

The logo features a vertical rectangular background with a color gradient from dark blue at the top to bright green at the bottom. The background is composed of a mosaic of irregular, overlapping geometric shapes in various shades of blue, purple, and green. The text is white and positioned in the lower-left corner of the logo.

Centre of  
expertise  
on child  
sexual abuse

1-DAY MULTIAGENCY INTRA-FAMILIAL CHILD SEXUAL ABUSE TRAINING

# Resources for Parents and Carers – Child sexual abuse

## Preventing sexual abuse

[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) - This is an information and resources website, part of the Lucy Faithful Foundation, which aims to raise awareness about child sexual abuse, answer questions and give adults the information, advice, support and facts, they need to help protect children. It includes an online learning programme about child sexual abuse for parents. It also has links to lots of different resources.

[www.stopitnow.org.uk](http://www.stopitnow.org.uk) - Stop it Now! UK and Ireland is a child sexual abuse prevention campaign, also part of the Lucy Faithfull Foundation above. They support adults to play their part in prevention through providing sound information, educating members of the public, training those who work with children and families and running a Freephone confidential helpline. People who are worried about their own, or someone else's sexual behaviour can call this helpline too.

[www.theupstreamproject.org.uk/](http://www.theupstreamproject.org.uk/) - Upstream is an online resource for everyone (not necessarily living in Scotland) – you may be a professional looking for advice or a member of the public who is uneasy about how an adult behaves around children; someone that works directly with children; or a parent who wants to protect your children on line. It will give you the tools and support to enable you to prevent child sexual abuse. You can learn about, identify, prevent and act upon child sexual abuse.

<http://keepkidssafe.org/talk-about-sexual-abuse-safety/> - Advice for talking to your children about sexual abuse safety.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/> - the 'Pants Rule' – advice and video to teach children about private parts and what to do if someone breaks the 'pants rule'.

<https://www.parentsprotect.co.uk/books-to-share-with-children.htm> - books to share with children of different ages. Using some of these books can help you start some really important conversations with your children. However, before you read them with your child read them through yourself first, so that you can judge if the information is appropriate for your child and so you are familiar with the story. Finally, see these stories as a springboard to further conversation, discussion and continued teaching and learning.

## Online Safety

<https://www.thinkuknow.co.uk> - website offering advice to children, young people, parents/carers and professionals about keeping children safe from harm on the internet and through other technology. Useful links for children and young people according to age range.

[www.internetmatters.org](http://www.internetmatters.org) -An internet portal which aims to direct parents and carers to credible information on how to keep children safe online.

<https://www.saferinternet.org.uk/> - This is a partnership of 3 leading organisations: Childnet International, Internet Watch Foundation and SWGfL, to promote the safe and responsible use of technology for young people. The centre has 3 main functions: (1) to provide advice and support to children and young people, parents and carers, schools and the children's workforce; (2) Helpline: to provide support to professionals working with children and young people with online safety issues, and (3) an anonymous and safe place to report and remove child sexual abuse imagery and videos, wherever they are found in the world.

<https://www.childnet.com/parents-and-carers> - a website offering information and advice about keeping your children safe on line.

[www.thatsnotcool.com](http://www.thatsnotcool.com) - This website has been created to help young people and their parents understand how mobile phones, instant messaging and online profiles are all digital extensions of who

we are. It aims to provide young people with information the tools to help people think about what is, or is not okay in their digital relationships and the tools to resist peer pressure.

[www.google.co.uk/familysafety](http://www.google.co.uk/familysafety) - Provides parents and teachers with practical tools to help them choose what content their children see online. Look out for the video tips on how to set up safe searching on Google and YouTube.

*Advice for parents of children with special needs:*

[www.cerebra.org.uk](http://www.cerebra.org.uk) - Learning Disabilities, Autism and Internet Safety: A Parent's Guide This guide has been produced by Cerebra for children with special needs.

## If your child has been sexually abused

[www.mosac.org.uk](http://www.mosac.org.uk) – Mothers of Sexually Abused Children - This website is an resource for parents of children who have been sexually abused. They have a number of factsheets to support parents in responding appropriately to disclosures; supporting their child in the aftermath of abuse; and, the legal process. They also have booklists for children and young people who have been abused and their non-abusing parents.

[www.paceuk.info](http://www.paceuk.info) – Parent's against Child Sexual Exploitation UK. Pace offers one-to-one telephone support, national and local meet-ups with other affected parents and information on how parents can work in partnership with police and social care. They have an online forum and an advice centre and they accept referrals from professionals as well as parents themselves.

[file:///C:/Users/anna.glinski/Desktop/Leads%20Pilot%20Programme/Programme%20content/Sessions/Session%201%20-%20scale%20nature%20and%20impact/Helping\\_Traumatized\\_Children\\_Caregivers\\_Perry1.pdf](file:///C:/Users/anna.glinski/Desktop/Leads%20Pilot%20Programme/Programme%20content/Sessions/Session%201%20-%20scale%20nature%20and%20impact/Helping_Traumatized_Children_Caregivers_Perry1.pdf)  
- An overview for caregivers for helping traumatised children.

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