
- Refusal to allow photographs to be taken of them.
- Fixation on their own genitalia and that of others.
- Engaging in sexualized play, either with their toys or with other children.

As mentioned, these indicators can be caused by other forms of violence or neglect towards the child, **but they may appear as the first warning signs**. However, some effects are more likely to appear in the short, medium, and long term in the psychological, emotional, sexual, social, and physical areas. The analysis is complicated due to the multiple factors affecting the victim, **which is why it should be conducted by an expert in the field who can provide a kind and multidisciplinary intervention**.



The effects of CSA are unpredictable. **The severity of the aftermath is associated with various factors, such as the victim's relationship with the abuser and the emotional bond between them;** the characteristics of the abusive act (frequency and duration, intensity and type of abuse, the victim's age, use of physical violence, force, and threats); the victim's family context; what occurred after the revelation of the abuse (whether there is family support or not); and the child's ability to cope with adverse situations. These factors determine some of the consequences that victims may or may not experience:

Academic failure, socialization difficulties, and attention and concentration issues.

Avoidance of forming deep relationships with others, manipulation of others, and impulsive and angry behaviors.

Feelings of guilt and shame.



Emotionally, it can cause feelings of rejection toward physical contact, overestimation of sexuality, and sexual identity issues. Behaviorally, it can lead to both sexualized behaviors and involvement in negative sexual experiences, or even the avoidance of sexual encounters.

Behaviors associated with bowel disorders, sleep disorders, anxiety (such as phobias), eating disorders, regression, etc.

When the victim is an adolescent, they may exhibit self-destructive behaviors such as running away from home, alcohol and drug abuse, self-harm, suicide attempts, and defiant behaviors.



# 2 Game Features

## 2.1 Character Profiles

### Mom Duck



She is a very caring housewife who loves her family, as she always takes care of all the household chores.

Lately, she has been worried because her mother got sick, and she has had to go take care of her every day, leaving some of her daily activities, like picking up her son Patito from school, to her husband.

Being so busy and running from one place to another, she sometimes doesn't have the patience or time to talk to others or help Patito with his homework.

# Dad Duck

His passion is airplanes, and he works for an airline called AeroPatos, where almost every year he has been awarded as the best aeronautical technician for being very skilled at maintaining planes.

He is known for being a caring and hardworking duck.

Since his job is very demanding, he doesn't have much time to spend with his family, especially to chat or play with Patito.

When he finishes work, he likes to help his wife with household chores and relieve her worries because he believes that these responsibilities are shared by everyone.

He is very loyal to his friends, and for him, once a friendship is formed, it lasts a lifetime, considering them an essential part of his family, which is why he trusts others so much.



# Patito

He is a very curious boy who is always wondering about life, for example, "Why do bubbles burst?" and he likes to think of an endless number of answers.



He is very good at drawing, loves playing with his father, and really enjoys eating fruits, vegetables, and worm cookies that his mother bakes for him.

He is responsible when it comes to schoolwork, as he always wants to turn in good work to his teacher and make his parents proud of him.



He is very kind to others, as he has been taught to always obey adults, and because of that, there are bad adults who take advantage of him.

He is a very fearful boy because he is stalked by a large black cat with long claws, which makes him want to flee from certain places where he wishes he didn't have to be.

Many times, he seeks help with his homework and his life questions, but his parents are always busy, and he feels like they don't listen to him and that no one notices him.



He is a friend of Patito's father since elementary school, which is why they consider each other as brothers. He also became very dear to Patito's mother and is trusted by the family.


He tries to help his friend with Patito, picking him up from school, helping him with his homework, and playing with him. He spends so much time with Patito that they even have a secret game called "tickles."

He likes to give soap to Patito for him to bathe, because, according to him, the boy loves it.


He loves being alone with Patito and takes advantage of the fact that his parents are always very busy and tired, so he will always play with Patito.

## UNCLE






He teaches Patito how to communicate without words, for example, with a glance or with words that only they understand because it's a secret and they know it's time to play.



He constantly seeks to hug Patito, and his parents find it sweet that he loves him so much.



He scolds Patito if he doesn't obey him, and he punishes him or says that he will tell his parents when he misbehaves.



He often likes to watch Patito, always knowing where he is, and follows him with his eyes because he says he cares a lot about him.

He knows Patito's family very well, knows when his friends need help taking care of Patito, and knows when they can be alone. He knows what Patito likes and also what scares him the most.





**MR.  
RAT**



He is a tenant in Patito's house. He has lived there for a long time, and when Patito's family moved in, they became great friends.

He is a very wise adult, and although his small home is located in Patito's room, he always respects the family's privacy, especially Patito's.

He is excellent at staying calm in alarming situations and knows how to ask the right questions to gather information and help others.

He is a very observant adult, as he constantly questions why things happen or notices when something may or may not be right.

He gets along well with other adults because he believes that seeking help when someone needs it is important. That's why he likes to advise Patito that whenever he has a problem, he can trust people like his mom, dad, teacher, and even him, as all these adults try to take care of him.

# Señorita Cabra



She is Patito's teacher, very patient and passionate about teaching her students with great care.

She has excellent communication with the parents of each of her students, so if a problem arises, they can count on her.

Being intelligent and kind are among her best qualities, as well as being very observant and sharp when something is not right with her students.

Her job is very complicated; taking care of so many children is sometimes exhausting and complex, but she always tries to listen attentively to all of them.

She gives her students the confidence to approach her and tell her whatever they want.

## THE MOSQUITO AND THE WELTS:



In the video game, there are characteristics of child sexual abuse through physical contact (such as caresses, kisses, or any contact that has a sexual intention or satisfies the abuser), which can leave visible physical or psychological marks that the victim will carry throughout their life, depending on the impact of the abuse.

## CAT:



Lascivious looks or constant harassment can be a form of non-physical contact aggression that may emotionally and psychologically affect the victim.

## TICKLE GAMES:



Games can have a double meaning when it comes to child sexual abuse. Changing the names of actions or body parts allows the abuser to conceal their intentions if the child considers talking about the subject. The abuser establishes coded communication with the victim.

## CANDY AND SOAP:



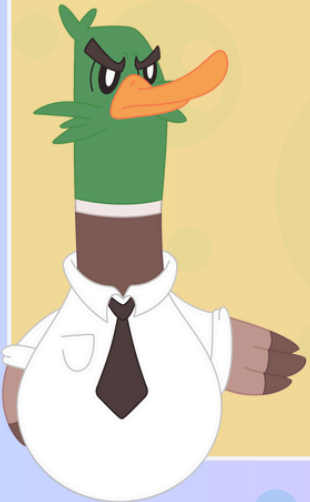
Many times, abusers use gifts as a way to lure their victims and ensure that the minor will not say anything about the abuse being committed against them. Sometimes, these gifts are also for the abuser's satisfaction, such as clothes, perfumes, accessories, etc.

## DRAWINGS:



Children can express their emotions and context in a very different way than adults. In this case, the child may provide information through drawings about what worries them, scares them, how they may be suffering abuse, or by whom. However, these interpretations must be made carefully and by experts.

## THE UNCLE (ABUSER):



He has very specific characteristics, being someone trusted by the parents, a figure of authority for the child, an adult who “protects” or “cares for” the child by giving them gifts to be alone with their victim. Remember that the abuser must be seductive at first, as they create a bond of trust with the victim.

## THE PARENTS:



In the game, the parents have two important roles. Firstly, they are parents who care for their child; however, due to daily life and their trust in the uncle, they let their guard down, not noticing their child's behavior, which allows child sexual abuse to occur.

On the other hand, the parents act as trusted adults who provide Patito with care, protection, and, most importantly, will believe in their child's report about their uncle.

## MR. RAT AND MS. GOAT:



They are other trusted adults that Patito needs to protect himself when no family member is available to help him at the moment. They can even create a support network for the child, making him feel heard and protected from any threat posed by the abuser.



# 3 Prevention Measures

It is necessary to establish prevention measures and actions in all areas responsible for the protection of children to promote an appropriate response to their needs as victims of these crimes. Prevention measures should be implemented for minors from a very early age (Orjuela, L. and Rodríguez V., 2012). Some of these measures include:

- It is important to teach minors about body parts without changing the names of the genitals, as this will give the child complete clarity in identifying their body parts.
- As a trusted adult, provide the child with the assurance that they can rely on you when something bothers them, frightens them, worries them, or when they feel uncomfortable with something. This is achieved through assertive communication.
- Do not force the child to greet other adults if they do not want to; teach them greeting techniques that do not involve physical contact.





- Respect the child's personal space by fostering independence according to their age, such as going to the bathroom (without neglecting them in public restrooms), bathing, and dressing themselves according to their age.
- Teach the child about their emotions and feelings in a free way so that they understand what they like and what they do not like, enabling them to set boundaries and even accuse a potential abuser.
- It is important to always promote their physical development through bodily activities, which will provide the child with greater self-esteem and a better ability to respond immediately in critical situations.

Moreover, SENAME (2019) also mentions some prevention measures, for example:

- Provide knowledge about appropriate and inappropriate sexual behavior in children and adults.



- Offer support for the needs of the child or adolescent throughout their life by creating a secure attachment.
- Spend time actively involved in the child's life.
- Exercise active (but not threatening) supervision in all the child's activities, as well as the use of the internet with parental controls and safe browsing programs.
- Establish healthy sexual boundaries within the family and adequate communication about sexuality between parents and children.
- Maintain constant, empathetic, and assertive communication, along with active listening.
- Use non-violent methods to resolve problems.
- Do not encourage the child to take on adult roles.

- If you feel weak or very upset by the news, take a seat and breathe, but do not cry in front of the child, nor get angry at that moment, as the child might interpret that what they did was wrong. Never say “no,” “I don’t believe you,” “you’re crazy,” or any other negative response that implies disbelief in the child’s account, as it could break their trust in you.
- Take a deep breath two or three times and listen to the news again when the child tells you about the incident.
- Reassure the child that it was the right thing to tell you what happened and let them know that nothing bad will happen.
- Never demand an account of what happened in an aggressive way; listen to the child and talk to them calmly, as if it were a story.

- **Once the situation is detected and the child has been heard, do not confront the abuser directly. First, seek help from a specialist in these cases, who can provide exact information on how to handle the process.**
- **Do not insist on the topic with the child without professional help, as it could generate negative effects such as the child closing off, lying, avoiding, becoming confused, or accepting the adult's words as their own even if they didn't happen.**
- **Seek additional adults who can provide emotional, psychological, and physical support, and who can accompany you and the child through this process.**

# 4 Glossary

**Secure attachment:** Refers to when adults are emotionally available and respond appropriately to the needs of the child. The relationship is characterized by unconditional care and the trust the child feels in their caregiver. In this context, the child feels loved, accepted, and valued and behaves in a secure and confident way, which promotes good development, a desire to explore, and autonomy, as the child knows that if something happens, the caregiver will be available to help and protect them from any danger. The goal is the child's physical and emotional well-being.

**Ephhebophilia:** Sexual desire for minors who have already entered puberty. The attraction may be towards individuals of the opposite or same sex, and it is characterized by seeking environments where these types of minors are present and engaging in grooming.

**Grooming:** Harassment carried out by an adult. It refers to actions deliberately taken to establish a relationship and emotional control over a child with the aim of committing sexual abuse through the recording or photographing of images.

**Pederasty:** Defined as sexual abuse committed against a child by an adult. This includes acts that violate the sexual integrity of minors, such as child pornography, both in terms of production, distribution, and possession, and activities related to exhibitionism or voyeurism.

**Pedophilia:** Involves the presence of erotic attraction or sexual desire of an adult towards a child. The primary difference between pedophilia and pederasty is the presence or absence of aggression or sexual abuse of the minor. In other words, the transition from attraction to conduct and the violation of legal thresholds. Treatments for paraphilias are usually psychotherapeutic in nature and often use cognitive or behavioral techniques.



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**WE HAVE CREATED THIS  
BEAUTIFUL MANUAL TO HELP  
CHILDREN GROW UP IN A SAFE  
SPACE WITH YOUR HELP.  
THANK YOU FOR BEING A  
TRUSTED ADULT FOR CHILDREN.  
TOGETHER, WE WILL ACHIEVE IT!**