Do you know who abusers are likely to be?

Sexual abusers can be anyone – men, women, young people, children, family members, friends or professionals known to a child.

They are people we know, people we care about, people from all classes, cultures and backgrounds.

“He looks so ordinary and is great with kids. I’d have never recognised him as an abuser.”
Mother of 7-year-old boy abused by a neighbour

Do you know how they do it without you knowing?

By justifying their behaviour to themselves.

By getting close to children and adults – using the grooming process to build a relationship with the child and the caring adults who want to protect them, presenting themselves as trustworthy.

By silencing children – through gifts, treats and threats about what will happen if the child says ‘no’ or tells someone.

Do you know why children don’t tell or ask for help?

Children don’t tell for a variety of reasons:

• They’re scared they won’t be believed
• They’ve been threatened or bribed
• They’re too embarrassed
• They’re too young to know it’s wrong
• They may have additional needs
• They’ve been told to keep it secret

Do you know what to do if you’re worried about a child? Let’s talk about it.

If you have concerns, don’t ignore them. You may like to talk about it before deciding what to do. There are people to help you:

Stop It Now! helpline
to speak in confidence
0808 1000 900

NSPCC 24 hour helpline
0808 800 500

Social Services
You can contact your local authority on their main number and ask for Children’s Services for professional help/advice from a social worker.

If a child is in immediate danger

call the police on 999

If you are unsure or worried about any issues relating to child sexual abuse, our experienced advisors at Stop It Now! will talk to you and offer confidential advice on what steps you could take.

Helpline: 0808 1000 900
stopitnow.org.uk
parentsprotect.co.uk
lucyfaithfull.org.uk
@StopItNowWales

For more information visit stopitnow.org.uk/wales

Did you know most victims of child sexual abuse never tell and can’t ask for help? It’s time we talked about it.

This leaflet aims to help you understand the risks and how we can prevent abuse from happening to our children.
Do you know the key facts?

- There is no typical abuser - abusers come from all walks of life
- 1 in 3 children sexually abused by an adult do not tell anyone
- 4 in 5 children abused by a peer told no one else at the time
- Only 1 in 8 sexually abused children are known to the authorities
- 9 in 10 sexually abused children are abused by someone they know
- Around a third of sexual abuse is committed by other children and young people
- Disabled children are over 3 times more likely to be abused than non-disabled children

Do you know the signs to watch out for in children and young people?

Children often show us, rather than tell us, that something is upsetting them. There may be many reasons for changes in their behaviour, but if we notice a combination of worrying signs, it may be time to seek help or advice.

- Unexpected change in behaviour or personality
- Having nightmares
- Unaccountable fears of people or places
- Becoming secretive
- Physical signs, unexplained soreness or bruises
- Inappropriate affection
- Unexplained money or gifts
- Outbursts of anger
- Becoming withdrawn

Do you know what to do if a child tells you about abuse? Let's talk about it.

1. Respond with care and urgency
2. Believe the child
   If a child trusts you enough to tell you about abuse, you must remember that they rarely lie about such things.
3. Be supportive
   Do not dismiss their claims or put them off talking about it.
4. Stay calm
   If you get angry, the child may think you are going to punish them. This will play into the hands of the abuser who warned the child not to tell.
5. Be caring
   Make sure the child knows you love them and that they have done nothing wrong - and keep telling them. Make sure the child knows they were right to talk about it.
6. Face the problem
   Adults must protect the child at all costs and place responsibility appropriately with the abuser.
7. Re-establish safety
   Do what is necessary to protect the child from further harm. Put into place a Family Safety Plan (see below).
8. Get help
   We have professionals who can help guide you towards safety and healing (see back of leaflet).
9. Do not despair
   Children can and do recover from sexual abuse.

Information on creating a Family Safety Plan can be found on our Parents Protect! website: parentsprotect.co.uk