



HEALING THE HURT  
**TOGETHER**



## **WARNING**

The following texts and images contain material related to sexual violence and trauma-related topic, and might trigger unpleasant feelings.

# CONTENTS

short introduction .....	3
<b>Part 1</b> background .....	6
<b>Part 2</b> field study .....	25
<b>Part 3</b> analyse .....	33
<b>Part 4</b> ideation .....	51
<b>Part 5</b> concept development .....	57
<b>Part 6</b> details design .....	70
<b>Part 7</b> photo .....	140



**Wang Xiaotong (sandy)**

Field: product design  
Main tutor: Nina Bjørnstad

## **DIPLOMA THEME**

This diploma is about helping children to recover from the mental effects of sexual abuse by using self-healing products.

## **TARGET USER GROUP**

7 to 14 years old survivors in China, especially left behind children.

# **ABOUT LANGUAGE**

Once a victim, always a victim?<sup>[1]</sup>

I'd like to point out a specific word used repeatedly in this report. Much of the early literature on abuse referred extensively to the "victims" of abuse. In *The Courage to Heal Workbook*<sup>[2]</sup> they used the word "survivor" because it gives more of a sense of strength and empowerment. "Victims" are the abused children who are murdered, who commit suicide, who end up in the back wards of hospitals. The word "survivor" refers to children who were usually abused, they've already survived the worst. They're not victims anymore, they are survivors.

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[1] *Outgrowing the Pain: A book for and about adults abused as children*, Gil Eliana, © 1983 San Francisco: Launch Press, P59

[2] *The Courage to Heal Workbook*, Ellen Bass & Laura Davis, © 1994 Harper Perennial, P3

# **PART 1**

# **BACKGROUND**

# **SEXUAL ASSAULT IN CHINA**

Survivors are often rejected by society.





While the topic is troubling worldwide, it is particularly taboo within Chinese culture.

China has strengthened its legal system in recent decades, but it has done relatively little to challenge traditional gender roles and ideas of rape or sexual assault.

Traditional Chinese culture often holds that the woman bears responsibility for an act of rape. This can be seen in many areas of the world which share China's cultural tradition. An old saying notes that "to die of hunger is a small matter, but to lose your chastity is a huge matter," and still resonates in contemporary culture. It makes hard for females to disclose their experiences because they do not want to bring shame to their family or be blamed, **even within a woman's own family.**

*"A woman may be viewed that she should be responsible for being raped because she aspired to date or go to a man's premises; or that she took the risk of being raped as she went out alone late at night or drank alcohol; or that she enticed others to rape her with her behavior or dressing,"*

*- Linda Wong, Executive Director of the Association Concerning Sexual Violence Against Women in Hong Kong.*

*"There are so few people prosecuted because there are only so few victims who report," "To most victims, it's shame. They fear reputation damage and they want privacy."*

*- Sophina Huang Xueqin, a former journalist*

In recent years, sexual assault has caught social attention. However, **only 7.3% of sexual assaults are reported in China**<sup>[1]</sup>. Even if a case is reported, the woman may be pressured by the authorities, her family or the attacker himself to recant.

Men can be the victim of sexual assault, they may experience the same effects of sexual assault as other survivors, but they may also face some additional challenges because of social attitudes and stereotypes about men and masculinity.

But there is evidence that things are changing. Several domestic and international groups, including government-sponsored ones such as the All-China Women's Federation, are pushing for societal and legal change.

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[1] 一条Yit (2018) 性侵犯的10个误区 10 Mistaken Ideas about Sexual Assault

# #METOO IN CHINA

The global #MeToo started gaining traction in China, but it's struggled to maintain momentum in the face of censorship.

More than a dozen Chinese women have come forward on social media with accusations of sexual assault and harassment against prominent politicians and television celebrities.

The South China Morning Post reports, "censors deleted hundreds of social media posts and petitions in support of the #MeToo campaign, which included the primary hashtag of China's campaign #MeTooInChina or related phrases such as 'anti-sexual harassment,' and closed related topic forums."

But it looks like the censors have failed to silence everyone.



In Shanghai, I visited an exhibition about #MeToo in China. There were some art installations and drawings and displayed videos of survivors describing their horror experiences of sexual assault.

# #MeToo:

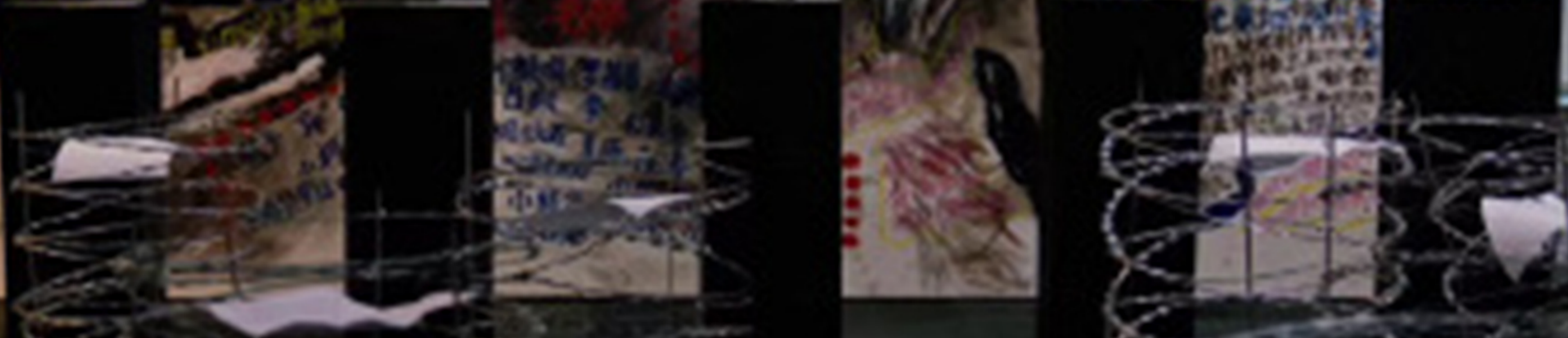
2019年11月 - 11月5日 - 11月10日

## 失语者的抗争

2019年11月 - 11月5日 - 11月10日

你开不  
接不接

2019年11月 - 11月5日 - 11月10日



The original exhibition was organized by a group of Chinese feminist activists. Exhibition in Beijing only run for one day, both Chengdu and Guangzhou exhibitions were quickly shut down for unknown reasons by local authorities.

After being shut down, this "very DIY" exhibition in Shanghai received supports from the British, Canadian, Czech, Swiss, and Norwegian consulates, but it only lasted five days and the exhibition time was very limited.

*"Even though the exhibition was shut down, it brought people together. People even came from other provinces, and it started the further discussion about sexual harassment. To us, that counts as a success."*

- Luo, one organizer



**The exhibition's fate in China is evidence of Sexually Abused Children's fate.** Because the status regarding sexual violence on women was and still is depressing, the issue of child sexual abuse in China is a big problem that is extremely difficult to solve.

# **CHILD SEXUAL ABUSE**

The issue of child sexual abuse is emerging from the shadows in China, spurred by a series of high-profile cases beginning around six years ago.



China has millions of sexually abused children. Statistics from the people's procuratorates in China shows that **75% of crimes against minors are sexual assault cases**<sup>[1]</sup>.

In 2015 Fang Xiangming of China Agricultural University, in a report for the World Health Organization (WHO), **estimated**, using local studies, that



**9.5%** of Chinese girls and **8%** of boys had suffered some form of sexual abuse by adults, ranging from unwanted contact to rape.

Because of the country's size, however, the absolute numbers are staggering. Perhaps **25m** people under 18 are victims of abuse<sup>[2]</sup>.

**1/12**

Let's do a simple math. That's mean: **One in 12 people under the age of 18 experience sexual abuse.**

[1] China Daily (2017) Peeling back the layers of child sexual abuse in China

[2] The Economist (2016) Sexual abuse of children: A horror confronted

A report on child sexual abuse in 2017 has been released by the Girls Protection Foundation of the China Foundation of Culture and Arts for Children<sup>[1]</sup>.

In 2017 the reported cases of child abuse were 378, with the number of victims exceeding 606.



**1.04 cases a day reported on average during 2017.**

### Who is being abused?

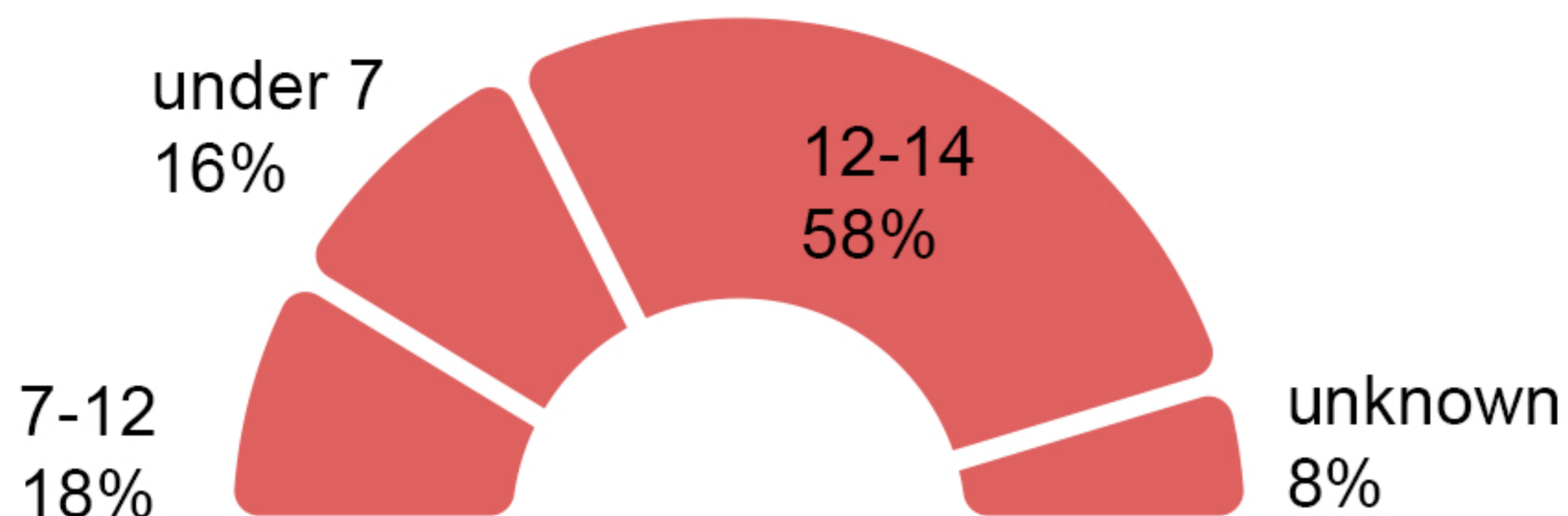
Girls are more likely to fall victim to rape or sexual assault. What is notable is that the percentage of boys suffering from sexual abuse went up, rising from 7.58% in 2016.

In total **90.43%** of the victims were girls and **9.57%** were boys.



[1] <http://www.chinadevelopmentbrief.cn/news/report-released-on-the-sexual-abuse-of-children-in-2017/>

## Age of victims of sexual abuse against children



the youngest was only 1 year old

**A majority of child survivors are 7 to 14 years old.**

The report's statistics only represent the tip of an iceberg, because of the difficulty in collecting and reporting cases of sexual abuse of children.

*"Behind every reported sex abuse case, there might be six hidden cases unreported."*

*- Wang Dawei, a well-known criminologist in the People's Public Security University of China.*



*A young sexual abuse survivor holds up a drawing at her home in Pingdingshan, Henan province, May 13, 2014*

*“No one tells these students about their bodies or how to protect themselves from harm.”*

*- Fei Yunxia works for the Girls’ Protection Foundation. She travels to schools, giving sex-education classes.*

## **LEFT BEHIND CHILDREN**

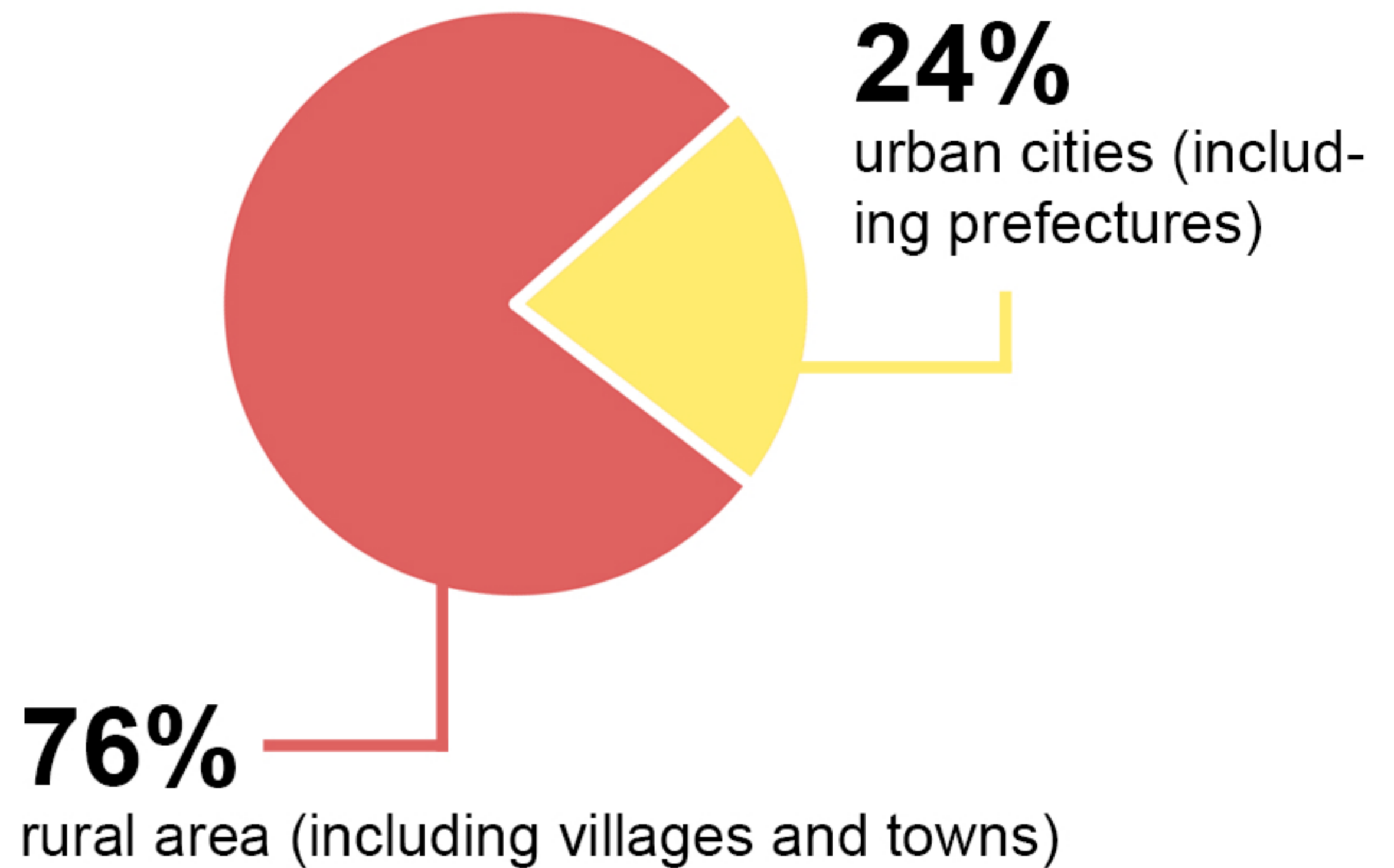
Children left in rural areas with relatives or others while their parents have migrated to cities for employment.

China has huge numbers of “left-behind” children, 61m people below the age of 17 have been left in rural areas while one or both parents migrate for work. Over 30m boys and girls, some as young as four, live in state boarding schools in villages, far from parents and often away from grandparents or guardians. Another 36m children have migrated with their families to cities, but their parents are often too busy to look after them properly.





## Where dose sexual assault happen?



In remote areas and among left-behind children, there are more cases of sexual assault, and most never see justice served. Left-behind children are particularly vulnerable.

A recent report by the All China Women's Federation, the official union for Chinese women, suggests that **37% of children in the rural area belong to this category of so-called "left behind children", and sexual abuse is a major threat**<sup>[1]</sup>. Often times, when one case is reported, there are over 10 or 20 children being sexually assaulted. And sex education in schools is basically zero, sometimes children may be confused about sexual abuse, and survivors didn't get proper help. .

[1] BBC Chinese (2013) The abuse of China's 'left-behind' children

# MENTAL EFFECT

## Life-threatening trauma of childhood sexual abuse

*"Suicide is always an option."  
- one survivor*

Study finds sexual assault can have a variety of short- and long-term effects on a survivor's mental health.

**80%** of teenage girls suffer serious mental illness after sexual assault<sup>[1]</sup>.

Many survivors report flashbacks of their assault, and feelings of shame, isolation, shock, confusion, and guilt. Experts said the findings confirmed that becoming a survivor of abuse in childhood can lead to mental health issues that can persist into adulthood and last a lifetime. In extreme cases, they may even commit suicide.

[1] China Daily (2017) Peeling back the layers of child sexual abuse in China



*Angels Wear White is a brave and hard-hitting 2017 Chinese drama film that first bring child sexual assault case to the big screen. In the movie, we can see that having a previous history of being a young survivor and negative reactions from family, friends, and professionals worsen the impact of sexual violence on mental health.*

Sexual victimization of children has previously been associated with serious mental health consequences, including reduced psychological well-being, depression and aggression. Studies suggest that survivors of childhood sexual abuse have a greater risk of being adult victims of sexual assault, rape or intimate partner violence.

Because sexual abuse can have such a serious impact on mental health, it's important that we could consider and address the trauma that many individuals have experienced.

*There was a heartbreaking case, On Jun of 2018, a 19-year-old girl in northwestern China jumped from a building. She didn't survive the fall. According to her father, she had been suffering from depression since being sexually abused in 2016 by her high school teacher.*

*This public suicide shocked me, I have enormous compassion for this young woman and her final choice. Sometimes, too much is simply too much.*

*We cannot let the girl die in vain.*

# PERSONAL INTEREST

I am interested in this topic because I have read a lot of news about child sexual abuse in China and the #ME TOO movement inspired me to do it.

When I start to do research on internet, the situation that we are facing is worse than I thought.

I watched a documentary called Japan's secret shame. The situation in Japan is same with China. It's a very controversial issue in many Asian countries. You can see the hidden problems. We don't talk about it, but that's not mean the problem doesn't exist. A survivor said, A drop of water on its own is nothing, but when it gathers, it can create a tsunami. If we do it together, I believe such tragedies will reduce.



*"A drop of water on its own is nothing, but when it gathers, it can create a tsunami."*



*Han Gong-Ju is a 2013 South Korean film, which is based on a true story of a female student who was gang-raped by 44 different high school boys over the course of a year.*

*At the end of this film, Han Gong-Ju can't escape from her horrible past, she jumps into the water to end her life.*



# REFERENCES

- [1] The Economist (2016) Sexual abuse of children: A horror confronted
- [2] China Development Brief (2018) A report on child sexual abuse in 2017 released by the Girls Protection Fund of the China Foundation of Culture and Arts for Children.
- [3] BBC Chinese (2013) The abuse of China's 'left-behind' children
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- [6] Ji K, Finkelhor D, Dunne M. Child sexual abuse in China: A meta-analysis of 27 studies[J]. Child Abuse & Neglect, 2013, 37(9): 613-622.
- [7] Xie Q W, Sun X, Chen M, et al. What prevents Chinese parents from reporting possible cases of child sexual abuse to authority? A holistic-interactionistic approach[J]. Child abuse & neglect, 2017, 64: 19-31.
- [8] Chen J Q, Dunne M P, Han P. Prevention of child sexual abuse in China: Knowledge, attitudes, and communication practices of parents of elementary school children[J]. Child abuse & neglect, 2007, 31(7): 747-755.
- [9] RADII (2019) With New York #MeToo Exhibition, Chinese Feminism Finds a Home Abroad

# **PART 2**

# **FIELD STUDY**

# INTERVIEW

Some public welfare organizations in China are willing to provide legal and psychological assistance, and some are even free of charge.

I visited an organization in Beijing, called “女童保护(Girls’ Protection Foundation)”.



女童保护

女童保护(Girls’ Protection Foundation) - work in sex education in the rural area and help survivors from sexual assault.

**Miss Li**  
(social worker)

*“The biggest problem now is that there are too many survivors, but too few volunteers or psychological counselors. Most of the case volunteers are unable to follow up and help for a long time, we can only provide legal and psychological assistance at the beginning.*

*A total of 35 cases were followed this year, most of them in rural areas or small towns. At present, the support of 20 people has ended, but the end does not mean that the survivors have recovered well. Some are too far away, and the organization lacks human and material resources to continue to follow up. Others, children and parents are unwilling to continue to receive relevant assistance.”*

*“Psychological rehabilitation is a long-term process, so learning to treat yourself is very important to help.*

*Healing often happens outside the treatment room. There is therapy, there is people trying to help you. The only person that can help you is you. It’s gonna be hard but it’s definitely possible.”*

**Mrs. Sun**  
(counselor)



They have a self-help book that can be downloaded from the Internet for free. But this book is too complex and may not be easy to understand for children.



They give this sexual assault prevention handbook to children, parents, and teachers free of charge. But this handbook focuses on protection, not psychotherapy after sexual abuse.

## ● **few follow-up supports**

Child sexual abuse cases are exposed increasingly, but follow-up support is rare. Children have not reached the same mentality as adults, and they will experience more stress and pain.

## ● **lack qualified institutions and social workers**

In reality, even if they recognize the importance of psychological healing for survivors, many places lack qualified psychological intervention institutions, making it difficult for survivors to receive effective assistance. Such public welfare organizations are only distributed in big cities, such as Beijing and Shanghai, and many activities are only held in these cities. Survivors in the rural area are not easy to reach them. Many survivors tend to seek help on the internet, but many people will question their motives and question their personality, like why was it you that was assault? Was it because of some of the problems you have? Was it because you exposed your body? They have to suffer the trauma the second time.

Bringing in social workers to help child survivors is a viable solution, but low pay and poor career prospects have resulted in a severe shortage of such personnel. China has pledged to build a force of 1.45 million social workers by 2020. But 25m sexually assaulted children compared to 1.45m social workers, it's still not enough. Yet data from 2017 indicated there were only 760,000 social workers in the country, and the lack of professionals in fields like crime prevention and child services has yet to be properly addressed.

## ● **cost of psychological counselling is high**

And the cost of some psychological counselling centers is high. The courts do not support compensation for mental damage, and the amount of the judgment is often direct economic losses such as medical expenses.

It is necessary not only to focus on healing the body but also healing the mental trauma. Public welfare organizations should make more efforts to pay attention to the psychological reconstruction of survivors. Only with more professional assistance and the elimination of economic worries can help survivors and their families get out of the shadows as soon as possible.

# OBSERVATION

Then I joined a women's psychological support group in Beijing. The event is organized by "橙雨伞(Orange umbrella)" and is free of charge. The venue and member information are strictly confidential. Before entering the group, a confidentiality agreement is signed to ensure maximum privacy and security. So the photos are from the official, not me.



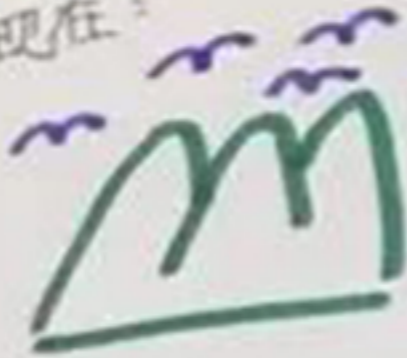
橙雨伞(Orange umbrella) - seek to address a variety of women's issues in China.



过去:



现在:



对白 #7

好好对待

TREAT YOURSELF BETTER

爱自己

LOVE YOURSELF

勇敢表达

EXPRESS YOURSELF

选择

MY CHOICE

自己决定

MY DECISIONS

自信

CONFIDENCE

没有暴力

NO VIOLENCE

好好过

LIVE IN THE PRESENT

接受过去

ACCEPT THE PAST



Most of the participants were adults who had been sexually assaulted during their childhood. And some never told their families or friends. It was a shameful secret. The counselor encouraged them to share and write down their stories and feelings.

# **PART 3**

# **ANALYSE**

# PERSONA ONE

## Jie's story (9)



1. Jie and her family live in the rural area of Sichuan. Jie was sexually assaulted at the age of eight. One day, She didn't want to stay at home and ran out of the village for fun, then she was seduced by a man.



2. Although the crime was reported to the local police, it was difficult to find perpetrator. There were no witnesses or physical evidence. Since then, Jie rarely spoke to anyone.



3. She always cut herself with a knife and hit the wall. In addition, Jie became very aggressive, she would fight with classmates and broke things without knowing why. Her behavior was out of control.



4. Her family is very poor, her father works in the city, and her mother needs to take care of her siblings. There is no more energy to care for Jie's mental health. When Jie first saw the social worker was extremely scared, she wanted to escape. After getting along for a few days, she gradually became willing to speak.



5. She told the social worker that she often blamed herself for everything she did, and it was a mistake to even be born in this world. The social worker looked at Jie's eyes and told her: "Jie, you are the princess in God's eyes, white and flawless. You are cute." The social worker confirmed to Jie over and over again: "No matter what happened in the past, it is not your fault." Jie cried. She wanted to be friends with the social worker.

**Children may change their personalities and don't want to talk.**

Some children don't want to talk because they feel that it is useless to speak out, not to be believed or to receive support. Each individual may experience different emotions at different times.

**The adults' response can have as much or more impact on the child as the traumatic event itself.**

Parents are the "giants" in the eyes of their children, but many times the "giants" collapse first. Children may feel additional concern and guilt for adult's frustration and anger. In the litigation stage of some cases, after seeing the parents' emotional breakdown many times, some children blame themselves for telling the truth.

**It is useful for parents to learn more about common reactions to trauma and about PTSD.**

None of these tragedies occurred was the child's fault. The first aid is the most important. What children want to hear most is "It's not your fault", "I love you no matter what happens", "I won't leave you", but in reality, children who have been sexually assaulted rarely live in a family where parents are knowledgeable and loving.

# PERSONA TWO

## Lang's story (14)



1. Lang can only wear long sleeves. Her left arm is covered with scars. Those are marks left after multiple attempts to commit suicide.



2. All of this blankness comes from childhood encounters. Lang was sexually assaulted by her stepfather when she was 12 years old. She was pregnant at the age of 13 and was forced to have a miscarriage. Her stepfather and mother kneeled in front of her and begged her to keep this secret.



3. Under the pressure of "home ugliness must not be revealed," she had to keep silent. Abuse is a terrible secret to keep, it made her entire world seem dark and sad and her behavior became dark and sad too. She did not receive any help and developed a serious suicidal tendency.

**If the abusers are someone that these children know or trust, even love, like a father or a mother, children would find it difficult to seek treatment.**

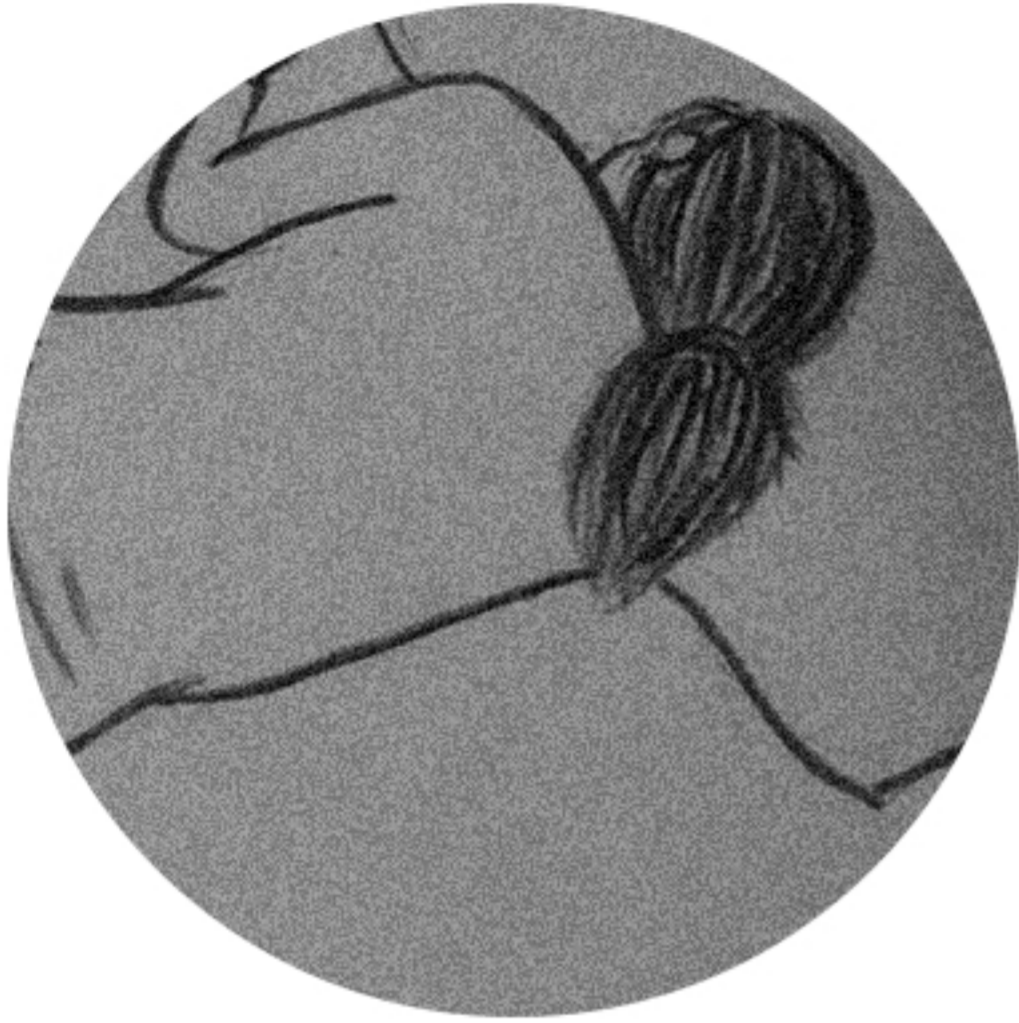
In most cases, Child sexual abuse is not usually committed by strangers, which makes children feel more helpless. Hiding this horrible truth and missing the best psychological treatment period often leads to irreversible mental illness.

**Sexual assault will have a great impact on children.**

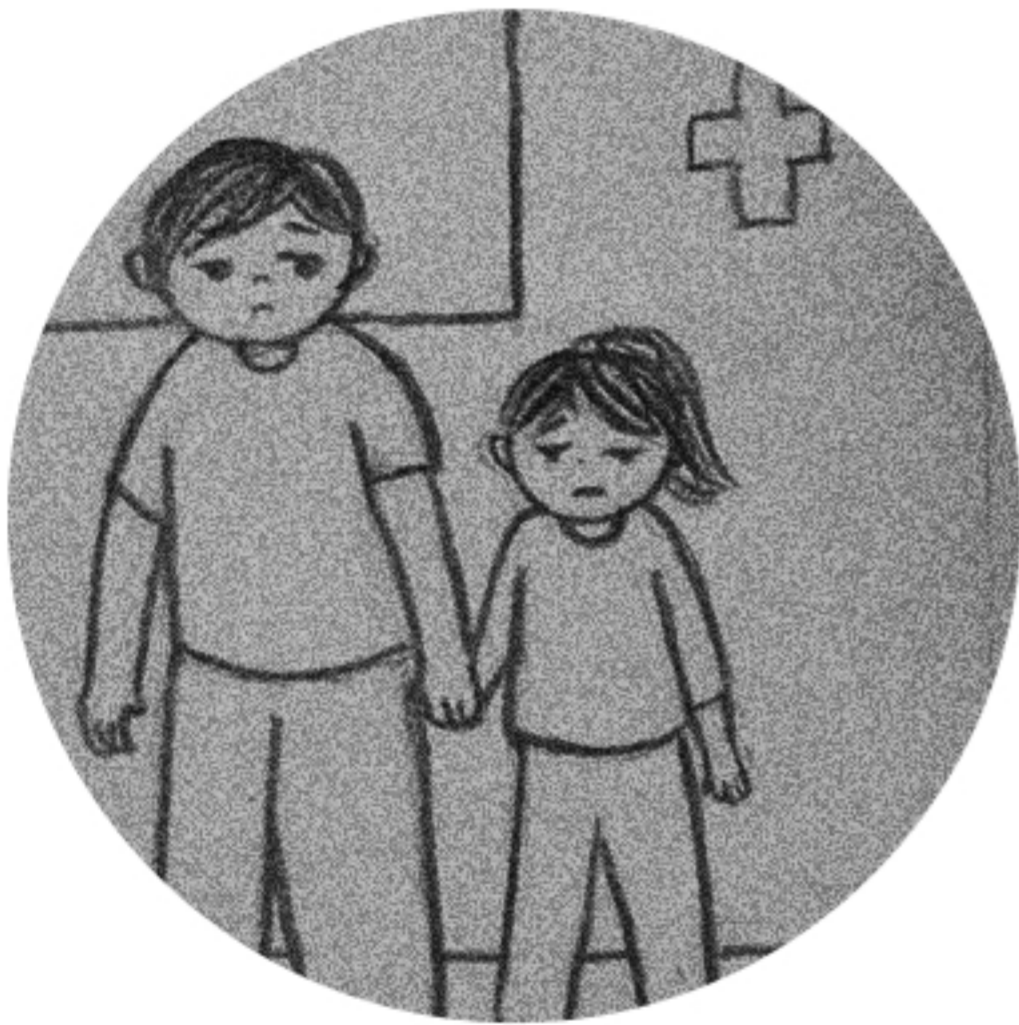
The effects of child sexual abuse can be long-lasting and affect the survivor's mental health. The treatment effect in adulthood will be very limited.

# PERSONA THREE

## Mr. Hu (40) and his daughter (13)'s story



1. What worried Mr. Hu is that her daughter no longer speaks. She was lying on the bed all day long. His 13-year-old daughter was coerced by violent gangs on campus and sexually assaulted six times by three men in a month. Because of silence all day, his daughter dropped out of school, then she never went outside again and cut off all contact with the outside world. She occasionally picked up the iPad to play video games.



2. His daughter changed, and he didn't know what to do. Mr. Hu guessed that her daughter might feel shame and worry that the adult would blame her. He took his daughter to Beijing and Tianjin to see a doctor. Her symptoms were "post-traumatic stress disorder". After being hospitalized for a while in the hospital, she was not fully recovered.



3. For more than two years, guarded her daughter 24 hours a day, serving for food and chatting with her. Sometimes Mr.hu felt upset, he cried and said: "I don't have a daughter like you. How did this family become like this?" Her daughter was silent, and tears flowed.



**Adults play a critical role in the healing process.**

Some parents may feel responsible in some way for the abuse. They may feel that somehow they should have known about the abuse or should have been able to stop the abuse. Educating themselves and examining their own emotions (anger, guilt, powerlessness, and fear) are steps they can take to more effectively support children and themselves.

**Healing time varies from many months to many years.**

The impact of trauma on children is determined, do not expect an “end,” but instead recognize that the survivor is engaged in a process and that the mark of successful healing is not “getting over the assault,” but rather, getting on despite the assault.

# PROBLEMS

1. Children are more vulnerable and sensitive.
2. Both girls and boys can be victims of sexual abuse.
3. Children are more likely to feel helpless because of a lack of resources and limited social interaction.
4. Many people only focus on physical recovery, but psychological assistance is ignored. survivors lack supports, they are even unable to get supports from their own family.
5. Family or friends do not know how to deal with the changes of the survivors and do not know how to comfort them. They also need to know the knowledge of psychotherapy.
6. Psychological counseling is very expensive, not everyone could get professional psychological treatments for a long time.
7. Organizations that provide counseling and resources to assist survivors are extremely rare in China. And there are very few social workers and volunteers.
8. The psychologist cannot completely resolve the survivors' psychological trauma. Self-treatment is important.
9. Psychological healing is a long term process and will not be easy.
10. Flashbacks or other reactions can arrive at any time, be out of a person's control and once they arrive are difficult to get rid of. Survivors need to know about how to cope with the traumatic event.

# DESIGN PRINCIPLE

- no gender preference
- organizations give the product to survivors and free of charge
- anyone who wants it can order it online
- portable
- not too huge or heavy
- available for mailing
- simple production and low cost
- with cartoons
- easy for children to understand
- interesting and have some fun
- interaction with others
- relatives or friends can learn psychological knowledge

free

## MAIN USER NEEDS

fun

easy

Sexual assault may eventually be punished by law, but the trauma of children is hard to heal. Children often feel lonely and helpless after being sexually assaulted. They are reluctant to mention the victimization experience, research shows that hiding this horrible truth can cause chronic illness, devastating psychological, emotional and sociological effects.

As a design student, I think I can do something for them. **What I want to do is a variety of tools to assist self-healing. One set contains different products to assist a long-term self-healing program.**

It's getting help to minimize the effects of the mental illness and promote recovery. Maybe with my products, they can cure themselves at home. Because "Things are going to happen that you don't think you can handle but in the end the only person that can get you through something is yourself".

It's the first step to get treatment and also communication tools with their families and friend.

The product is not a cure-all, but can somehow comfort survivors. Actually, we don't have an effective way to prevent sexual assault from happening and cure the big mental impacts, what I am doing is trying to eliminate it.

## **WHO CAN GO ON THIS HEALING JOURNEY?**

Children that are survived suffer from trauma. These children are traumatized during periods of their development essential to building healthy relationships, coping skills and feelings of safety and self-worth. Sexual abuse can do considerable damage in these areas. Trauma is something that, literally floods the brain with toxic stress hormones, and impacts the way we think and the way we react.

Not every child exposed to stress and traumatic experiences is affected in the same way. All children are different, and many children are able to adapt to and overcome difficult events and situations. When the traumatic experience overwhelms a child's ability to cope post-traumatic stress reactions occur. This product will help them to find new strengths and skills for coping.

## **HOW TO GET THIS PRODUCT**

If the survivor is unable to seek psychological assistance services for various reasons and there is no relative or friend to support him (for example, a sexual assaulter is a familiar person or his/her family decides to hide this matter), the survivor may see this product online or media, It can be booked directly through the Internet or telephone.

If someone is a relative or friend of the survivor, they can also order this product to give to the survivor.

The non-profit organization rescued the survivor and could also give the product to him/her.

Free distribution to schools, it is also an opportunity to give sex education, let those who have no chance to speak up have the courage to tell the truth.

So it is possible to ask for it or accept it passively.

# PRODUCT ANALYSIS

practical

my design

for adults

for children

conceptual





I found some products related to psychotherapy. Most of the existing designs are only conceptual products and are not widely used in the market, such as anxiety reducer and a metaphorical gun that fires tears.

And the products are mainly for adults, there are few children's psychotherapy products. For example, one product design is a set of sensory objects that can be used to rehabilitate women affected by sexual abuse.

I did not find a psychotherapy product specifically for sexually assaulted children. The product that is most related to my project is the following product.

RVTS ØST

nano



Nano Design works for RVTS, They have developed a toolbox for trauma-exposed children.

The three good helpers are based on modern trauma understanding, psychology and neurobiology. According to "three levels of the brain", The brain can be divided into three: "the sensory brain", "the emotional brain" and "the thinking brain". These three "brains" have different functions and different ways of responding to stress.

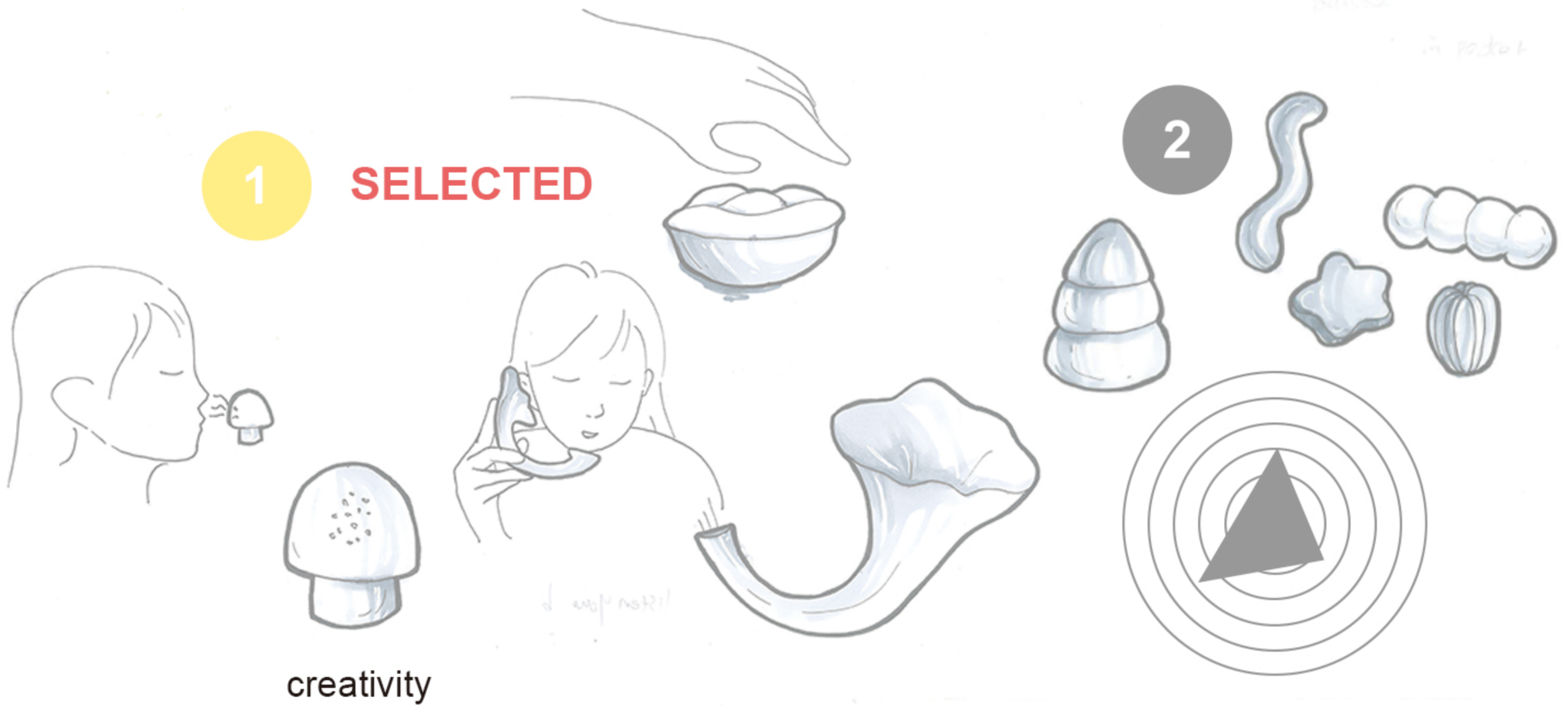
"Anton Alarm", "Sara Seek" and "Tore Think" are used as symbols on three levels - and various interventions are linked to these "helpers". "Anton Alarm" who will represent the brain of survival, "Sara Søke" who represents the emotional and relational brain, and "Tore Think" who will represent the brain of thinking. The helpers can read what the child needs, based on condition and function, in order to apply the right measures.

# **PART 4**

# **IDEATION**

# INITIAL IDEAS & EVALUATION

1 SELECTED



creativity

useful

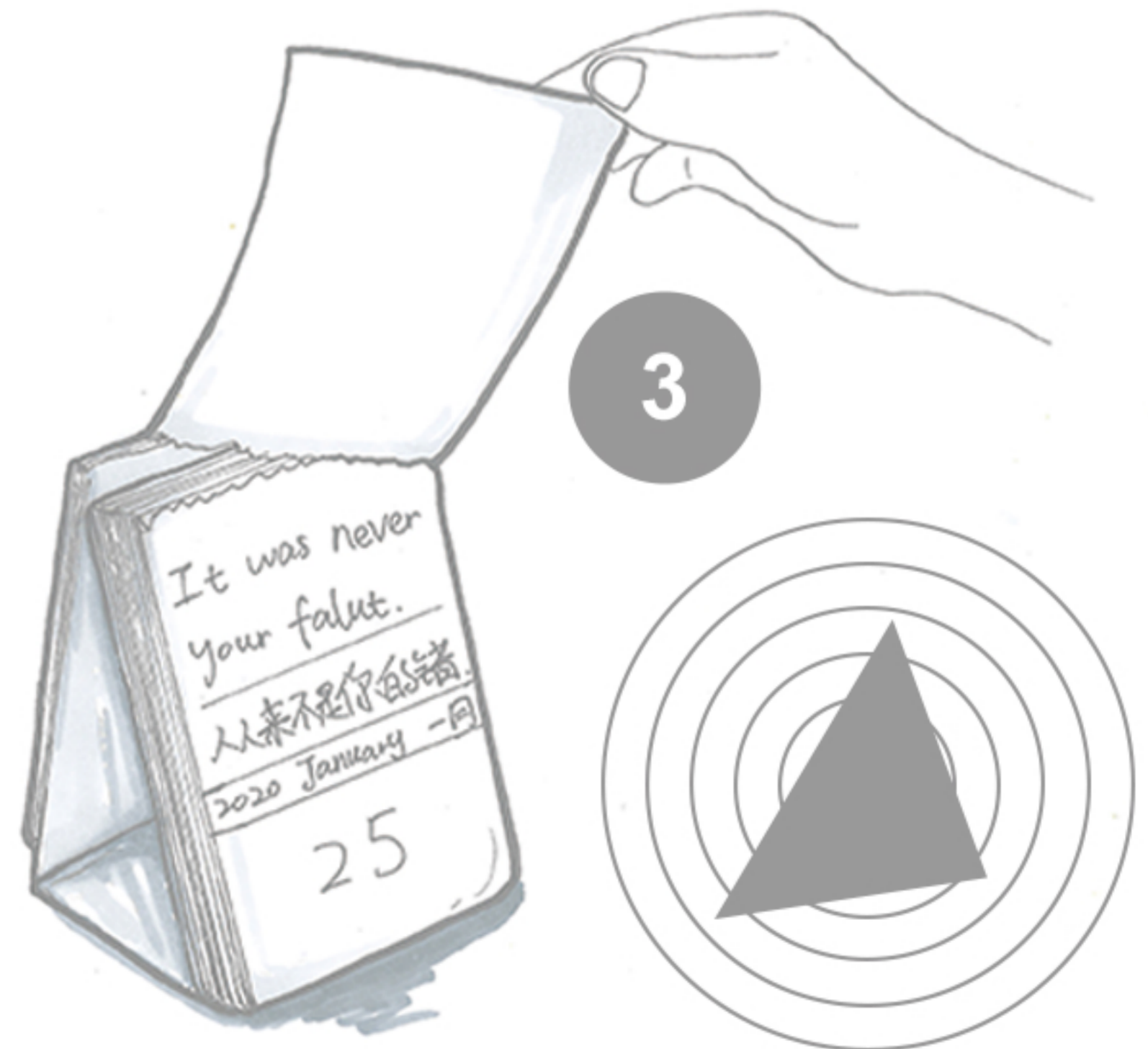


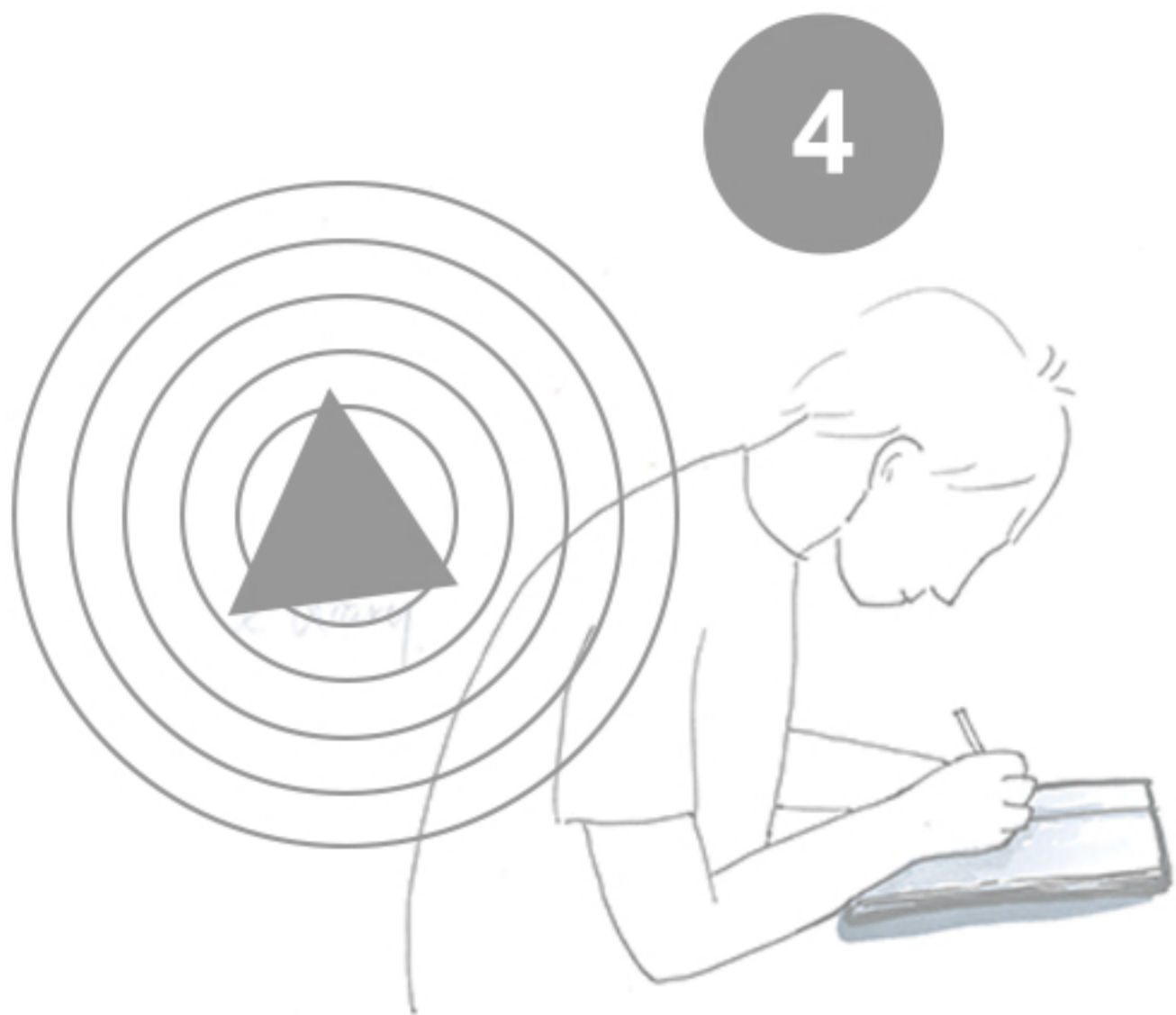
enjoyment



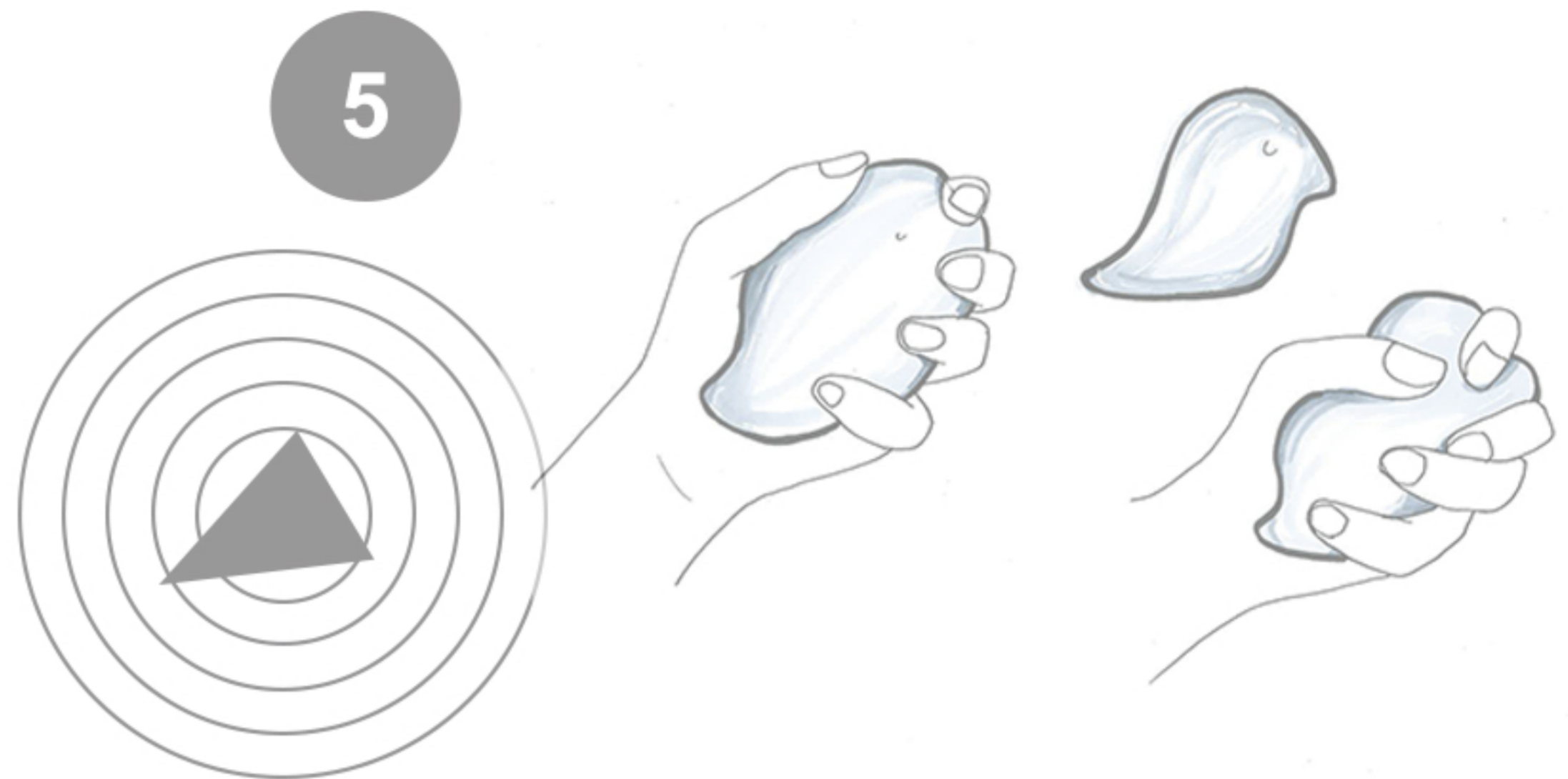
spells calendar - power quotes

3





4

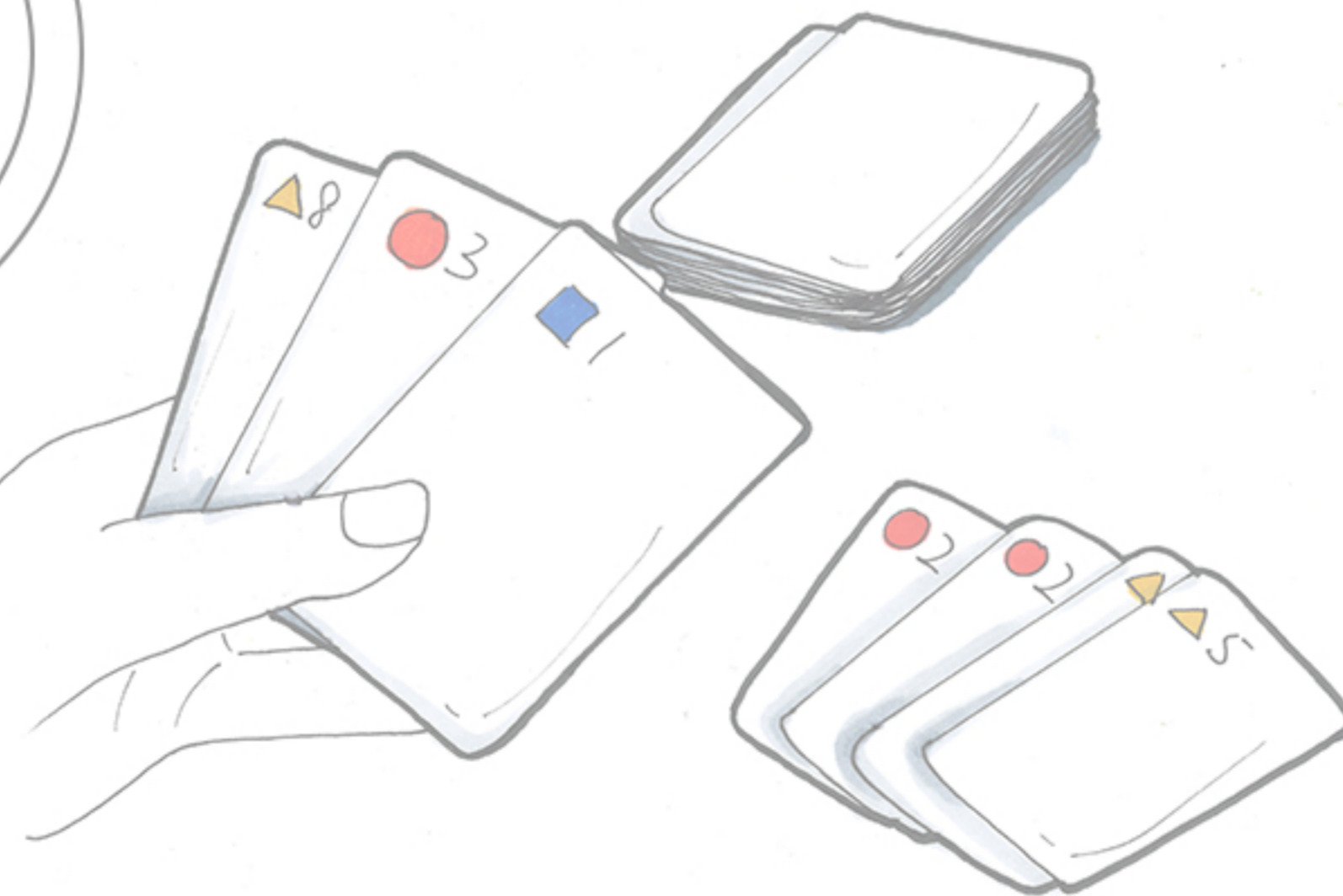


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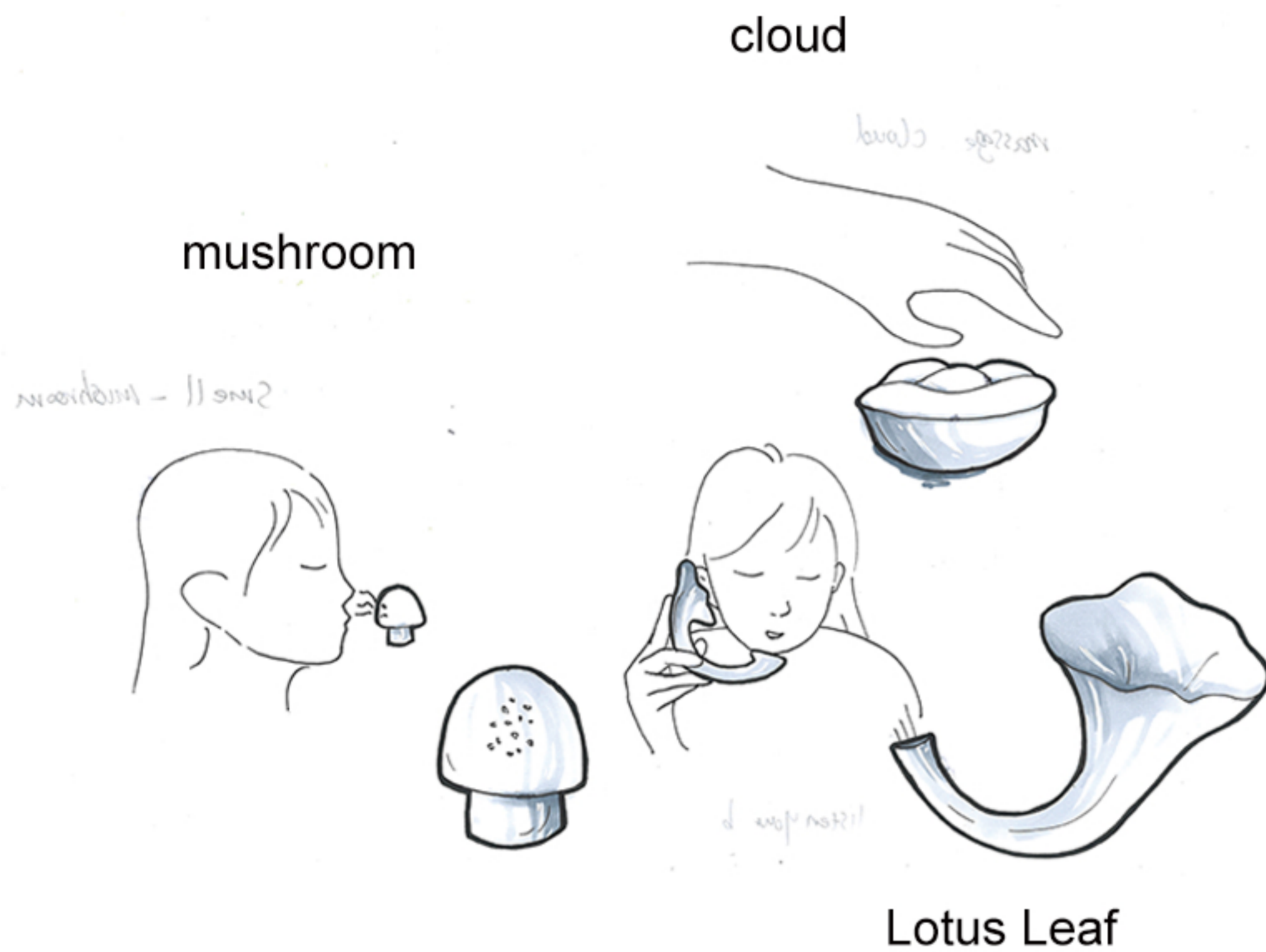
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7 **SELECTED**

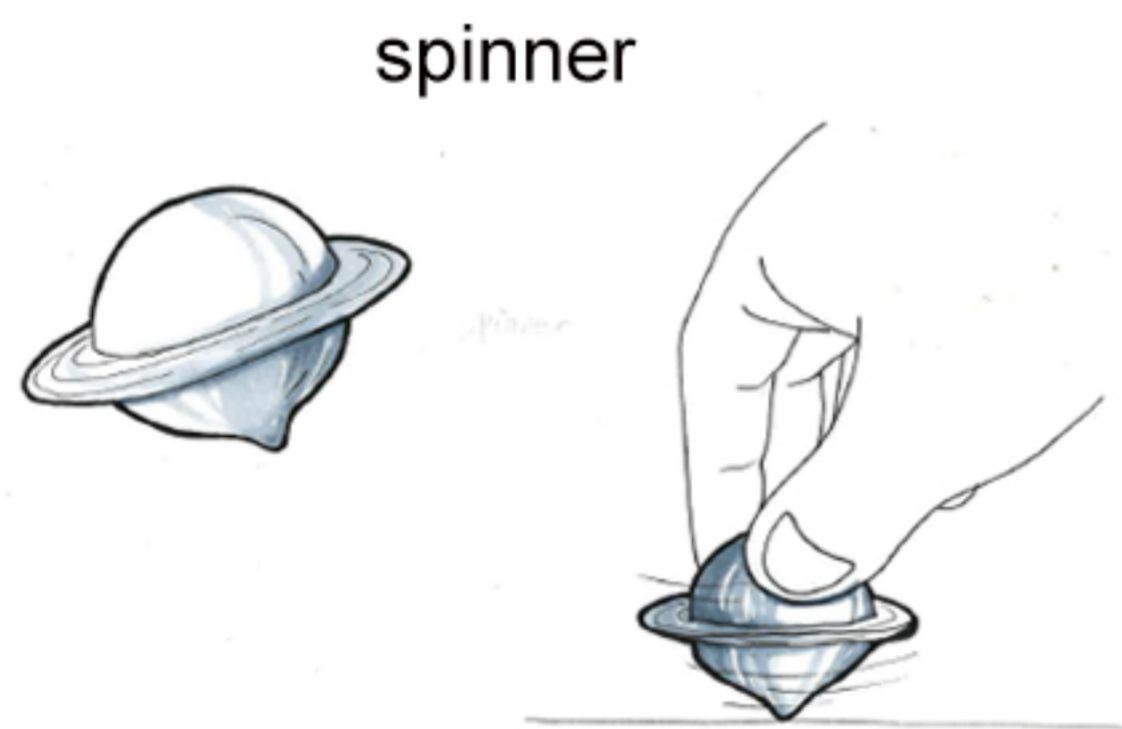
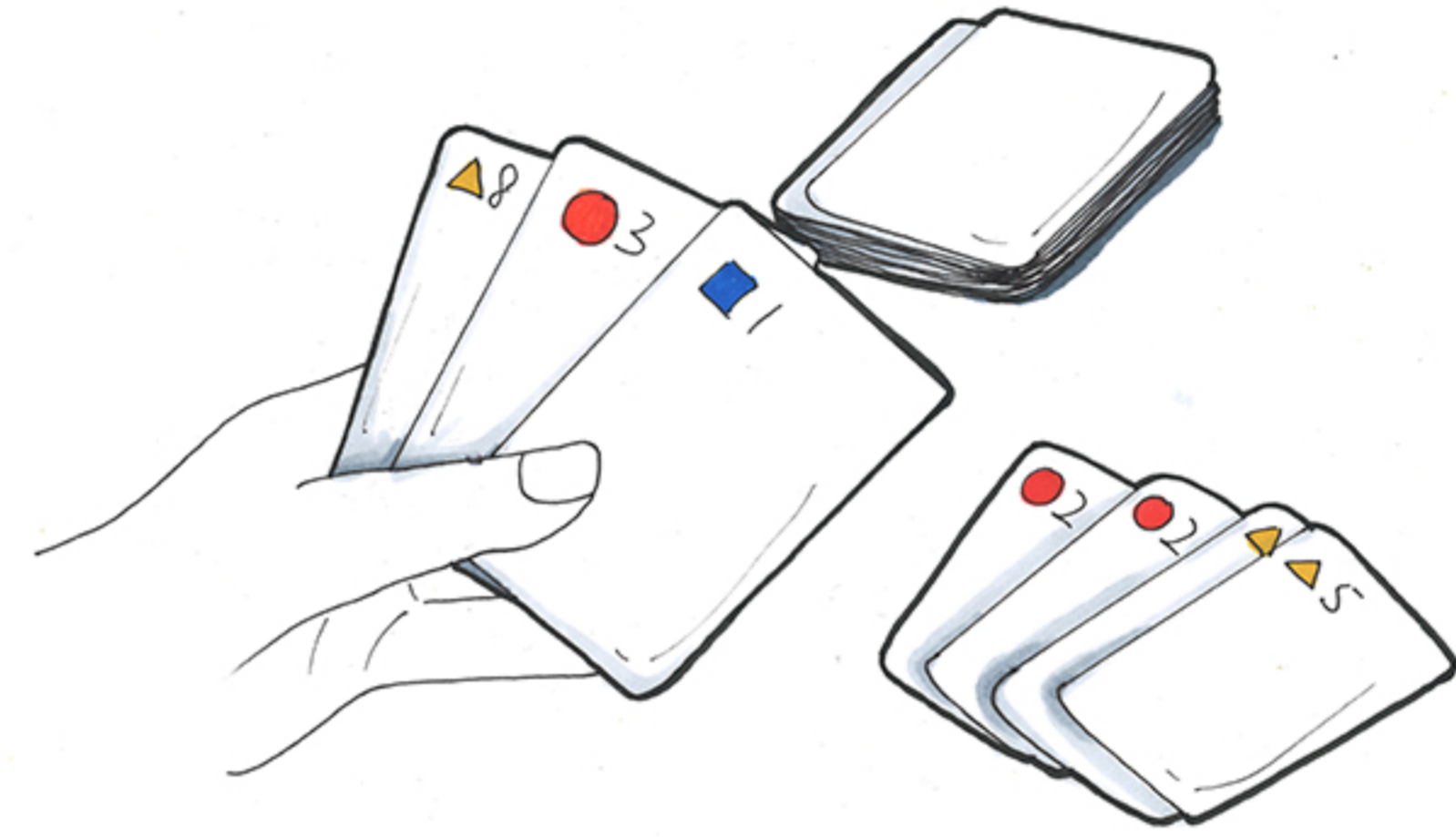


I had some initial ideas, then I evaluated those concepts. Two concepts were selected.

## 1. Physical grounding tools



## 2. Mind game



I plan to use these two products to make a set of psychotherapy products, put them in a box. Because now is only the initial idea of product design. Next, I will continue to refine them.

## 1. Physical grounding tools:

It is common for a survivor to experience vivid images of rape or sexual abuse, making them feel as though the event is happening all over again. These vivid images are known as flashbacks and are active memories of a past traumatic event. These flashbacks can arrive at any time, be out of a person's control and once they arrive are difficult to get rid of.

Through flashbacks are horrible and terrifying, Use grounding tools when children are experiencing a trigger, when they feel strong emotions, feel like angry, harming themselves or feel themselves dissociating.

Children do not have sufficient experience in finding calm but must learn to reduce discomfort in some ways. Grounding strategies and tools that can help children manage stress reactions and cope with flashbacks: Get grounded and focus on the present, so that they know where they are and that they are no longer trapped in a situation they cannot escape from.

Grounding is more than just a relaxation strategy. It is used to distract and help extreme negative feelings. It is believed to be more effective for trauma than relaxation alone.



## 2. Mind game:

It is useful for survivors to learn more about common reactions to trauma and about PTSD. Find out what is normal. Find out what the signs are that you may need assistance from others. When you learn that the symptoms of PTSD are common, you realize that you are not alone, weak, or crazy. It helps to know your problems are shared by hundreds of thousands of others. When you seek treatment and begin to understand your response to trauma, you will be better able to cope with the symptoms of PTSD. This game will encourage survivors to look at these reactions and think about which have been helpful ways to cope and which might be delaying healing now.

This game can be played by single or multiple players. Parents or friends can play with survivors, it will help them to understand how to comfort survivors and understand their thoughts or behaviors. Because many times, adults don't know how to talk with children, or maybe say what shouldn't be said to make the survivors even sadder.

And also, this game can promote communication. In the process of healing, communication is also essential.

**PART 5**  
**CONCEPT**  
**DEVELOPMENT**

# CONSULTATION

I booked a counseling service in SIO, I want to hear some suggestions from the professional therapist.

Date: 18.02.2020

Therapist: Marianne

After briefly introducing my project, I asked some questions. The following is an excerpt.

**Q: What problems do they face?**



Every Child and young person is different, no one's experience is the same. Stress and traumatic events are affected in different ways. If untreated, the ongoing effects can include post-traumatic stress disorder, depression...and feelings of insecurity, shame, and distrust.

**Conclusion:** No matter where they come from, Norway or China, people are quite the same, the problems faced are roughly the same. Probably more economically developed areas have relatively open minds, proper sex education, and abundant resources so that survivors can be better taken care of.

## Q: How do they recover from it?

Just like any kind of recovery, it wouldn't be easy, and everyone heals differently. Healing from sexual abuse can feel awful, it will feel worse before it gets better, that's why they need professional help. It's important to get help from a therapist so you can address what's causing your distress.

I work with Cognitive Behavioural Therapy (CBT)...Treatment may include individual or group therapy, stress management training, education and learning new coping skills. And then there is also medication, but it's not necessary for everyone.



**Conclusion:** We all know the importance of psychotherapy for survivors of sexual assault, but unfortunately not everyone has the opportunity to receive psychotherapy services. And healing is a long-term process, but non-profit organizations have limited resources, they can only provide short-term help and cannot be accompanied for a long time, so self-healing is very important for survivors. Although the healing process is painful, survivors need to learn to save themselves.

**Q: Can you give me some suggestions for my project?**

If they can't get access to professional help, it's a good option for them. But remember that the grounding tools will not work for everyone. Grounding techniques are very personal and it can take time for a person to develop the techniques that work for them.

Although it is possible that these unexamined treatment products could be helpful, it is also possible that create a risk for those who use them. I think first you can learn more about self-healing and psychological therapy knowledge, It will be useful for your design...There is a book called *The Courage to Heal Workbook*, This book is recommended by many mental health professionals...



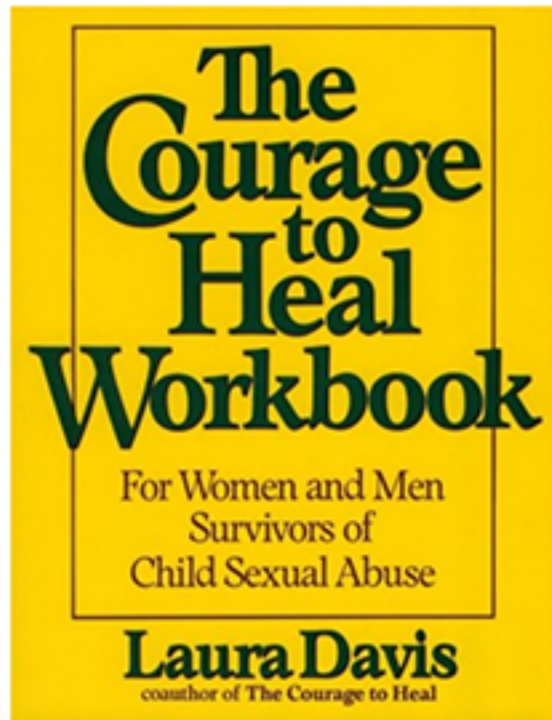
**Conclusion:** Human psychological activities are very complicated, and there are individual differences. Psychotherapy also can create certain risks. For example, wrong words and wrong actions may cause secondary damage to survivors. So in order to reduce the risk, I decided to read some psychology books to minimize the risk.

Because my design concepts are related to self healing, it's useful if I could learn some psychological therapy knowledge. I am not professional, but there are some available resources that I can learn and apply knowledge on my product design.

The Sio therapist recommend a book, called The Courage to Heal Workbook. I also find other materials that maybe useful. So I am going to read them, then I can rethink and design details about my concepts.

# READING LIST

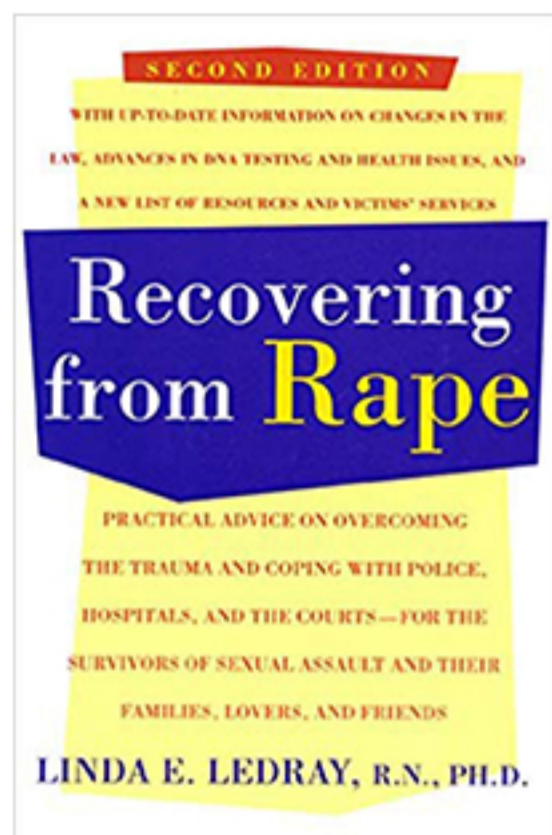
## Books



### **The Courage to Heal Workbook**

Ellen Bass & Laura Davis, © 1994 Harper Perennial

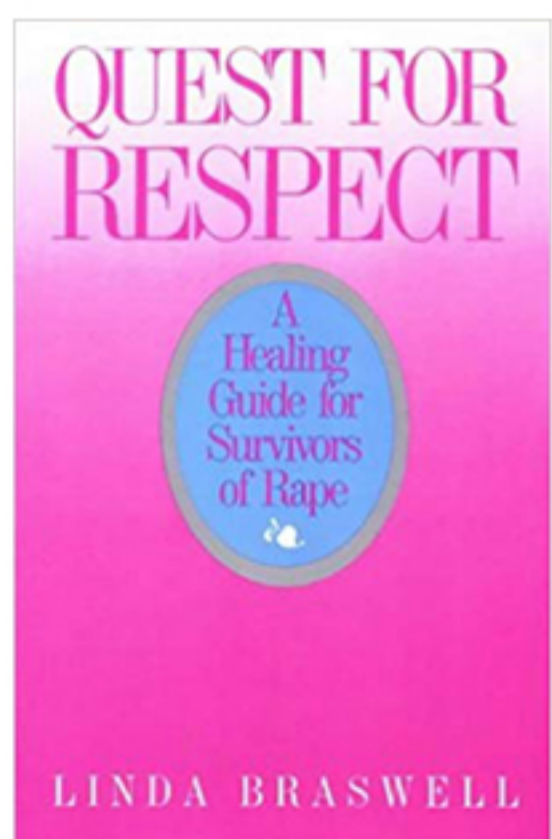
This book speaks directly to survivors in a warm and personal way. It includes profiles of survivors.



### **Recovering From Rape**

Linda E. Ledray, © 1994 Henry Holt & Company

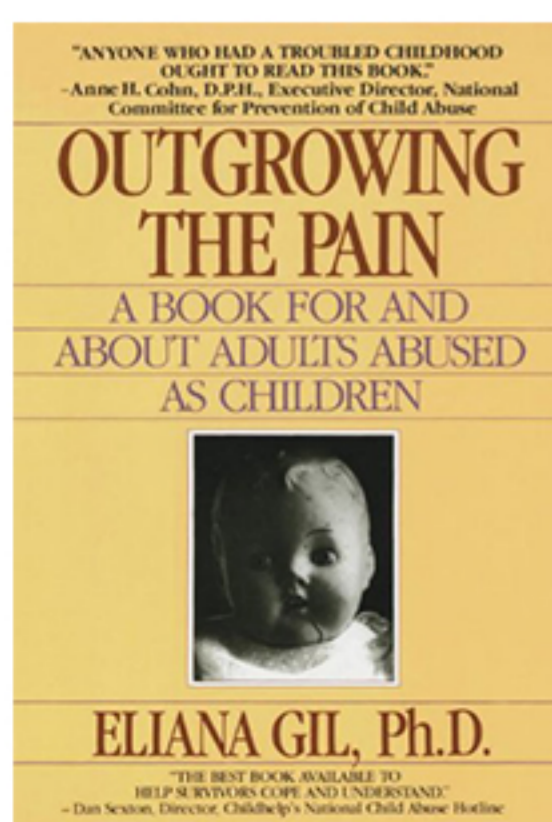
This book is for the survivors of rape and sexual assault, and their families, lovers, and friends. It contains practical advice on overcoming the trauma of rape and coping with police, hospitals, and the courts.



### **Quest For Respect: A Healing Guide for Survivors of Rape**

Linda Braswell, © 1989 Pathfinder Publishing

This book affirms victims and survivors of rape and incest while supporting them in building a more confident future. This book also serves to educate families, friends, counselors, law enforcement, and crisis centers about understanding the needs of sexual assault survivors.



### **Outgrowing the Pain: A book for and about adults abused as children**

Gil Eliana, © 1983 San Francisco: Launch Press

A good overview of the healing process for all kinds of abuse. A helpful place to begin, Her second book, treatment of adult survivors of child sexual abuse, is a practical guide for mental health professionals.

## Online resources

### **The courage to be me**

Nina Burrowes

[www.ninaburrowes.com/index.php/books/the-courage-to-be-me/](http://www.ninaburrowes.com/index.php/books/the-courage-to-be-me/)

### **Self help guide**

SARSAS

<https://www.sarsas.org.uk/self-help-guides/>

### **PTSD Coach APP**

Learn about and manage PTSD symptoms.

<https://www.ptsd.va.gov/appvid/mobile/index.asp>

### **Stop, Breathe & Think APP**

<https://www.stopbreathethink.com>

### **Survivor's handbook**

the Center for Women and Families

<https://www.thecenteronline.org>

### **Making Noise: Children's Voices for Positive Change after Sexual Abuse**

<https://www.beds.ac.uk/making-noise>

### **Agoraphobia & Panic Disorder Recovery**

<http://www.paniccure.com>

### **Anxiety and Fears**

Anxiety Disorders Association of America

<https://adaa.org>

### **Child Sexual Abuse Survivors and Panic Attack**

[http://www.aest.org.uk/panic\\_attack\\_section](http://www.aest.org.uk/panic_attack_section)

### **Panic Attacks Online Course**

<https://www.hypnosisdownloads.com/blog/panic-attacks-course-part1>

### **Mental Health Information**

<https://www.nimh.nih.gov/index.shtml>

### **Pandora's Project**

Online support and resources for survivors

[www.pandys.org](http://www.pandys.org)

### **Rape, Abuse and Incest National Network**

Online network and information for survivors

[www.rainn.org](http://www.rainn.org)

and more...



# **GROUNDING / MINDFULNESS**

Grounding can be a useful technique for people dealing with self-harm, flashbacks, panic attacks and any kind of stressful situation. It is a way of keeping people in the here and now by focusing on the present.

Grounding is more than just a relaxation strategy, it is used to distract and help extreme negative feelings. It is believed to be more effective for trauma than relaxation alone. **Grounding techniques often use the five senses - sound, touch, smell, taste, and sight - to immediately connect you with the here and now.**

Because of its focus on being present in the moment, grounding can be considered a variant of mindfulness. It can also be a method of distraction to get you out of your head and away from upsetting thoughts, memories, or feelings.

**Self Help Guide** P17-19, P30

<https://www.sarsas.org.uk/self-help-guides/>

**Grounding Techniques for Post-Traumatic Stress Disorder - Using the Five Senses to Cope**

<https://www.verywellmind.com/grounding-techniques-for-ptsd-2797300>

**Grounding Yourself - National Center for Post Traumatic Stress Syndrome - Clinical Series**

<https://www.youtube.com/watch?v=DFxRs1oFiEE&feature=youtu.be>

**30 Grounding Techniques to Quiet Distressing Thoughts**

<https://www.healthline.com/health/grounding-techniques>

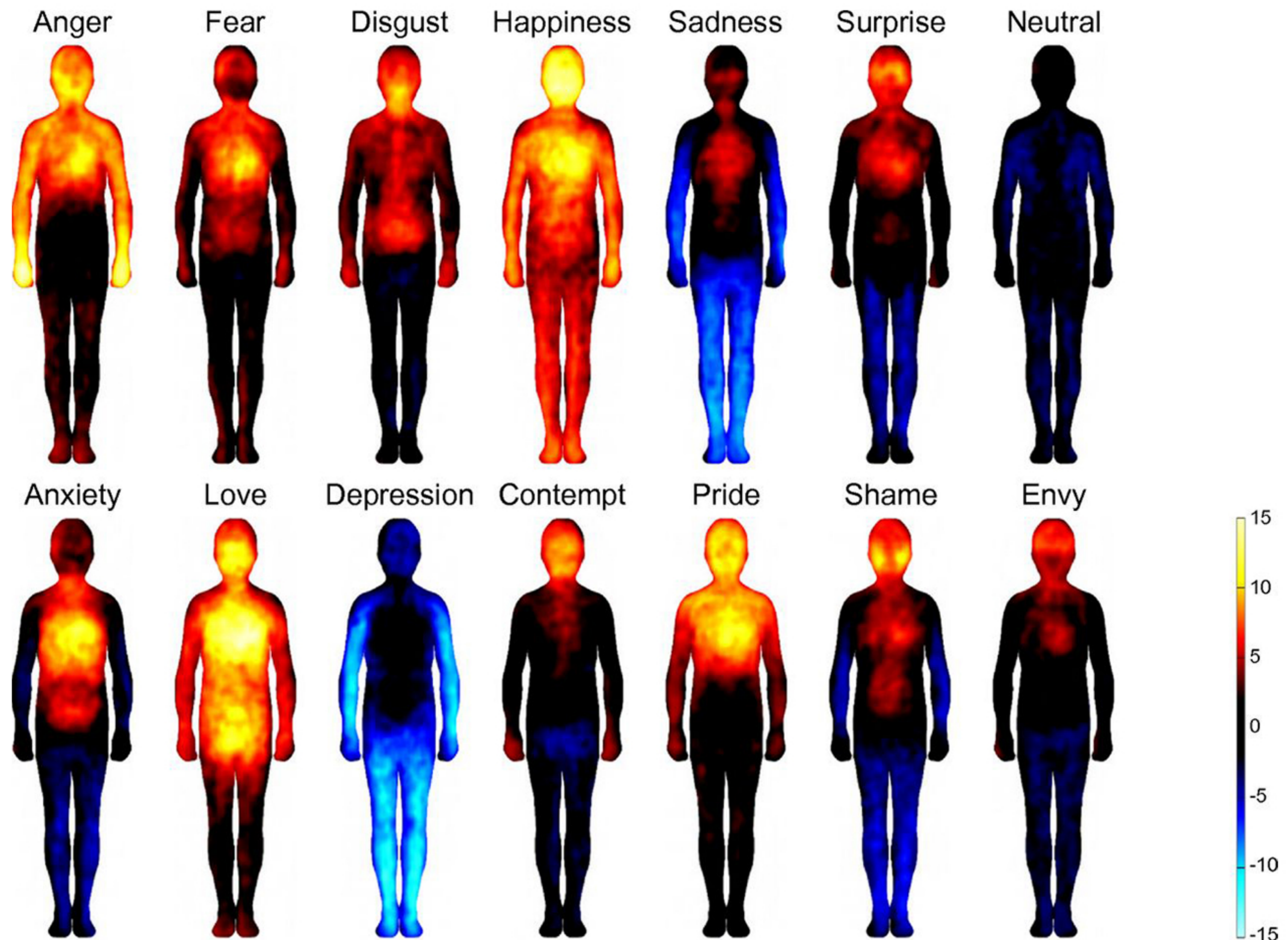
**How to Use Mindfulness and Live in the Present**

<https://www.verywellmind.com/mindfulness-exercises-2797624>

**14 Mindfulness Tricks to Reduce Anxiety**

<https://www.healthline.com/health/mindfulness-tricks-to-reduce-anxiety#9>

A study shows that we often experience emotions directly in the body, and strong negative emotions can pull us away from the body. So grounding techniques and tools will help children with emotion regulation and dealing with strong emotions. When they disconnect from body sensations, they can use grounding tools to use all senses to keep them focused on the present.



RESEARCH ARTICLE

**Bodily maps of emotions**

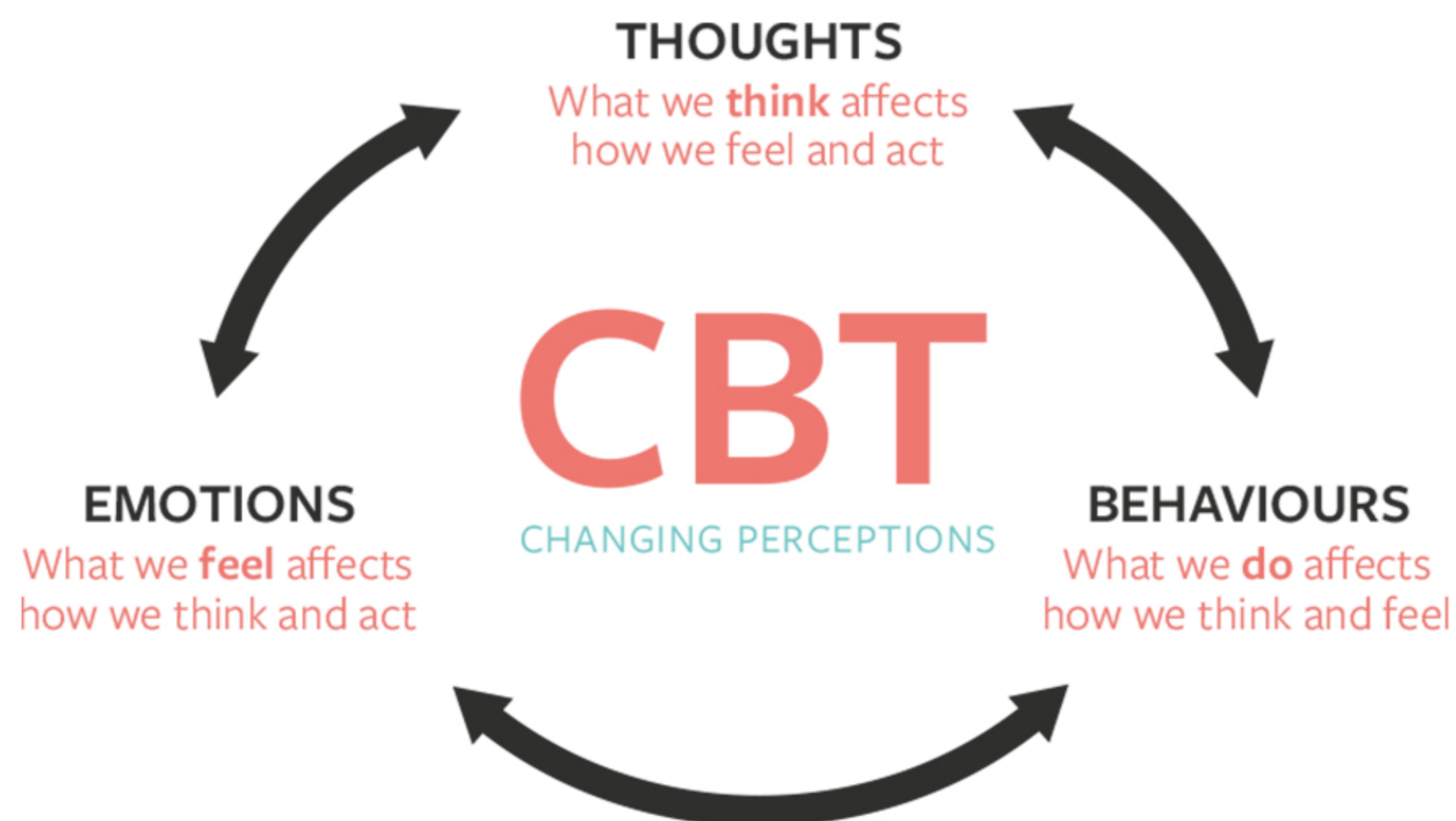
Lauri Nummenmaa, Enrico Glerean, Riitta Hari, and Jari K. Hietanen  
PNAS January 14, 2014; <https://doi.org/10.1073/pnas.1321664111>

# COGNITIVE-BEHAVIORAL THERAPY

Cognitive-behavioral therapy (CBT) techniques have been shown to be effective in treating children and adolescents who have persistent trauma reactions. CBT has been demonstrated to reduce serious trauma reactions, such as PTSD, other anxiety and depressive symptoms, and behavioral problems.

This type of therapy is work with you on relaxation training, this could be deep breathing, or other relaxation skills. They also work with us on creating a trauma narrative and processing it, which means discussing the overwhelming events in the form of a story. So we're turning it into a story. And finally they work with you on learning cognitive coping strategies, identifying negative thoughts and replacing them with positive ones. Positive self-talk is very important.

CBT can be a very helpful tool — either alone or in combination with other therapies. **CBT places an emphasis on helping individuals learn to be their own therapists.**



### **Cognitive Behavioral Therapy (CBT)**

<https://www.apa.org/ptsd-guideline/treatments/cognitive-behavioral-therapy>

### **Approaches to Healing: Cognitive-Behavioral Therapy (CBT)**

[http://www.paniccure.com/Approaches/cbt/cognitive\\_behavioral\\_therapy.htm](http://www.paniccure.com/Approaches/cbt/cognitive_behavioral_therapy.htm)

### **Children and Trauma**

<https://www.apa.org/pi/families/resources/children-trauma-update>

### **What Is Cognitive Behavioral Therapy?**

<https://www.apa.org/ptsd-guideline/patients-and-families/cognitive-behavioral>

When I had a certain knowledge of psychotherapy,  
I began to refine concepts.

# **PART 6**

# **DETAILS DESIGN**

**CONCEPT 1**  
based on grounding technique





## **AESTHETIC PREFERENCE** **IN CHINA**

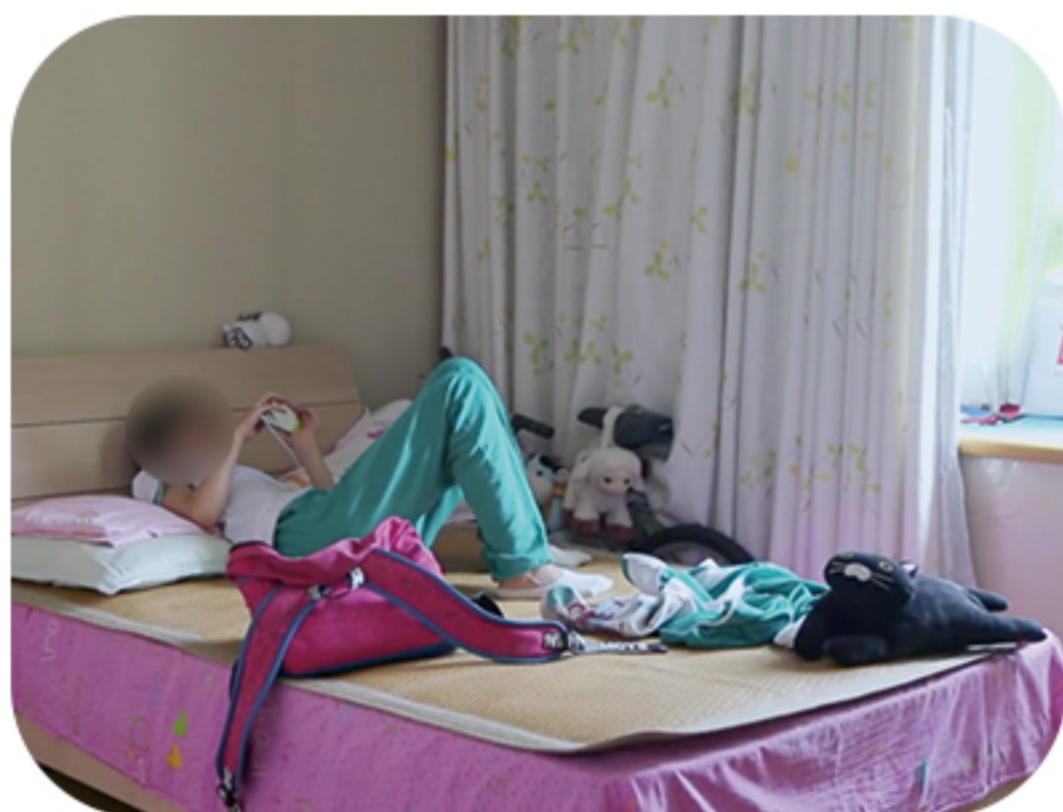
Research what user groups like, for example, showing their rooms or toys, their popular games or websites. In order to show the real image of Chinese children and adolescents, I chose characters from documentaries and magazines as representatives. These images are very typical and not fictitious characters in the film. They are real people in life.

# IN CITY

\* All characters come from *Born in 2000* - The First Documentary about the Upbringing of the Post-00s in China.



Tan Yumeng (13)



Her room



Her friends



Her toys





**Yiyi (13)**



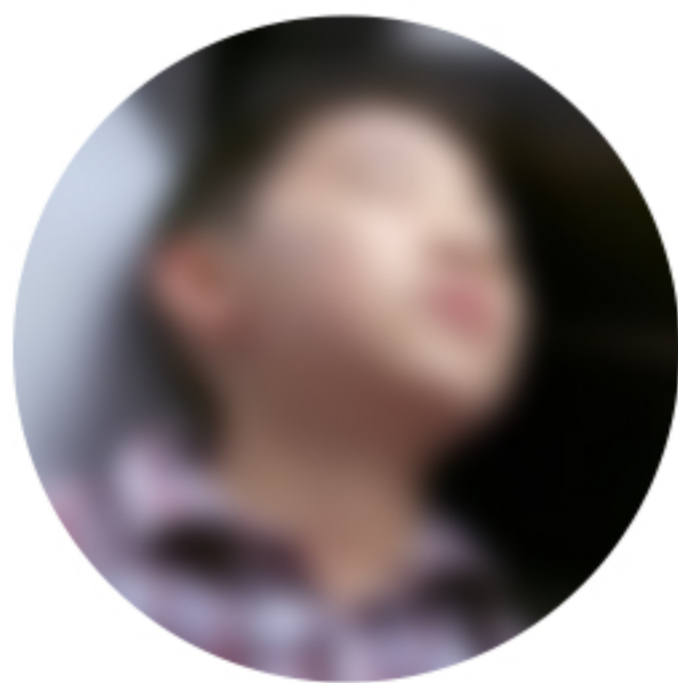
Her outfit



Her room



She hung a rabbit toy on her schoolbag.



**Xi Kun (12)**

Chinese children have more childish taste compared to their western counterparts. For example, most Chinese girls more like cute things.

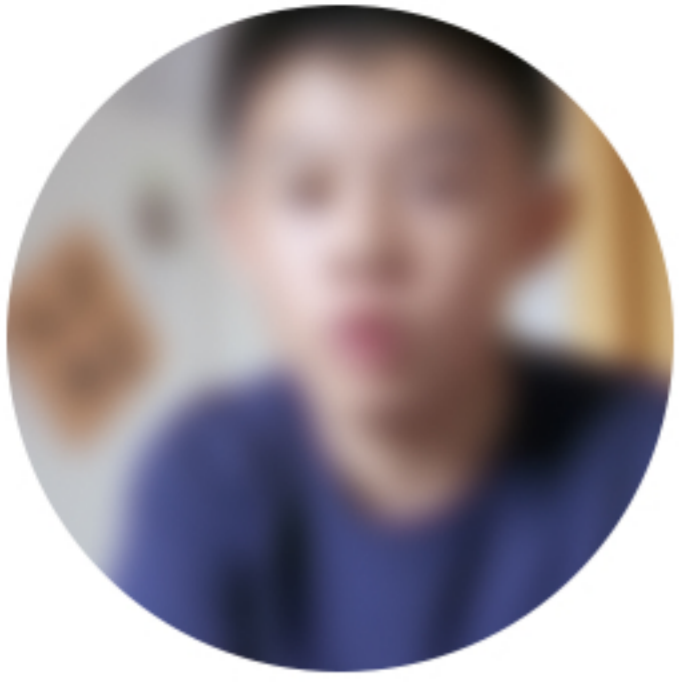
But like adolescents around the world, they are beginning to be rebellious and alienated from their parents.



His school



He is on a skateboard.

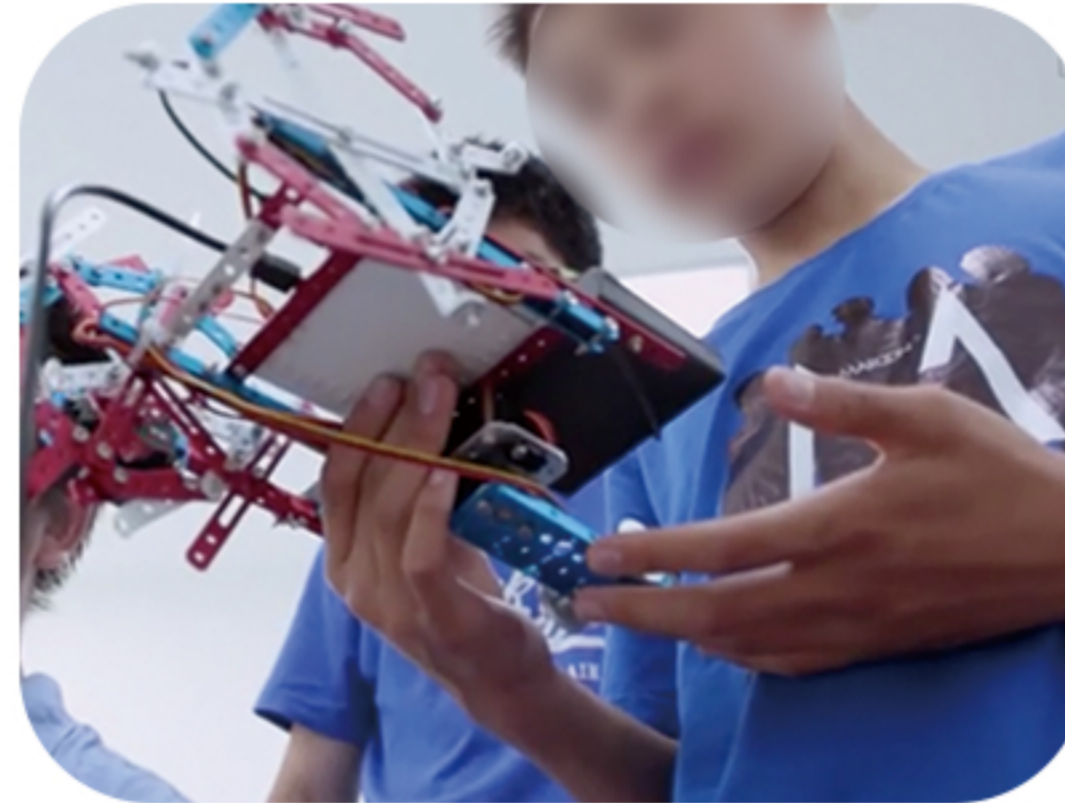


**Lele (14)**

Most children from rich families usually receive western culture and education, and they are sent abroad to study or attend international schools. Such children's aesthetics are more western-influenced.



His room



He is making robots.



He likes American football.



**Wang Rou (14)**



Her school



Her friends



She likes ballet.



She is playing the guitar.

# IN VILLAGE

\* This character come from *A Way Out* - It recorded the life of 3 children from different family backgrounds.



**MA BAIJUAN (12)**



Her family



Her living environment



Her breakfast



She is doing homework.



Her school



Her classroom

Children in remote mountain areas have poor living conditions and limited education. This group of people is most in need of help. It is also the main recipient of the product.

\* Photos from National Geographic magazine "I Am Nine Years Old" by Eve Conant - Children across the world tell us how gender affects their lives.

## IN CITY



**Wang Yingzhi (9)**



**Fan Jiayi (9)**

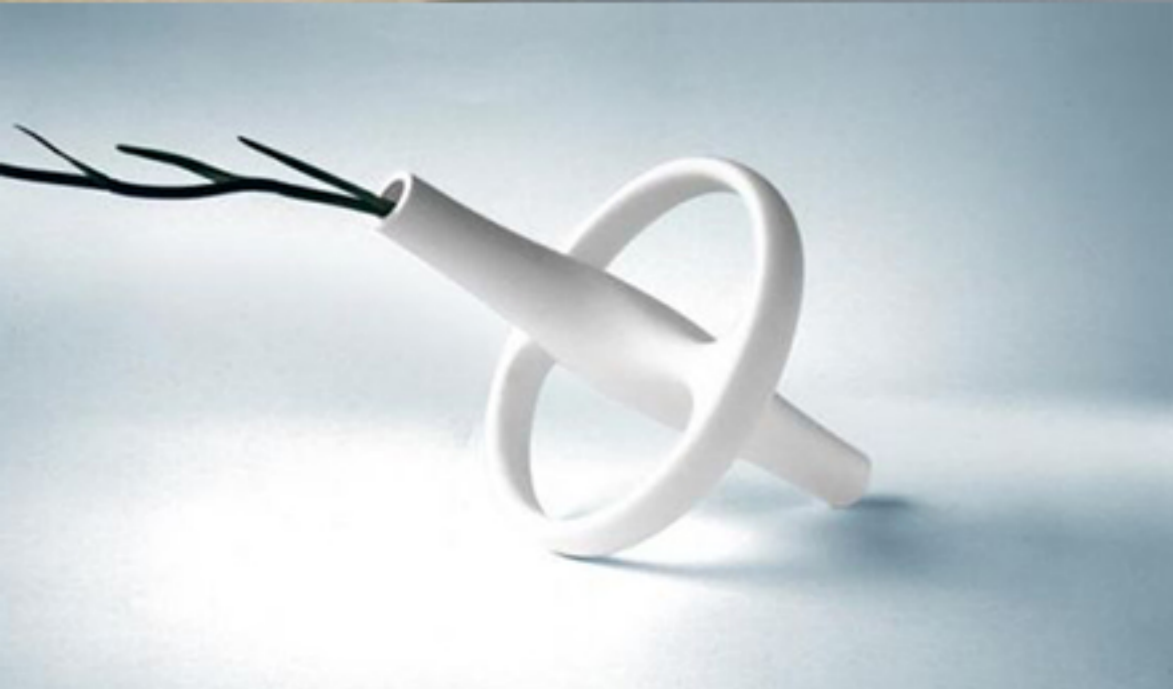
## IN VILLAGE



**Wang Fang (9)**

Generally speaking, girls want to be princesses, and boys want to be heroes.

We can see that the gap between urban and rural children is very large, Chinese youngsters differ greatly from each other. Aesthetic preference is really up to individuals. So the product design style, like the form and color will tend to be more universal.





## **MOODBOARD - FORM**

keyword: soft, curve surface

This design style is a little bit universal, cute but not too childish, and abstract enough so grown-ups may like it.

Smooth surface will prevent children from accidentally hurting themselves during use.



**creamy white**



## **MOODBOARD - COLOR**

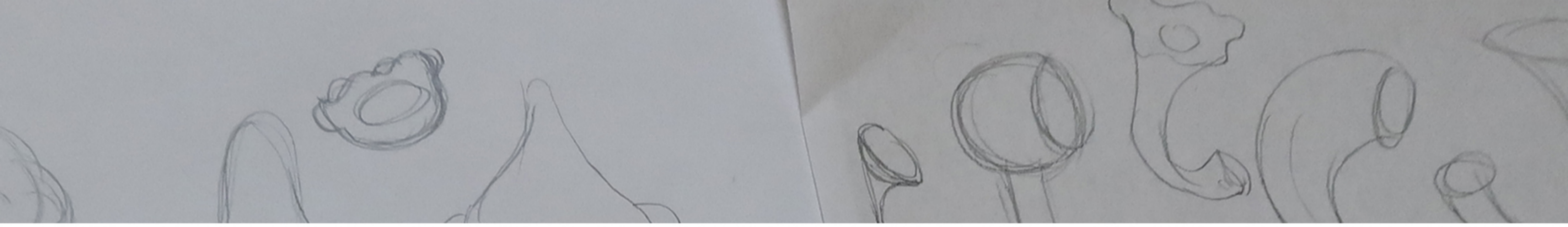
keyword: calm, warm

The white color will reduce stress, and make people feel calm. It will look clean and refreshing.

After all, it is a psychotherapy product. The appearance is white, which looks more professional and will not be too childish. And everyone has a different color preference, white is more universal.

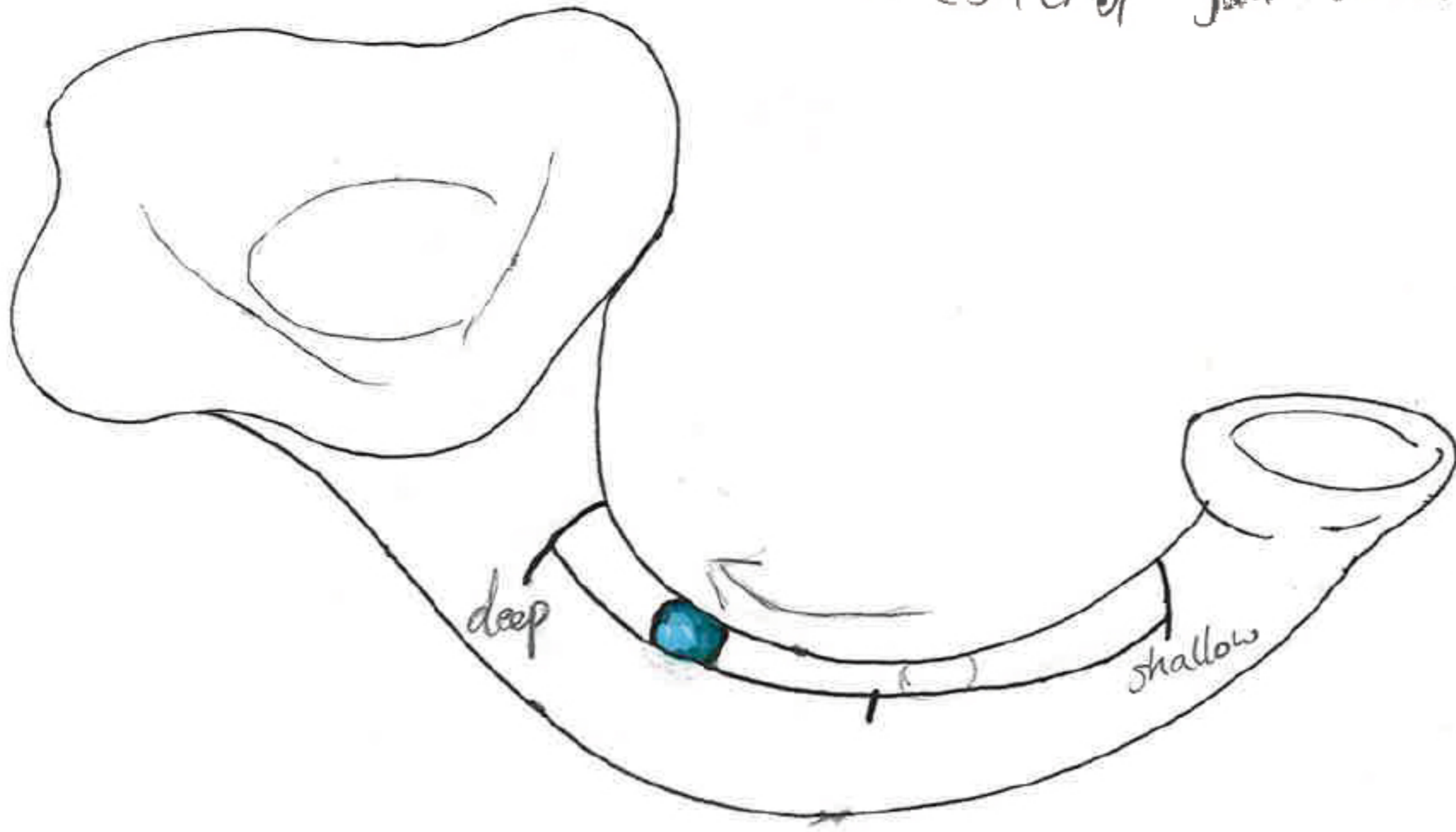
Then, the surface of the products can be customized by pen or other things later. The white surface is like white paper for children to create.

White seems to be a simple color. However, it has many shades. It's white with yellow and cream tones. Pure white looks a bit cold, but creamy white will give a soft and delicate feeling.



Sound

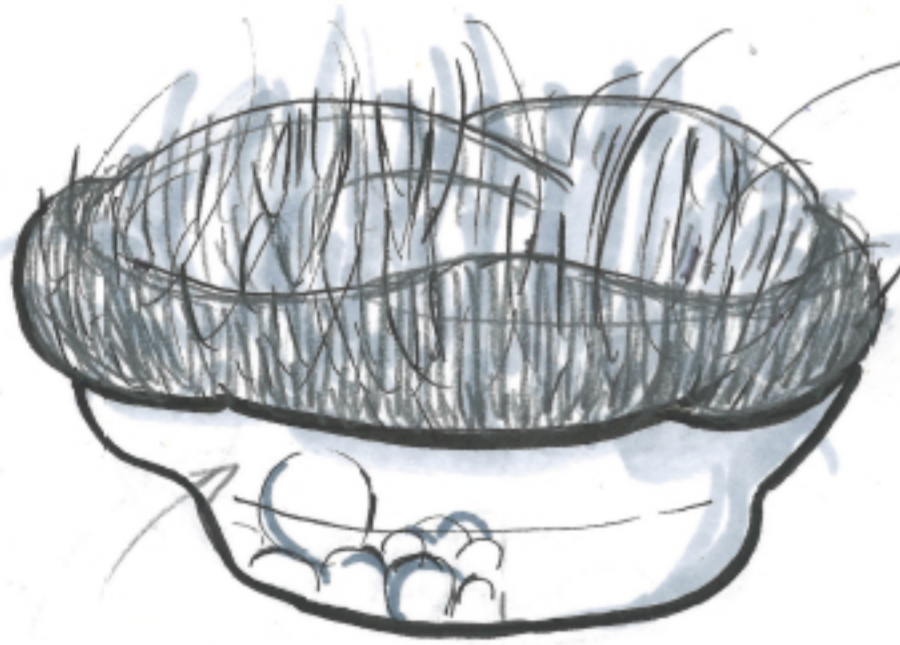
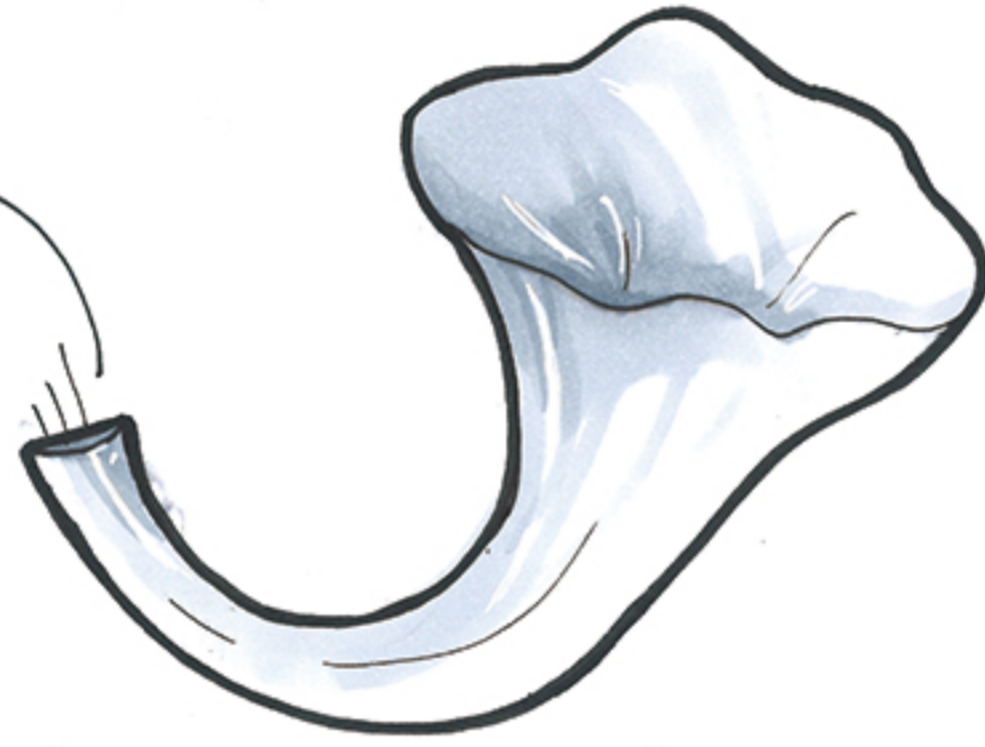
- Control Your breath



inner



listen to



fun

shake - sound



massage



# HOMEMADE PROTOTYPE

I used clay to make rough prototypes to test and determine the size.





# MATERIAL RESEARCH

For my product design, the best material choice is plastic. Plastics are lightweight but strong, flexible but impermeable. It's low price and very common and can be mass and fast produced. But I am also thinking to develop more environmentally friendly products.

Because more than eighteen trillion pounds of plastic have been produced to date, and eighteen billion pounds of plastic flows into the ocean every year<sup>[1]</sup>.

**Half the world's plastics are made in Asia - 29 percent is made in China. Plastic recycling rates are highest in Europe at 30 percent. China's rate is 25 percent [2].**



*Mountainous plastics in garbage dumps in suburbs of Beijing[3].*



Recycled plastics can be used to create a wide array of new products. Their positive environmental benefits are an important trend in plastics.

Recycled plastic waste created by consumers, such as unwanted electronic device casings, toys, enclosures of home appliances, and water bottles. Before the plastic waste is turned into resins for reuse, it is gathered and sent through a proprietary recycling process[4].



When using recycled plastics for injection molding or extrusion, it is not unusual to see minor black flecks, grey or yellow tinting and gels in the materials[5]. Despite the appearance versus virgin resins, recycled plastic products can be formulated to achieve similar color and mechanical properties to virgin resins based on application specifications.

So, in the end, I chose to use recycled and recyclable plastics as the material of the products.


[1] Science Advances (2017) Production, use, and fate of all plastics ever made, <https://advances.sciencemag.org/content/3/7/e1700782>

[2] National Geographic (2018) Fast facts about plastic pollution, <https://www.nationalgeographic.com/news/2018/05/plastics-facts-infographics-ocean-pollution/>

[3] BBC NEWS (2018) BBC事实查核：塑料垃圾该焚烧还是掩埋, <https://www.bbc.com/zhongwen/simp/science-43131714>

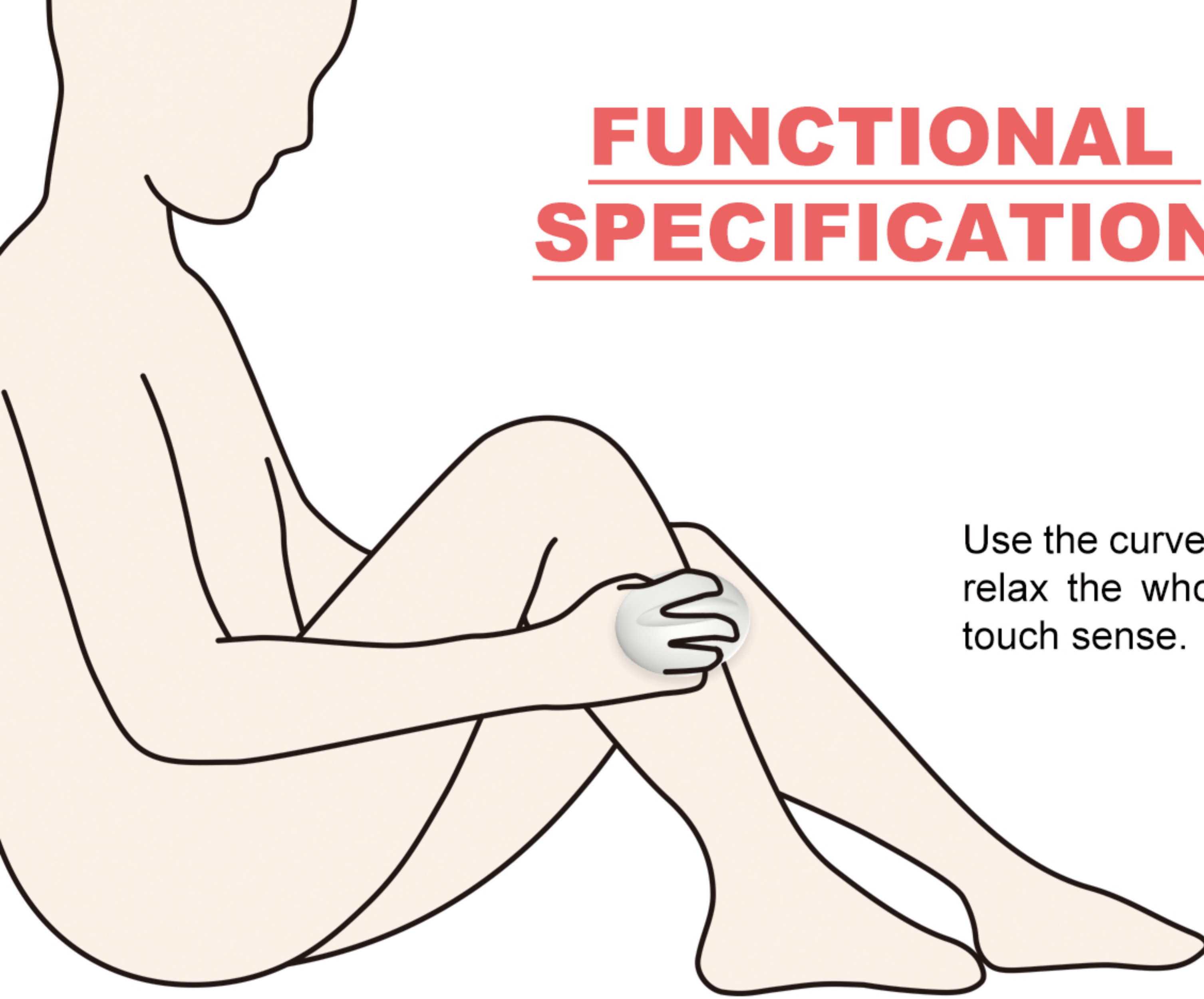
[4] VDI Resource Efficiency Center (2018) Recycling plastics – Resource efficiency with an optimized sorting method, [https://www.youtube.com/watch?v=I\\_fUpP-hq3A](https://www.youtube.com/watch?v=I_fUpP-hq3A)

[5] TRINSEO (2019) PCR Containing Resins for Consumer Electronics, <https://p.widencdn.net/ppldoh>



BUBBLE - Touch and feel the curve and massage the whole body.

# FUNCTIONAL SPECIFICATION



Use the curved side to massage and relax the whole body, and feel the touch sense.

Notice your body, the boundary of your skin, how that feels in your feet, your legs, your body.

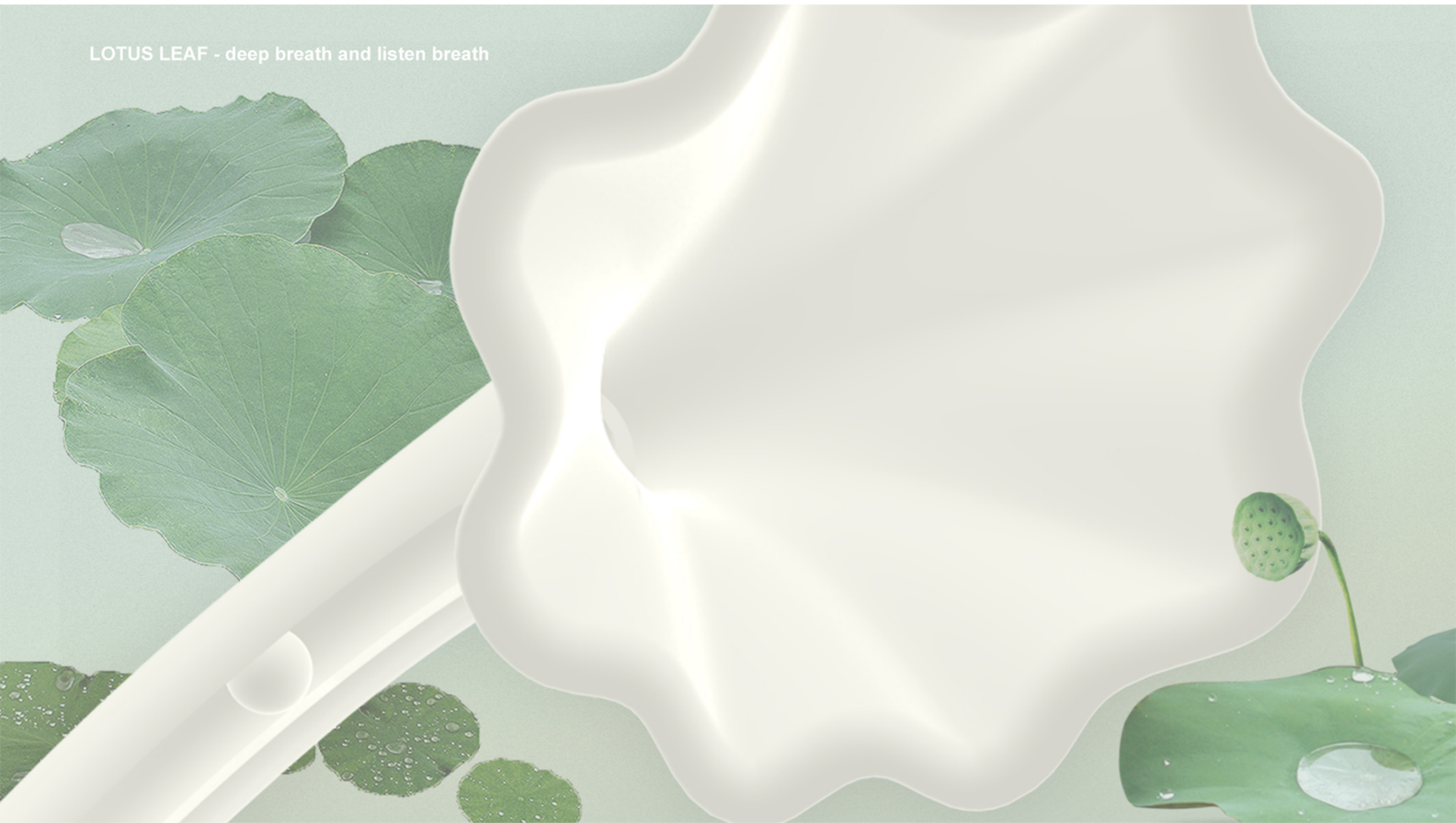




Shake it to make a sound.

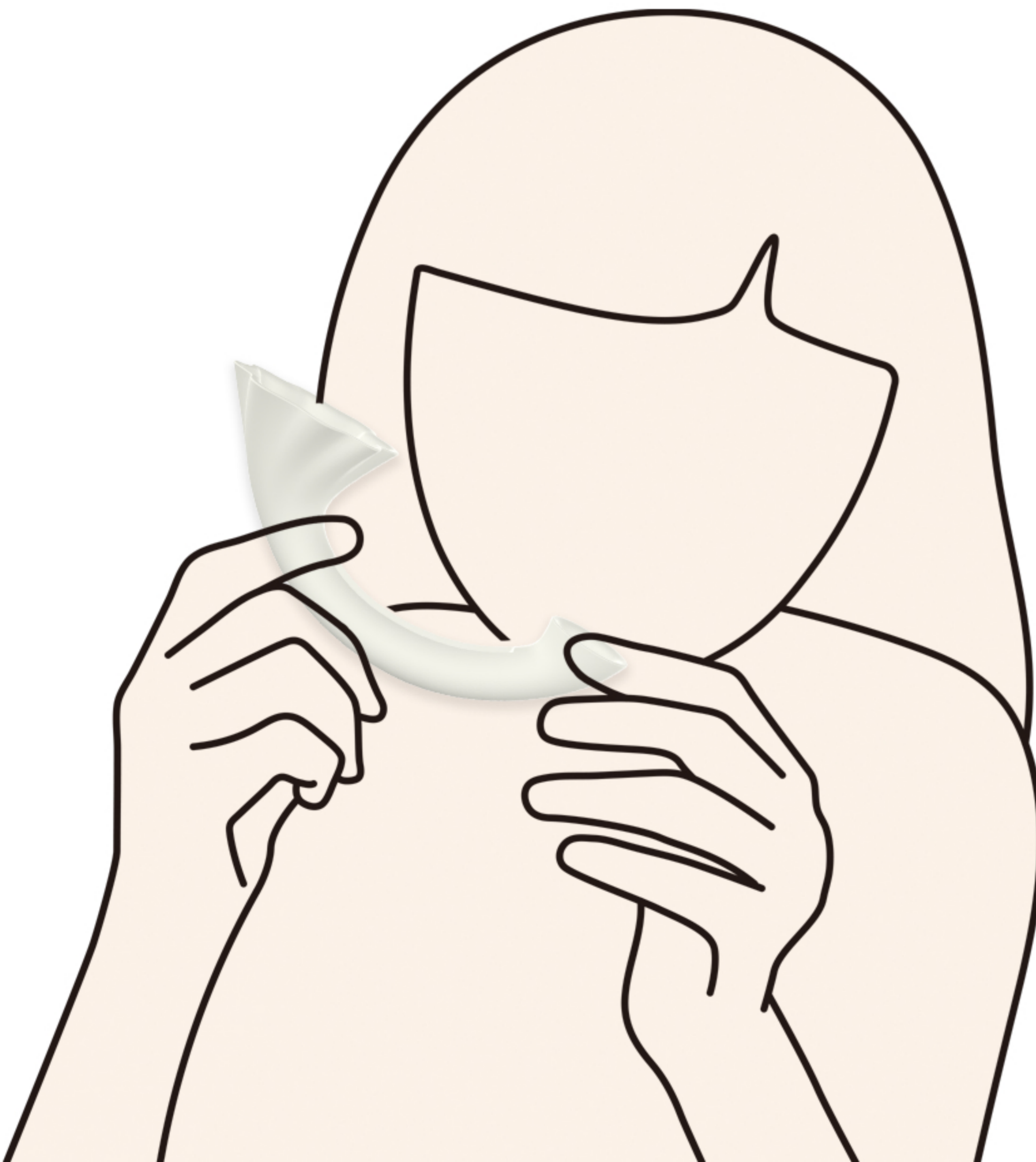


LOTUS LEAF - deep breath and listen breath

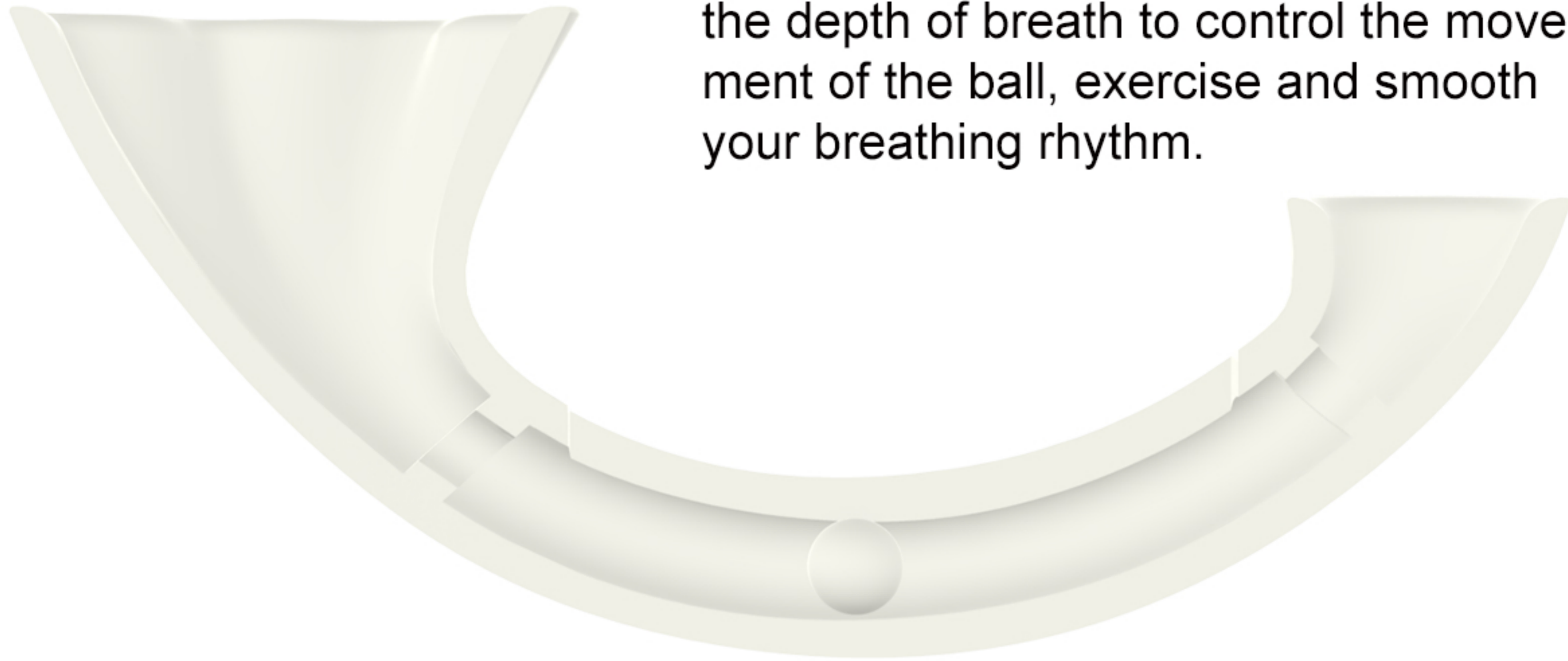




Mouth breaths at the small side, and listen to your breath on the other side.

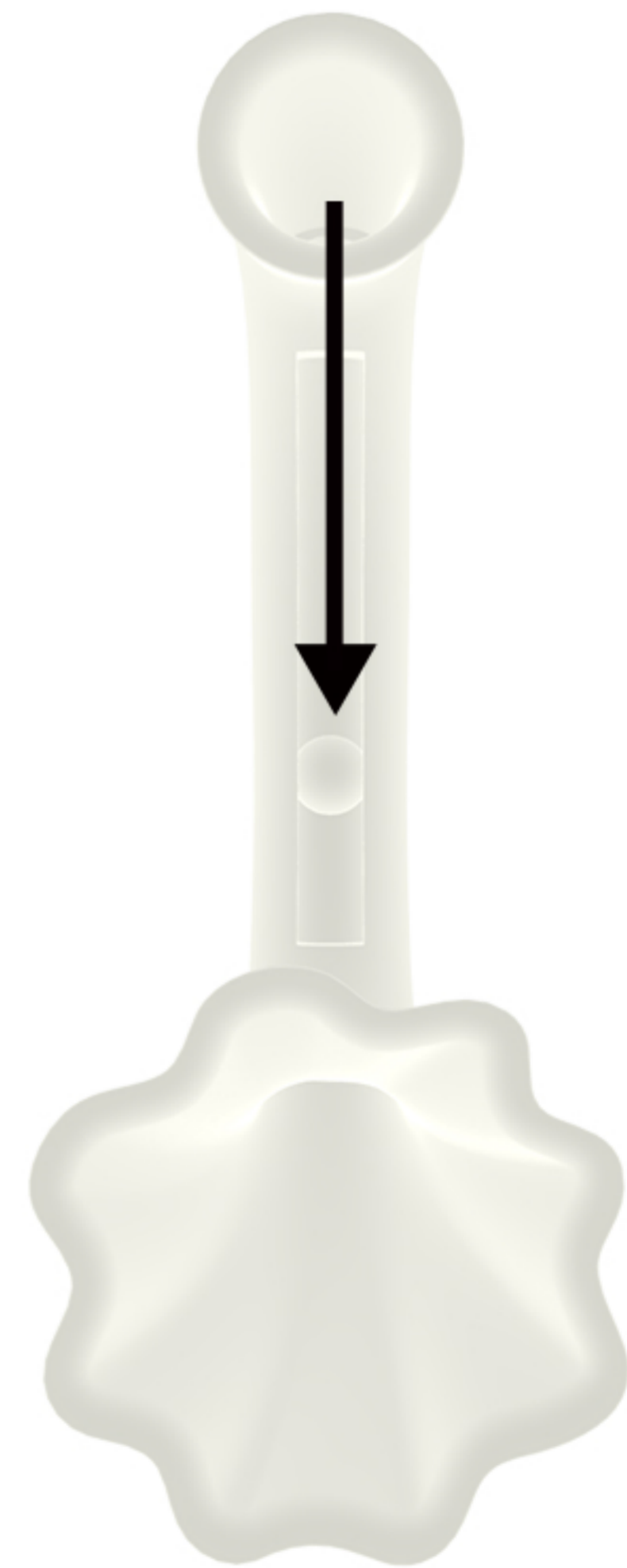


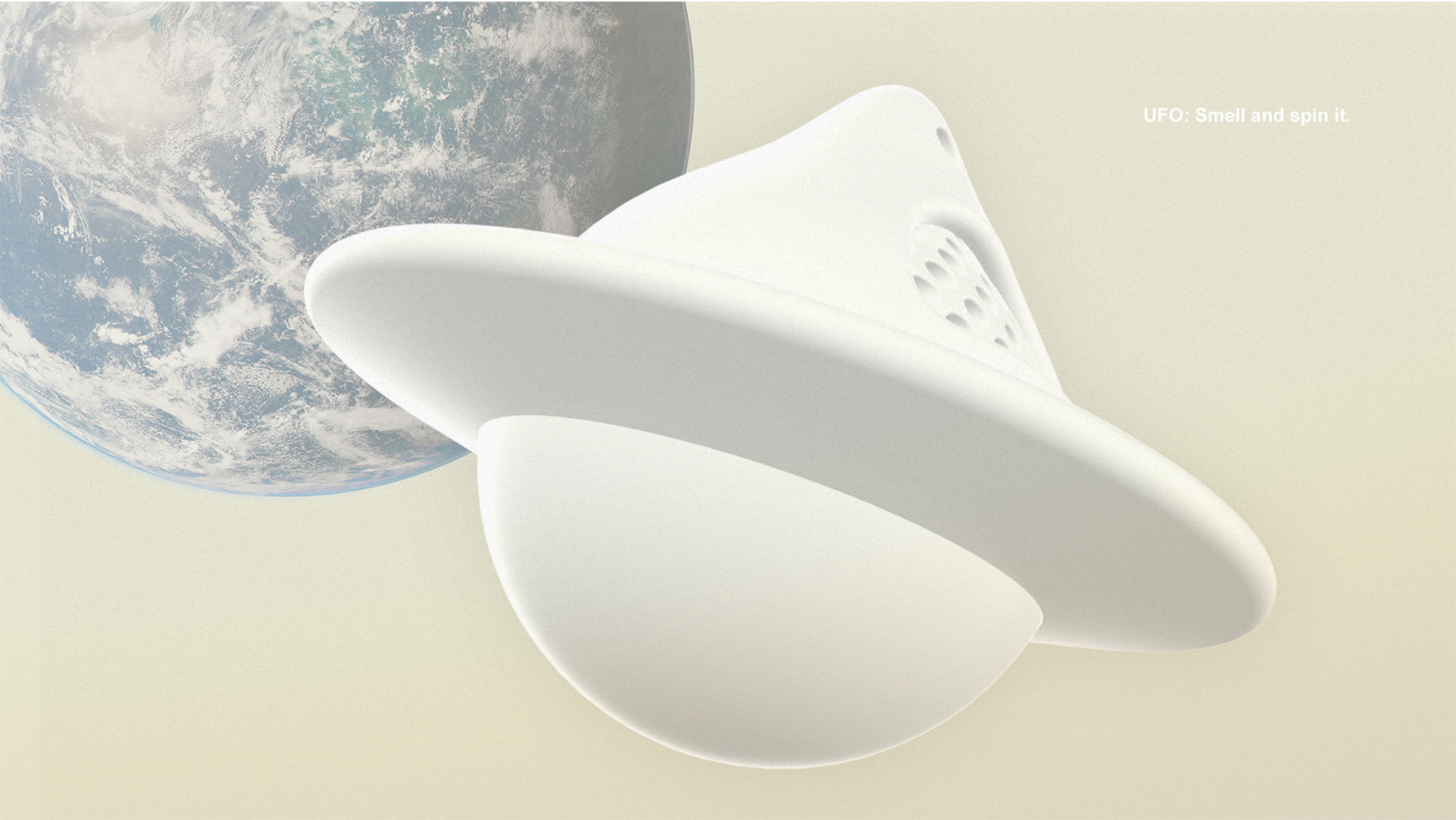
In the middle, there is a small ball. Use the depth of breath to control the movement of the ball, exercise and smooth your breathing rhythm.



shallow breath

deep breath



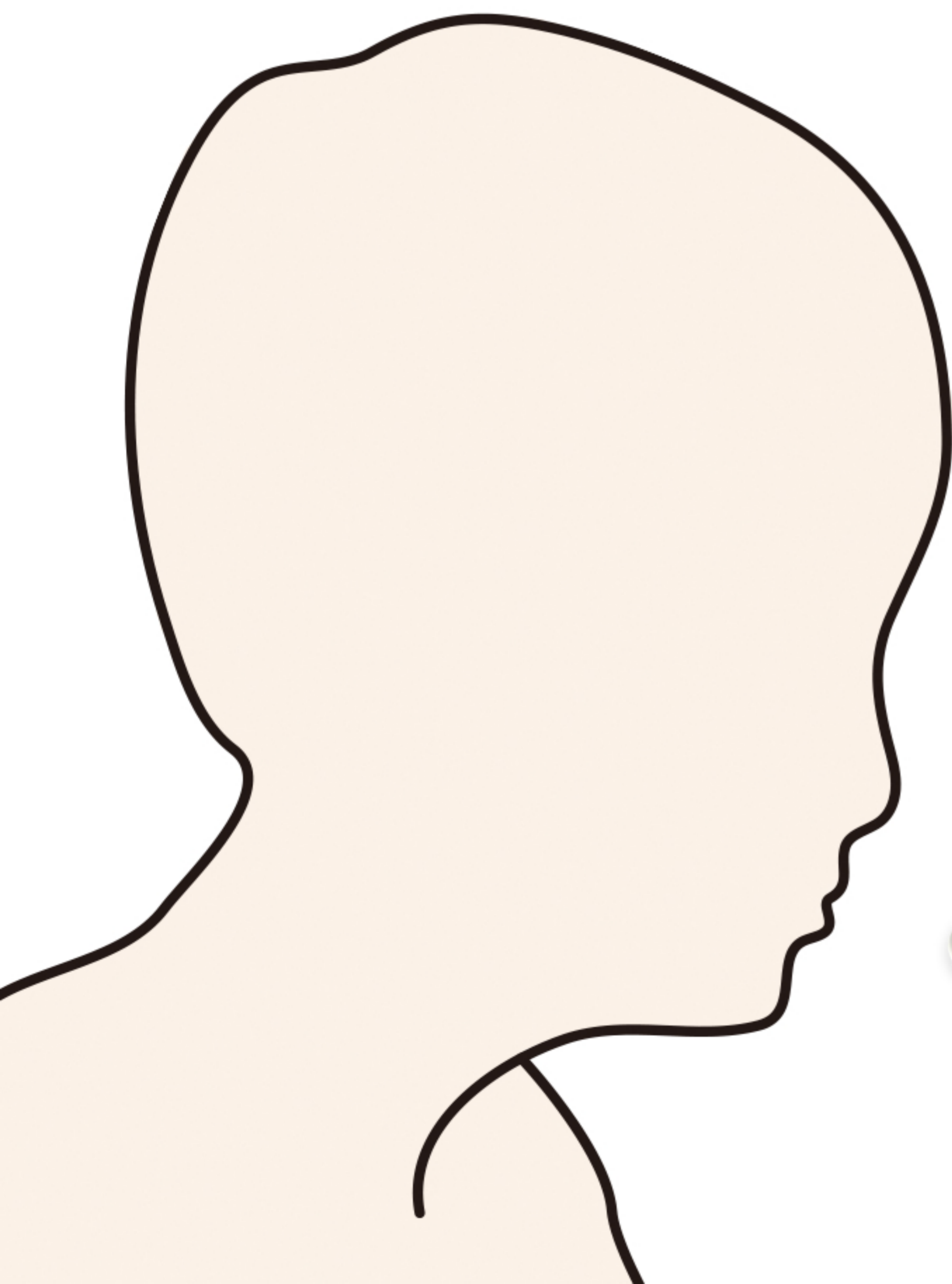


UFO: Smell and spin it.





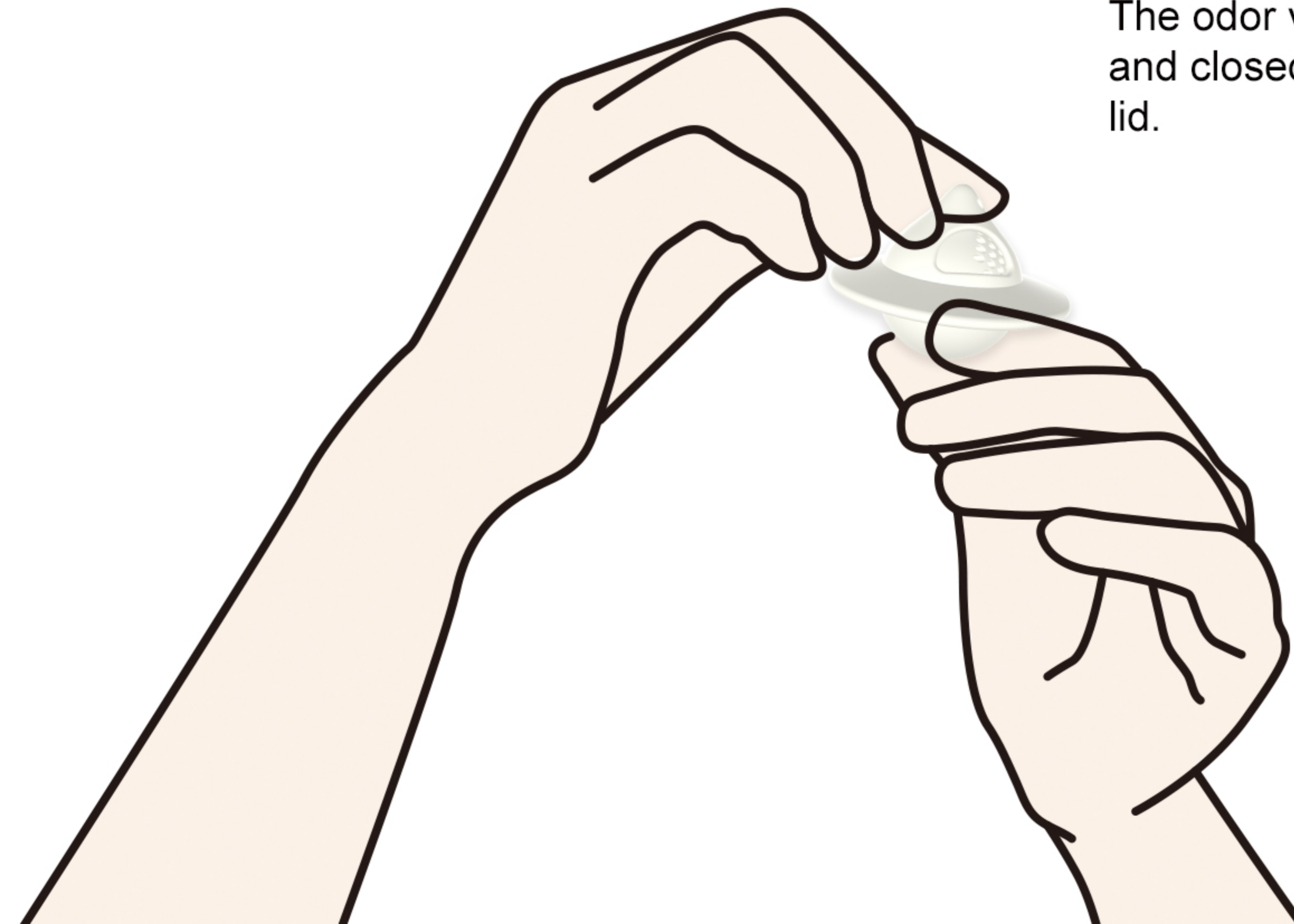
Put in a perfume bag, and the small bag can replace with your favorite tea leaf or other solid flavors. The bag can be washed or made by yourself.



Smell your favorite and familiar odors to relax.



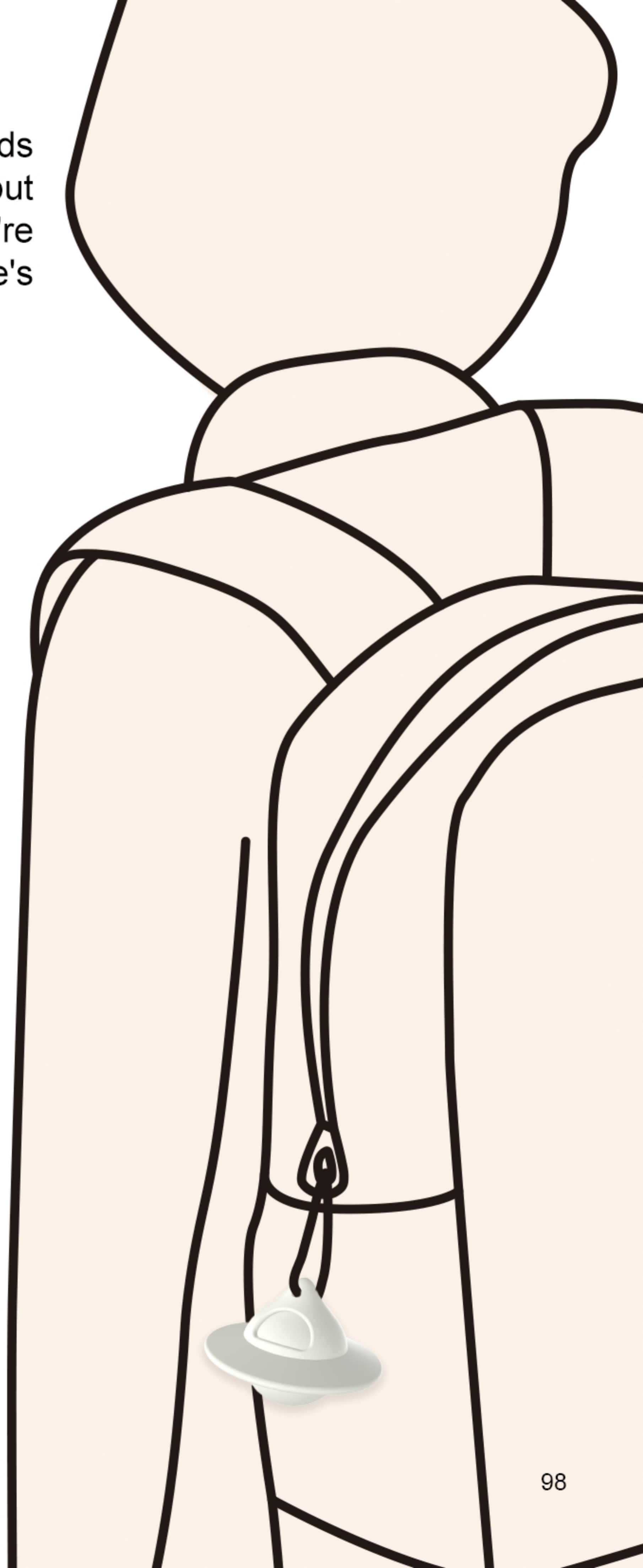
The odor valve will be opened and closed by twisting the top lid.



spinners were originally designed to help kids with conditions like autism deal with stress but they have become a popular toy and they're helping reduce stress levels too. When there's something on your mind you just spin.



Carry on this in the pocket or bag that you can touch whenever you feel disturbed or panicky.



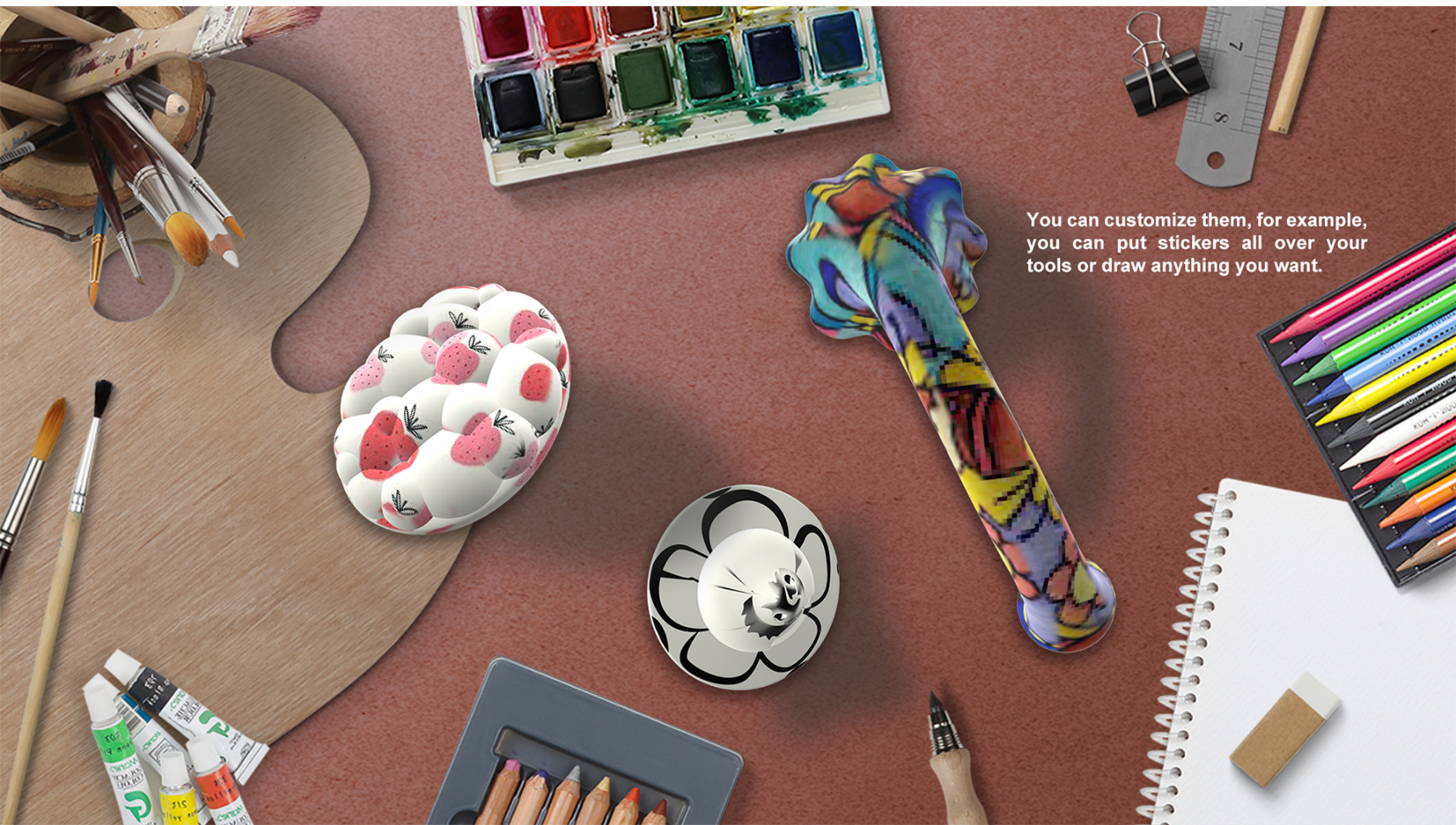


**There is a small instruction booklet with the tools.** This booklet will tell users how to use the grounding tools and the grounding theory behind these tools. Let them believe that those products are useful.

When you are in the grips of emotional overload it can be difficult to remember the things that work to you. This grounding tool kit is something prepared in advance so it's available to help you at the moment you need it. Carry a grounding object with you, to comfort and touch when you need to. You can do this any way you want, the key is to prepare something in advance.

If you feel better and don't need them anymore, you can give them to others or send them back to a non-profit organization.

Using this grounding kit as inspiration. You can create a self-grounding tool on your own. You can keep things you want to remember, a favorite picture, scented lotion all together with you. Get creative, but make it easily accessible.



You can customize them, for example, you can put stickers all over your tools or draw anything you want.

integrate into daily life and home environment



**CONCEPT 2**  
based on cognitive–behavioral therapy

# INSPIRATION

*“Life is an adventure to be explored, not a problem to be solved.”*

*—A SURVIVOR*



Maybe the process of self-healing is like an adventure, so I thought of making an adventurous card game. Learn related knowledge while playing, and also provide a communication tool for survivors and their family and friends. Just like the classic Monopoly game.



# SKETCH

后物 制

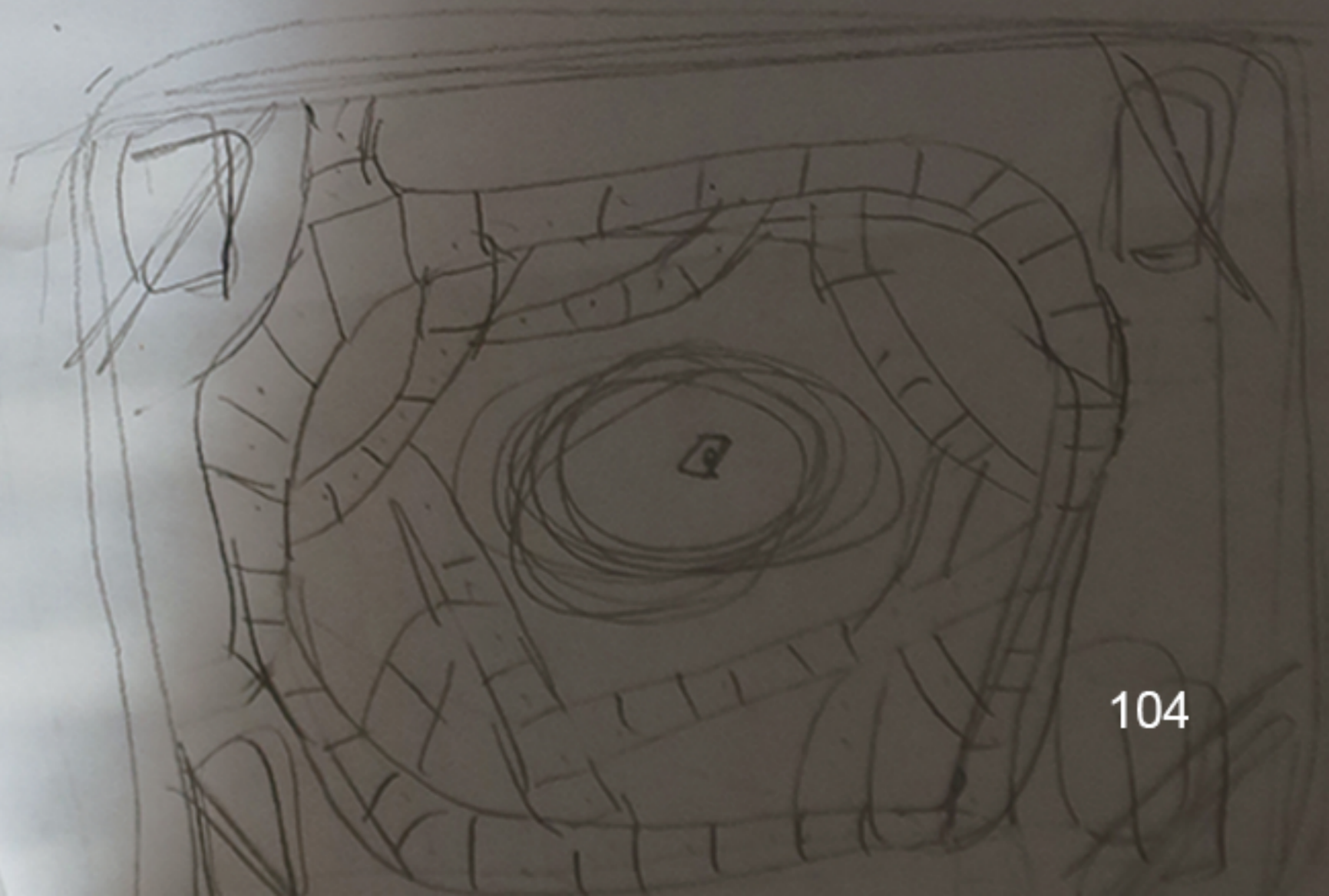


眼镜 + B



6 cm

4/10





# GAME RULE

- Place the board on the table, with the game cards face down in their allotted spaces.
- This game can be played by single or multiple players. Each player rolls the dice to see who goes first. The person who rolls the largest number goes first. Everyone starts on the space with an arrow.
- When it is your turn, roll the dice and move that number of spaces around the board.
- Depending on where you land, you will get a card and follow the instructions on the card. Cards in different colors have different contents. Sometimes you will get medals as a reward.

**There is no win or loss in this game. You can start at any time, start when you want to play, and end when you want to end.**

**Children should never feel forced to use this board game. It is important that they see it as a positive moment of “play” time.**

## **CARD**

The content on the card comes from professionals.



### **KNOWLEDGE CARD**

Learn basic self healing psychological knowledge and understanding what a survivor may be experiencing.



### **TASK CARD**

Activities that may help survivor to heal from trauma.



### **EXERCISE CARD**

Encourage survivor to think and change negative thoughts.



### **ENCOURAGEMENT CARD**

Collection of encouraging quotes and words of encouragement.

# EXAMPLE



学习一些小知识。  
Obtaining knowledge.

很多因被强奸和性虐待而产生的反应都是本能的自我保护机制。你的身心都正在对危险情况作出反应:

- 恐惧和愤怒是自我保护情感
- 不信任和健忘是自我保护想法
- 隔离和建立另一个身份是自我保护行为

Many reactions associated with rape, sexual assault or sexual abuse are natural safety mechanisms. Your body and mind are reacting to a life-threatening, traumatic situation:

- Fear and anger are protective feelings
- Caution and avoidance are protective actions
- Isolation and turning to alcohol or drugs are examples of some protective behaviours



学习一些小知识。  
Obtaining knowledge.

以下是人在创伤后作出的一些典型的反应(身体方面):

- 肌肉紧张 • 疲倦及体力透支 • 失眠
- 腹泻 • 对任何事情都不感兴趣 • 过度活跃 • 口干 • 冒汗 • 头痛头晕 • 呼吸不顺 • 胸闷 • 心跳加速 • 其他身体疼痛

Here are some typical reactions that people can experience after a trauma (physical):

- Tension in the muscles • Tiredness and exhaustion
- Insomnia • Diarrhoea • Hyperactivity • Dry mouth or problem with swallowing • Sweating • Headaches or dizzy spells • Erratic breathing • Tightness in the chest
- Erratic heartbeat or palpitations • Other physical pains



试试完成冒险任务吧。 Try to complete adventure missions.

写下积极日记: 找一个本子, 写下今天发生的令你开心的事情。比如: 我逛了我最喜欢的地方; 我终于把那堆衣服洗掉了; 我度过了没有闪回的一天。

最好养成每天记录的习惯, 当你难过或无法入睡时, 回头翻翻这本日记。

Make a positive things diary: Find a notebook and note down three positive things that have happened each day before you go to bed, e.g. I visited my favourite place, I finally did that tidying up, I got through a day without a flashback.

Best to get into the habit of recording every day. Look back through this diary when you are feeling sad, down or can't sleep.



试试完成冒险任务吧。 Try to complete adventure missions.

寻找最佳人选: 在你认识(或曾经认识)的人中, 是否有个人总是支持你、相信你? 随身携带这个人的照片或是代表物品, 当你需要时, 就可以拿出来碰碰它、看看它。

My best person: Is there a person that you know (or used to know) who supports or always supported and believed you? Keep a photograph or any symbol of this person with you always. Refer to it by looking at or touching it whenever when you require their presence.



思考一下，转变视角。  
Think to change your perspective.

你可能感到自己是异类:

- 没人懂我
- 一切都变了，再也不会和过去一样

尝试去这样想：每个人都是与众不同的。发生在我们身上的每件事都有可能让我们变得更强大。

You might feeling different:  
• Nobody understands  
• Things will never be the same

Try to think about this way: Everybody is different. Everything that happens to us has the potential to make us stronger.



思考一下，转变视角。  
Think to change your perspective.

你可能会责怪自己：

- 我本应该...
- 我本不应该...
- 我活该，因为...

尝试去这样想：是伤害我们的人选择去造成伤害。你不是那个应该被责怪的人。你当时的反应是对异常情况的正常反应，并且你活下来了。

You might blam yourself:  
• I should have...  
• I should not have...  
• I deserved what happened to me because...

Try to think about this way: The person who did that to you made the choices. You are not to blame. Your reactions were normal reactions in an abnormal situation, and you survived.



大声念出来，或者默默思考，并且要保怀信念。Read it aloud. Think about it. Believe it.

这从来不是你的错。

It was never your fault.



大声念出来，或者默默思考，并且要保怀信念。Read it aloud. Think about it. Believe it.

你并不孤单。你能够获得支持。

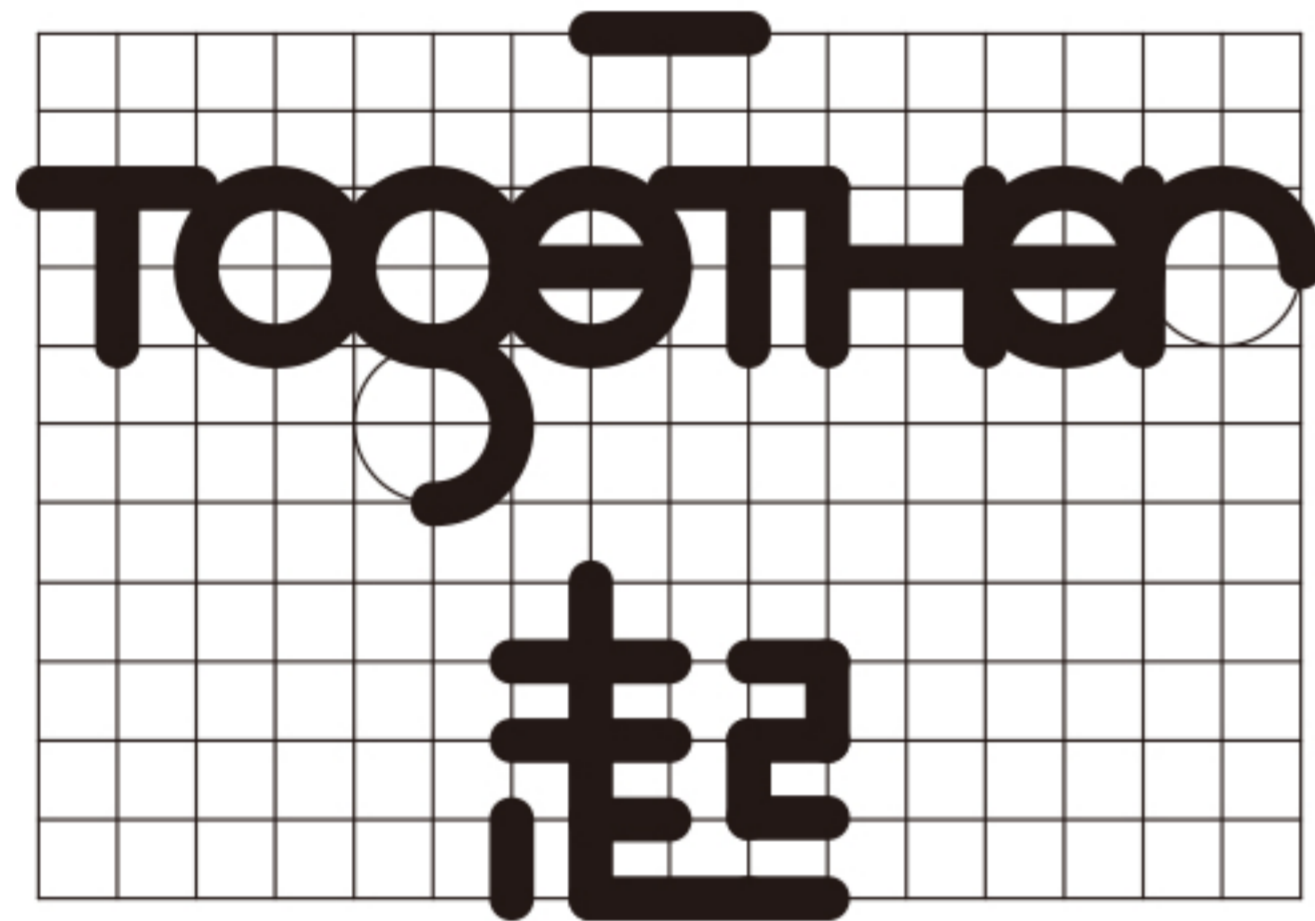
You are not alone and there is support available.

# MEDAL

The reward for play game.



# LOGO



**Meaning:** We are in this together,- family, community, school, society, and everyone. Many survivors feel lonely, I hope that this name will let them to no longer feel helpless.

From the name to the product's appearance, you can't see that it is a mental healing related product. It pays attention to privacy and does not cause stress.

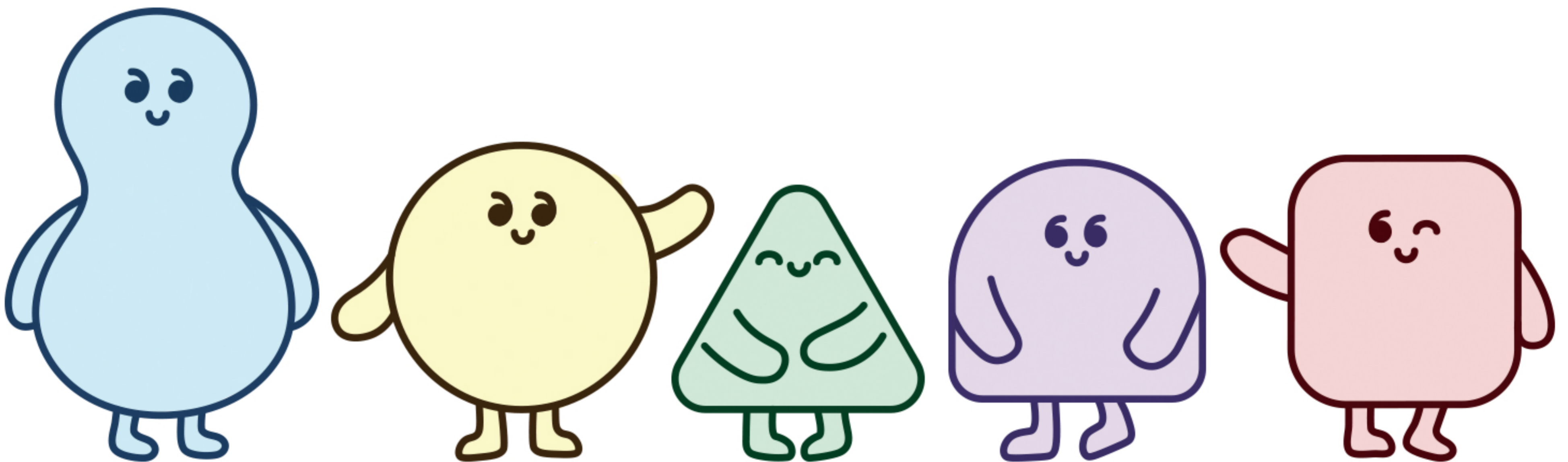


**SKETCH**



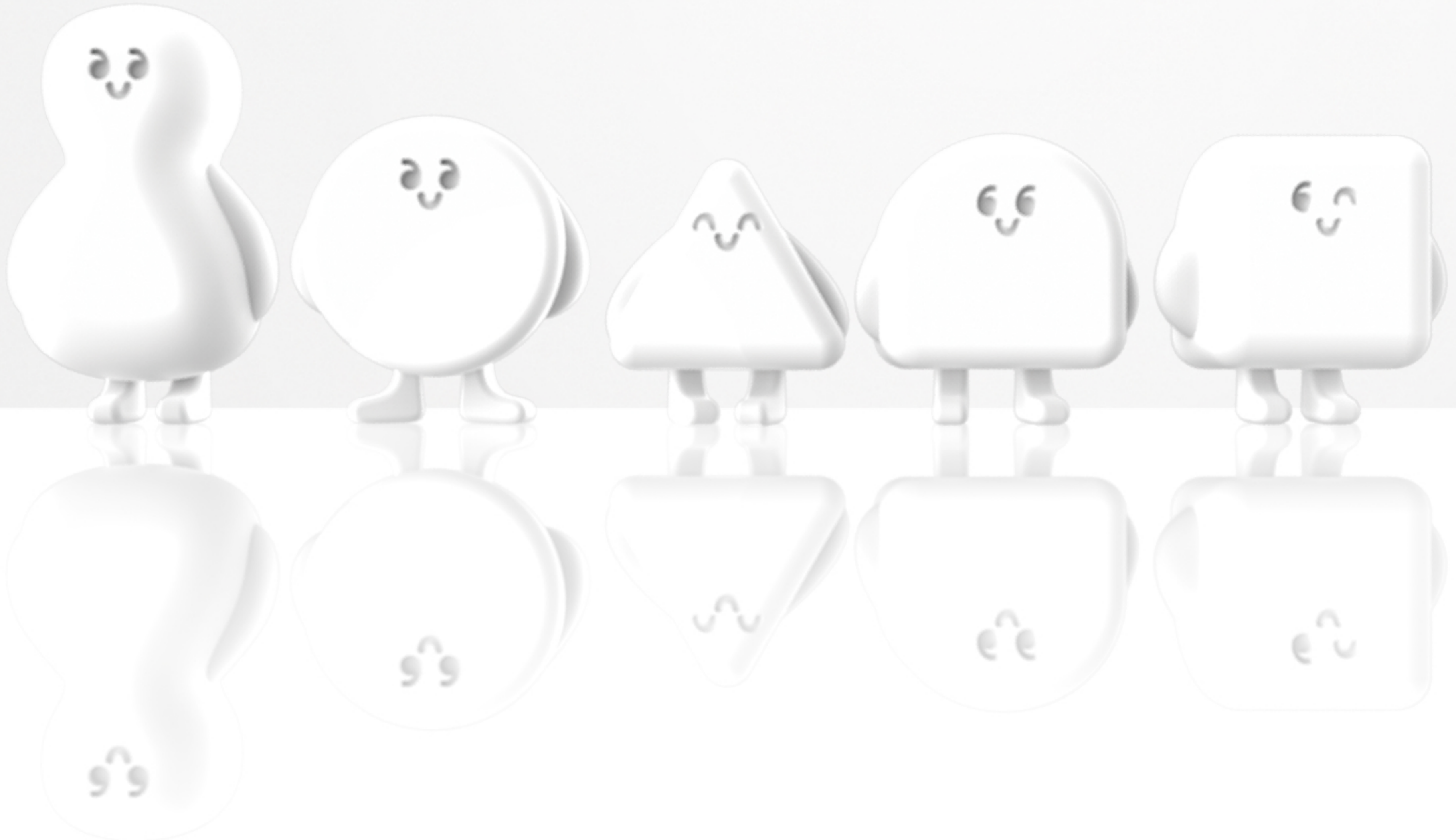
## 2D

The cartoon characters are simple with bright colors and don't have any particular gender. Smiley faces are cute and let children relax.



### 3D

Dice and chess pieces are made from recycled and recyclable plastic. The surface may enable users to customize or make changes.



## **FURTHER DEVELOPMENT**

The card game can have different themes for different target group preferences and be more diverse. For example, maybe there are lovely light style and dark style.

And it can be updated, you can download a new version from the internet.

# **PACKAGE DESIGN**

Because most of the products will send to users by mail, so I also designed the packaging. These packages can be used as storage boxes.

Online shopping is very popular in China, there are many express service companies and express delivery between cities and towns is very convenient. So even if you live in a small town or village, you can order online and have no problem with express delivery.



*express service in China*

The package usually sends directly to your home, or a self-service parcel pickup machine, or a parcel pickup site.



*home delivery*



*pickup machine*



*parcel pickup site*

However, **many express service companies can't deliver packages to some extremely remote areas**, they can only send the package to the post office in a larger nearby town, so people need to pick up by themselves. This is why it is necessary to send large quantities at once and then distributed products to nearby villages by the local women's federations or other public welfare organizations.

Photo source:

<http://yz.cnnb.com.cn/system/2019/04/24/030046377.shtml>

[https://m.sohu.com/a/198715083\\_99958329](https://m.sohu.com/a/198715083_99958329)

<https://www.douban.com/group/topic/120801027/>

# ECO-FRIENDLY PACKAGING

What is Eco-Friendly Packaging?

Eco-friendly packaging is a form of environmentally-friendly packaging often made of recycled or renewable materials that's safe and sustainable for both individuals and the environment<sup>[1]</sup>.

Recycled cardboard and wrapping sheets are all readily available, being industry standard and made from earth-friendly organic materials. Using them can have an instantly positive impact on the environment, as millions of tons of cardboard boxes are thrown away as garbage every year. Using recycled cardboard and paper will lessen this load and can decompose easily, keeping the planet healthy.

## **1. Recycled carton box**

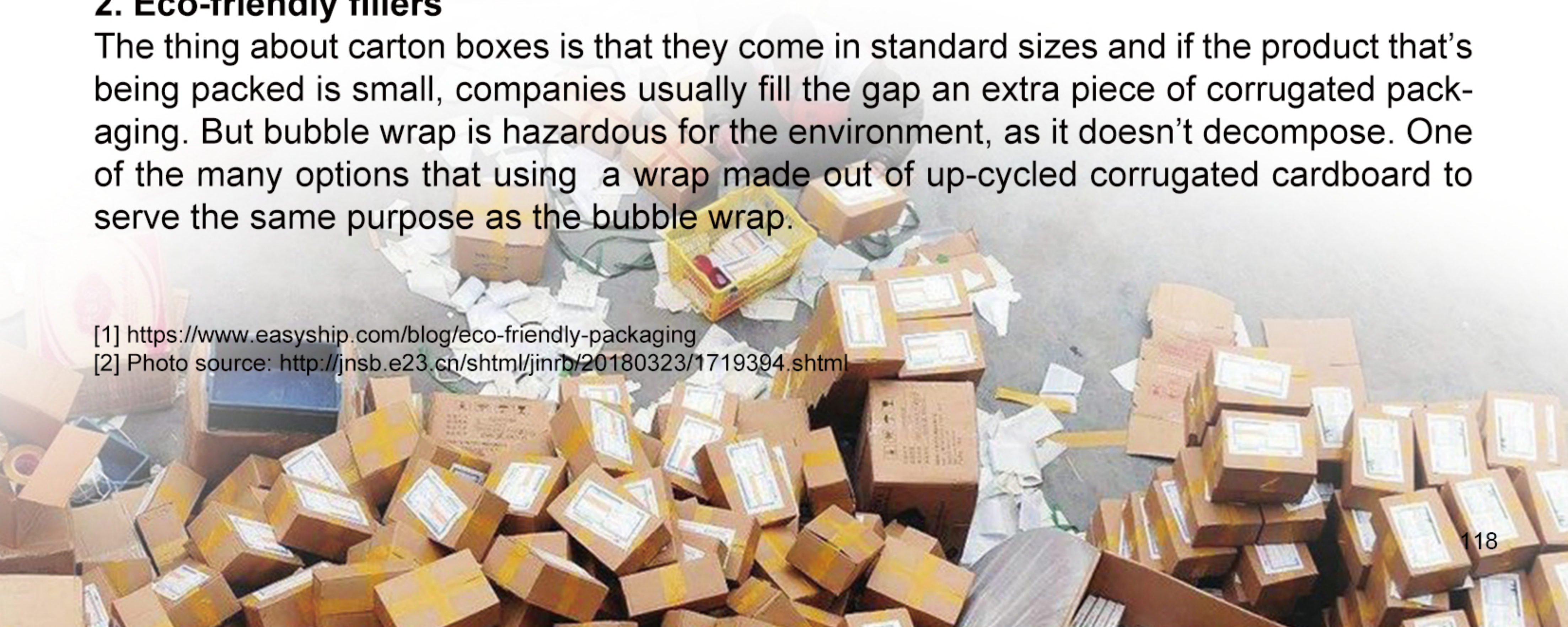
Recycling carton boxes is one of the cheapest and easiest recycling processes and this is why recycled and eco-friendly packaging is so cheap and common these days. By replacing plastic packaging with eco-friendly cartons, not only will be able to reduce its costs but it will also help save the planet at the same time.

## **2. Eco-friendly fillers**

The thing about carton boxes is that they come in standard sizes and if the product that's being packed is small, companies usually fill the gap an extra piece of corrugated packaging. But bubble wrap is hazardous for the environment, as it doesn't decompose. One of the many options that using a wrap made out of up-cycled corrugated cardboard to serve the same purpose as the bubble wrap.

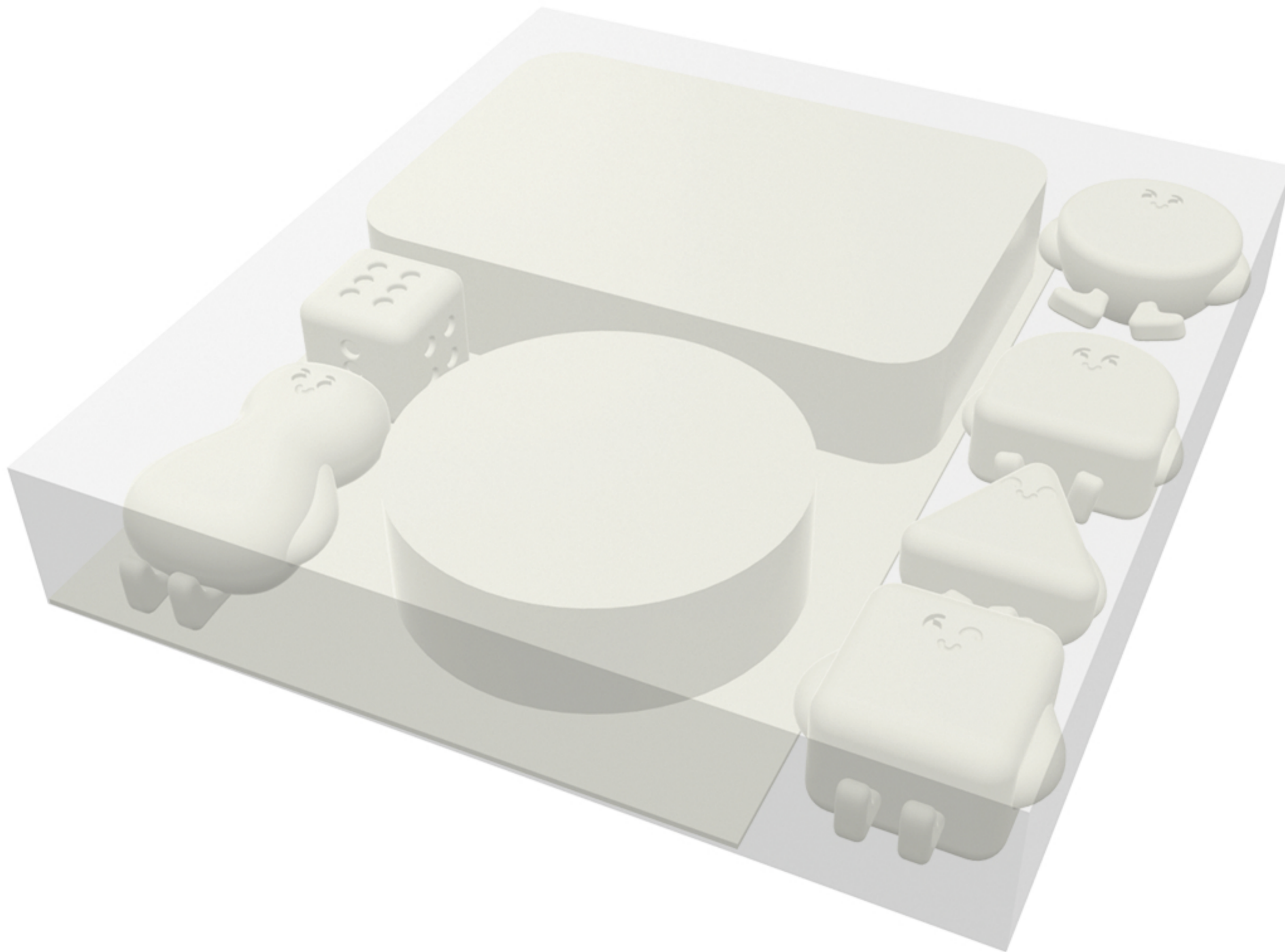
[1] <https://www.easyship.com/blog/eco-friendly-packaging>

[2] Photo source: <http://jnsb.e23.cn/shtml/jinrb/20180323/1719394.shtml>

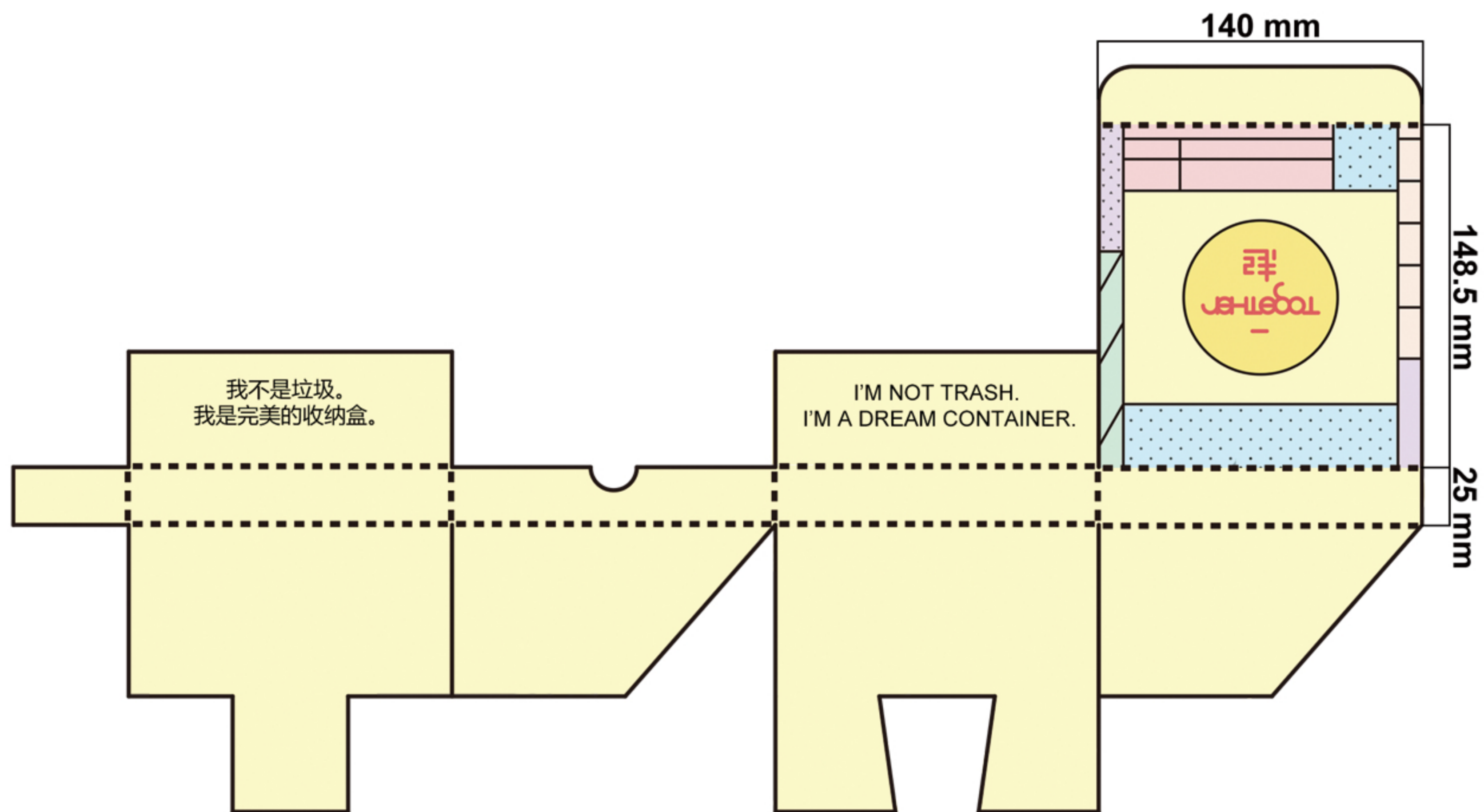


### **Basic set - card game**

There is an only card game in the small package, and the number of such distributions will be large. I hope to distribute one million copies.



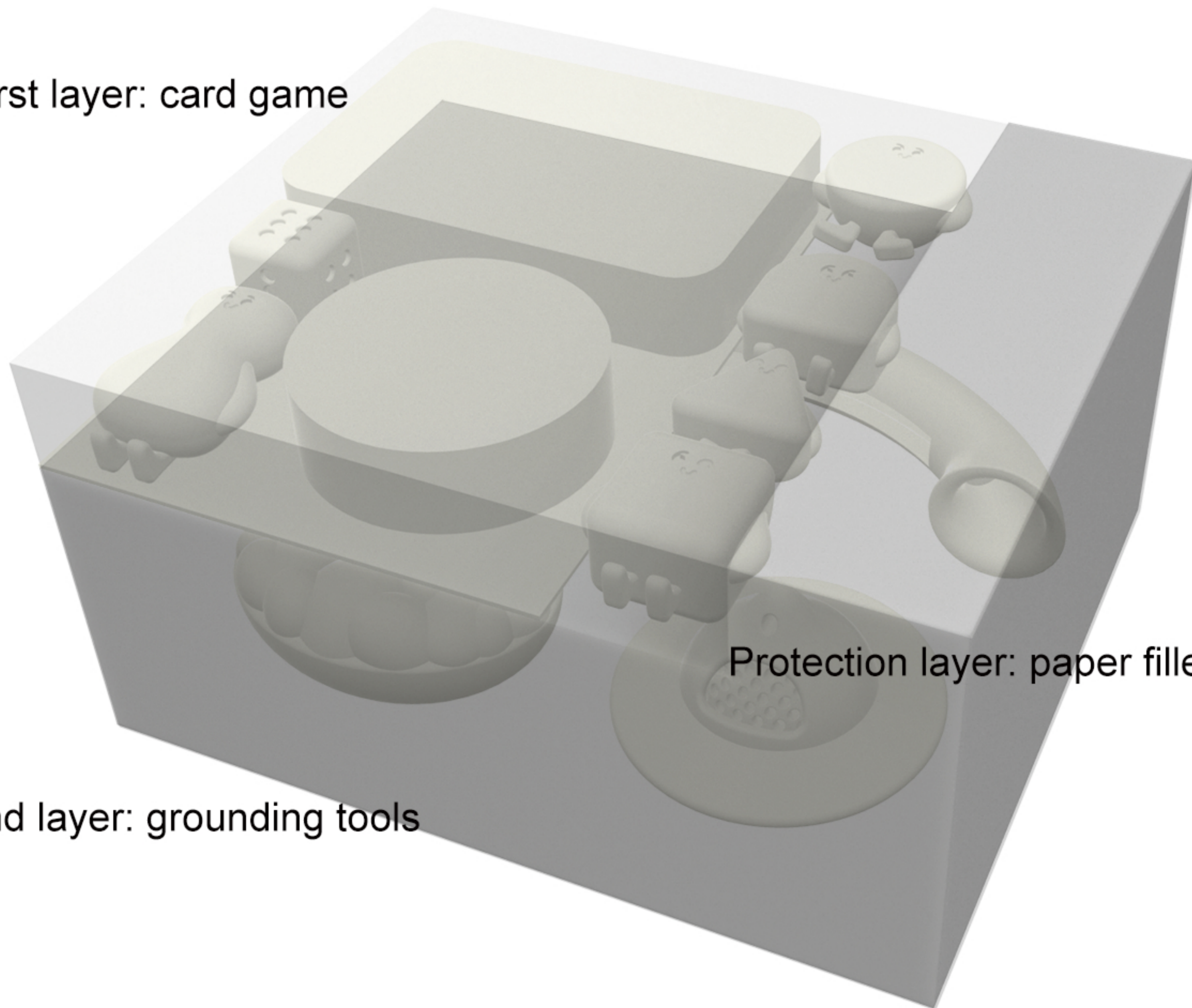




**Plus set - card game + grounding tools**

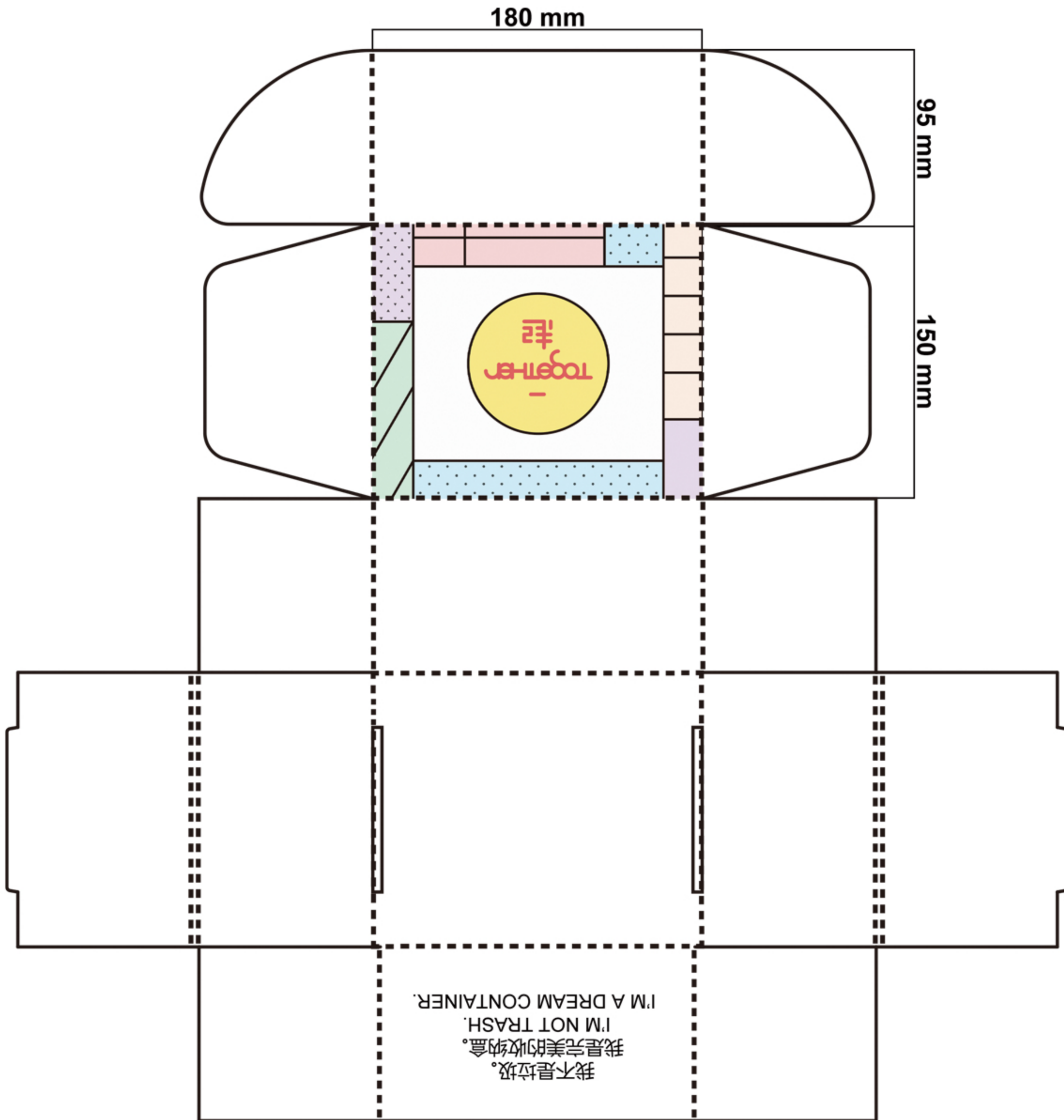
There are grounding tools and the card game in the big package. Larger packages have a small number and will be distributed in a targeted manner.

The first layer: card game



Protection layer: paper fillers

Second layer: grounding tools



# IMPROVEMENT

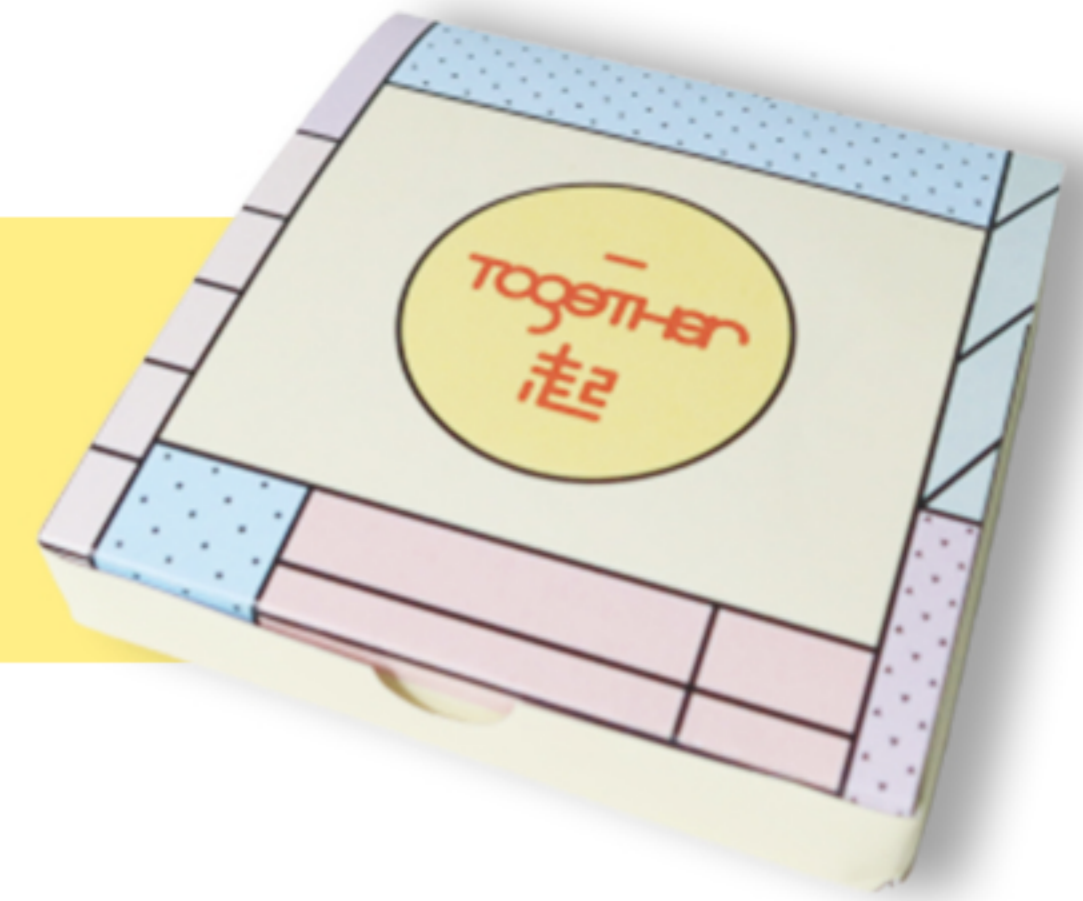


Because the package can be used as a storage box for a long time, but the package may cause some damage during long-distance transportation, and it is excessive packaging if add another layer of the shipping box, so the package needs to be durable and strong.

The screenshot shows the SF Express website interface. At the top, there is a navigation bar with links for Home, Logistics, Finance, Case Sharing, Service & Support, and About Us. Below the navigation bar, there is a banner with the text 'You can find everything in SF support! We look forward to providing you better online service'. Underneath the banner, there is a menu with links for Rates & Transit Time, Service Coverage, Service Points, International Pickup/Delivery Standards, Exchange Rates, COD bills, COD billing System, Commonly Used Forms, and Customs Clearance Service. The main content area features a 'Rates & Transit Time' calculator. The calculator has the following fields: Origin (Beijing-ChaoYang), Dest (Shanghai-HongKou), Weight (0.5 kg), and Ship Time (Immediately). A 'Search' button is located at the bottom of the calculator. There is also a link to 'Get China Outbound Transit Time'.

Postage is based on distance and weight, so make the package as light as possible to reduce the cost of postage.

## Basic set - card game



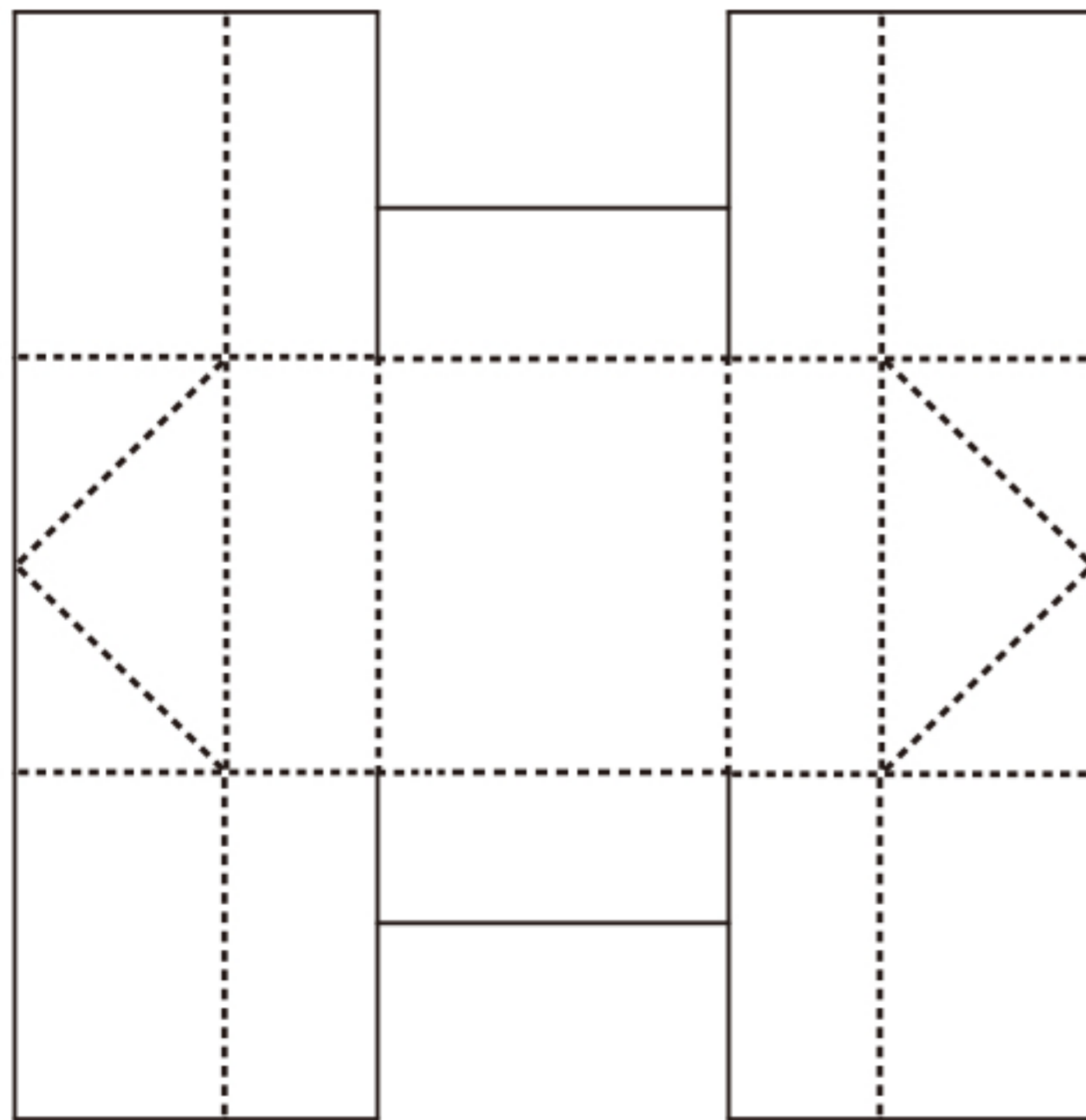
There's an extra layer in the small package with some encouraging sentences and game instructions. This box will be distributed in schools or other public places.





## Plus set - card game + grounding tools

In the big box, there is an extra support box inside the large package, it will help to protect the outer package from damage in transit, and also to protect the grounding tools inside.





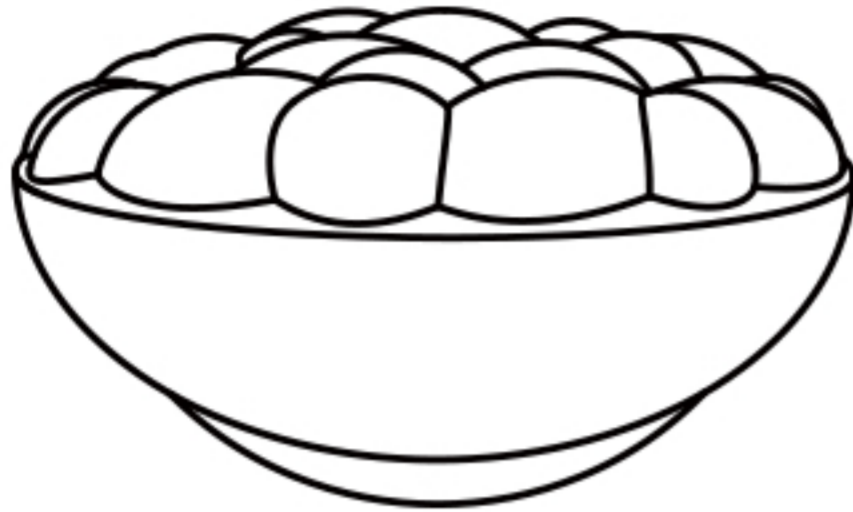
There are some paper fillers inside to protect grounding tools from bumping into each other.



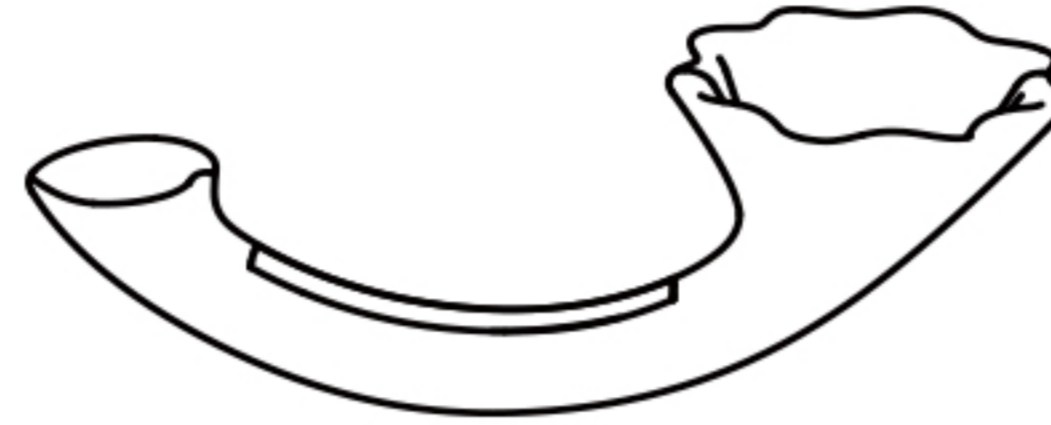
The slogan on the box reminds users to use the box as a storage box.

# PRODUCT REQUIREMENTS

I listed up all product requirements to check my product design.



**tool 1: bubble**



**tool 2: lotus leaf**



**tool 3: UFO**

Light and small  
Easy to produce  
Low cost  
Portable  
Recyclable  
Non-toxic material  
Can be mailed in a carton paper box  
Not easy to break, durable  
Easy to hold in hand  
Fits most children's hand size  
Smooth without harming the skin  
Can be customized

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washable

**Each object is made from a same material.**



## **card game**

Simple production and low cost  
Hard paper,durable  
Recyclable  
With cartoons and colorful  
Easy for children to understand  
Interaction with others  
Can be printed by themself

## **packaging box**

Simple production and low cost  
Hard paper,durable  
Recyclable  
Available for mailing  
container

**Because of the very limit in budge, cost balance is very important. The design of the products should fit the cost, so every object cannot be too complicated. The whole kit should affordable to produce.**

# THE FINAL CONCEPT



I designed this self healing kit. It's a box that contains different things. When I finished the initial physical models, I prepared a user test.

# USER TEST



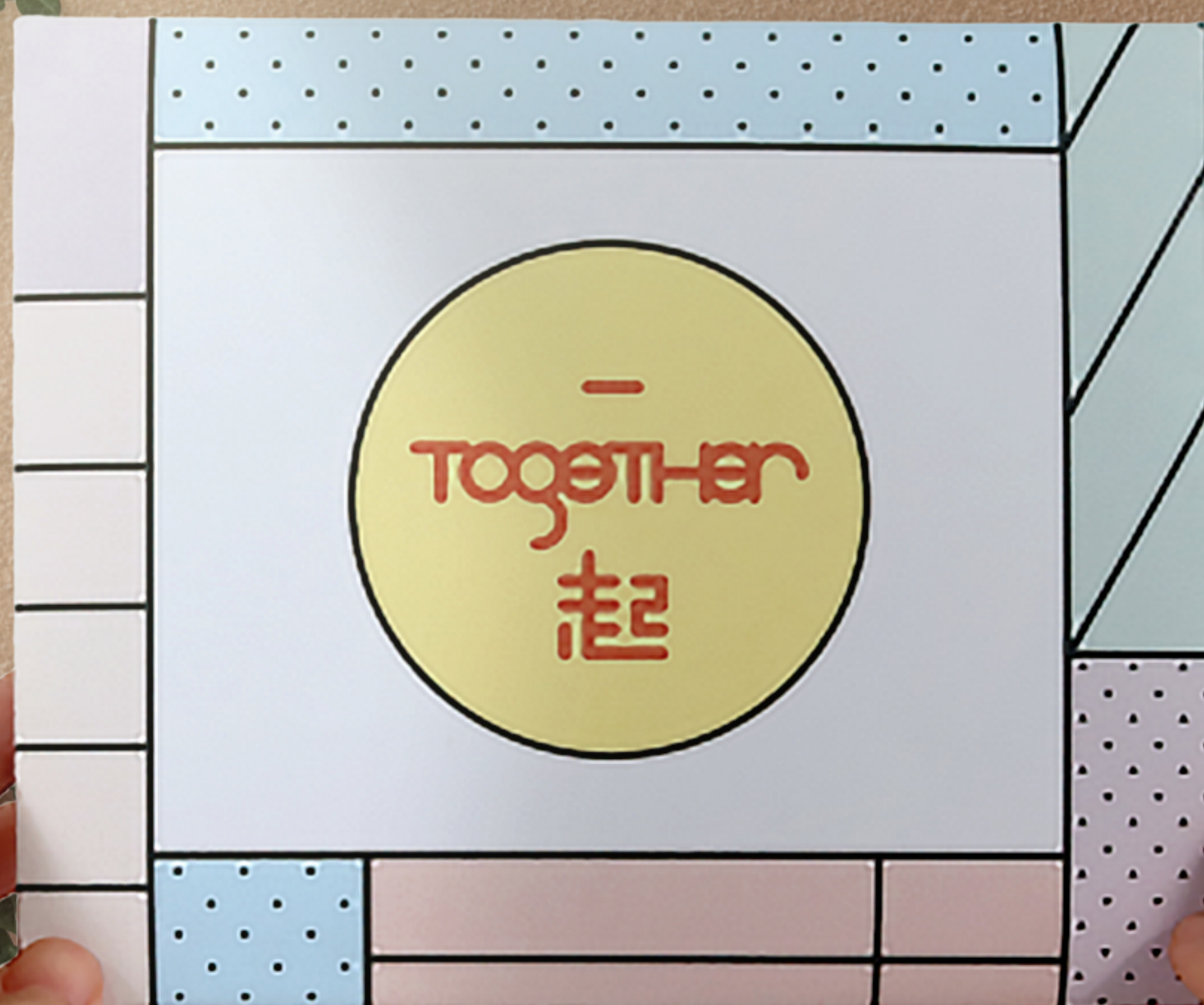


They used the product without any instructions. Although they could not understand exactly what it was for, they could find out how to use it according to the product form.



They are more enthusiastic about the card game because this game format is familiar and they like the color pattern.

# Mental health recovery toolbox for sexually abused children in China

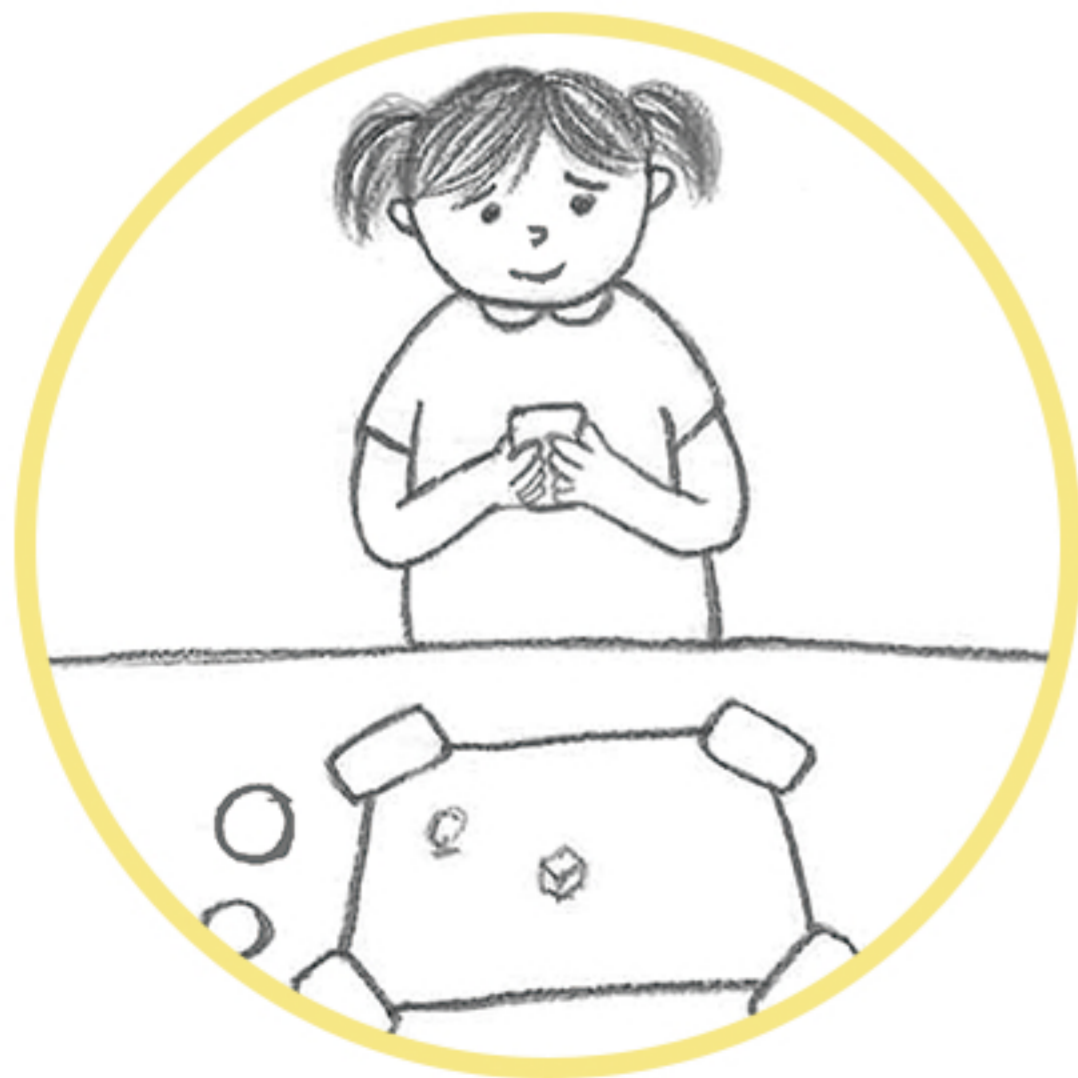


# USER JOURNEY - 1

## Jie's story (9)



1. After she received short-term assistance, the social worker had to leave. But local schools have successively received card game box set and provided it to anyone who wants to get it for free. Jie got one in her school.



2. She tried this game a few times, then she knew how to deal with her negative emotions, such as anger and sadness, and she also understood that what she suffered was not her fault...

# USER JOURNEY - 2

## Lang's story (14)



1. When she searched for help on the internet, she found this product, so she ordered it with a try.



2. She didn't believe it when she first got it, but she still decided to give it a try.





3. When she wanted to self-harm, she would use grounding tools to relax her mood.



4. She tried the card game and she knew that she was not crazy. This was the normal reaction of people after receiving trauma, and she knew how to heal herself. She began to feel confident.



5. She decided to tell the secret, and she knew it was never too late to tell.

# USER JOURNEY - 3

Mr. Hu (40) and his daughter (13)'s story



1. He saw this self-healing product on the Internet and decided to order a set for his daughter.



2. He played the card game with his daughter. He understood that what he had said had caused a second injury to his daughter. He also handled his emotions and actively treated his daughter's self healing.



3. His daughter learned to use grounding tools.



4. Gradually his daughter was willing to talk to him.

## **PROVIDE EDUCATION ABOUT TRAUMA REACTIONS AND HOPE FOR FULL RECOVERY**

Sexually abused children can sometimes struggle to do things to care for themselves. The demand for help was so great. Although effective treatments have been developed, they are not widely available, and sometimes when children try to help themselves they often make matters worse. This self-healing kit is for survivors of sexual abuse who want to understand and process their reactions to their experiences.

Throughout this kit, I want to remind them that they deserve to take care of themselves and to live a fulfilling life. Recovery isn't an overnight thing so go easy on themselves, be patient, and use those products. Everyone's experience is different. Working out which parts of this kit work for them is a positive move towards understanding themselves and their reactions.

Conveying information about common reactions to trauma can be helpful, not only to the child but also to the people around him or her, including parents, teachers... Knowing what to expect and what reactions are most common can relieve adults' worries that the child will not recover or will be damaged forever. This information can also be useful before a traumatic event, and thus can be used in a preventative format. It is important for adults to know that children and adolescents understand and respond to traumatic events based on their developmental level. If the individuals in a child's support system understand his or her behavior and distress as normal reactions to abnormal events, they can better support the child during the recovery period.

Children and families are not always ready for treatment when it is offered, and some may prefer not to engage in treatment at all. Particularly when traumatic events have led to other stressors or secondary traumas, the family may be focused on getting through these problems before they have the energy to turn to mental health needs. If children and families can't get help from specially trained mental health professionals, this product is an option for them.

I hope this product can help more survivors of sexual assault. Those who have nowhere to ask for help, and who can only suffer in silence, have the opportunity to change. Too many people cannot get help. And through this design, I hope that parents and society can pay more attention to childhood sexual abuse. At the same time, it is also to prevent the occurrence of such tragedies, so that every child can grow up healthy and happy.



# PART 7 PHOTO

陆技巧  
技巧对那些时常陷入自疑、闪回、思维和任何极端情绪的人  
大帮助。着陆技巧会使用你的五感——听觉、视觉、味觉、嗅  
觉和触觉来帮助你回归现实，理解极端情绪。

着陆工具  
当你陷入极端情绪时其实很难记起如何恢复。如何回到现实，而  
这些着陆工具会在你需要的时候帮助你。它们是现成的，你可以  
随时使用。而且这些工具很小巧，你可以根据自己的需求随身携  
带。你可以自定义它们，但最重要的是提前准备好。

如果你觉得这些工具对你没有用处，或者感觉并不好，你可以把  
它们赠送给别人。或者将其送给一些非营利组织，告诉他们为  
什么，并且他们会帮助你。

你也可以使用这些工具作为灵感去创作属于自己的独一无二  
的着陆工具。比如你可以将所有你想要记住的东西，喜爱的图片，  
香薰乳液之类的放在身边，发挥创意，但不要太过复杂。













再前进一步  
TWO STEPS  
FORWARD

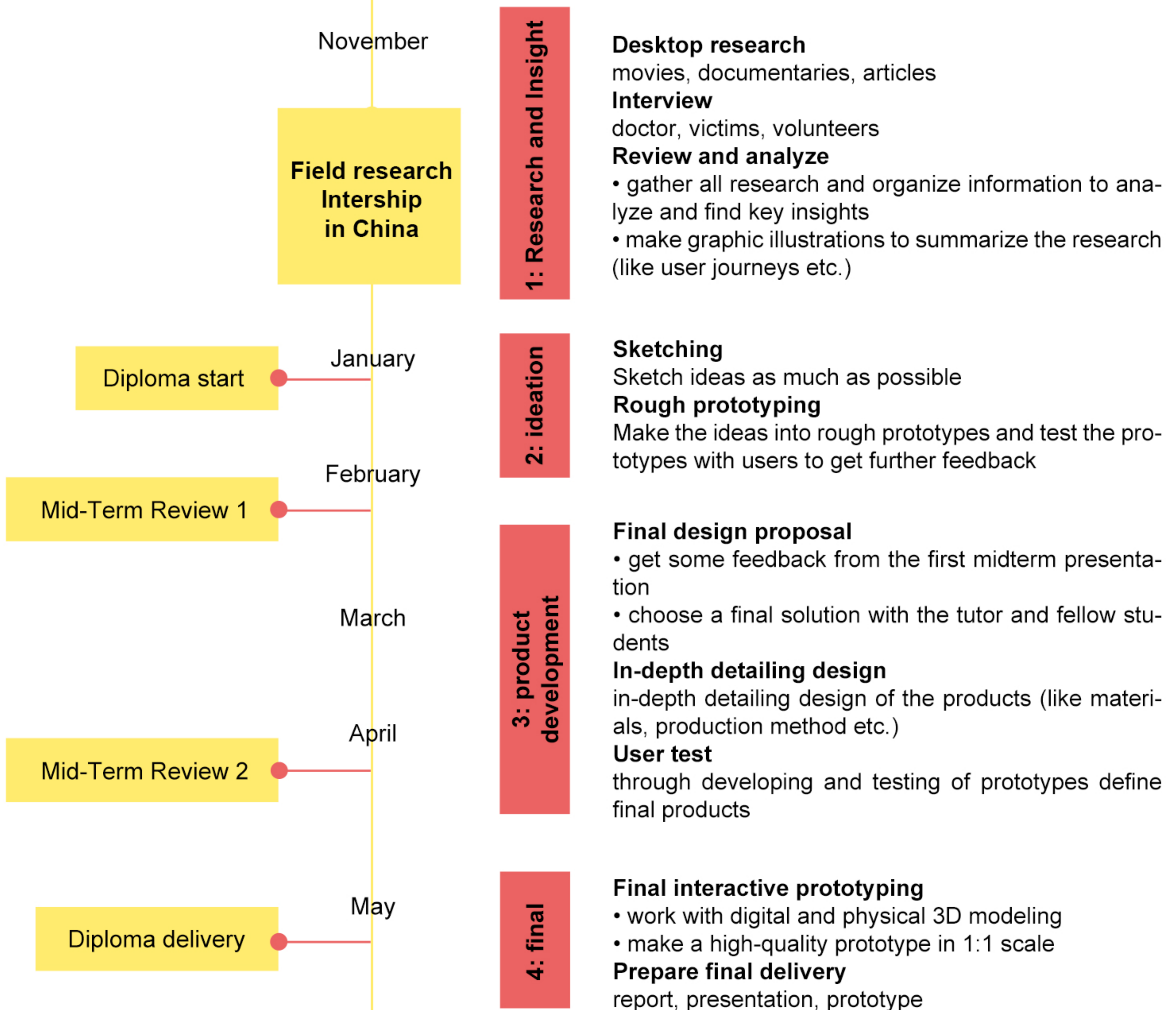
换个方向  
TURN AROUND

获得一枚  
勋章  
EARN A  
WARRIOR  
MEDAL





# TIMEPLAN



**Can a child recover  
from the effects of  
sexual abuse?**

**Yes, with help and un-  
derstanding, children  
can heal.**

**THANKS!**