

## FURTHER HELP AND SUPPORT

**Pace:** Parents against child sexual exploitation helps parents across the UK understand what is happening to their child and how they can leave exploitative relationships. [www.paceuk.info](http://www.paceuk.info)

**Parents Protect:** helps parents and carers protect children from sexual abuse and exploitation by providing child safety resources. [www.parentsprotect.co.uk](http://www.parentsprotect.co.uk) Tel: 0808 1000 900

**The Children's Society:** Provides useful information and resources in relation to CSE. [www.childrenssociety.org.uk](http://www.childrenssociety.org.uk)

**CEOP:** Provides information, advice and resources for supporting your child with their online safety [www.ceop.police.uk](http://www.ceop.police.uk)

**Brook:** Provides useful guides to sexual health and wellbeing [www.brook.org.uk](http://www.brook.org.uk)

**BISH:** Provides useful guides to talking about sex, relationships and pornography with your teenager [www.bishuk.com/parents](http://www.bishuk.com/parents)

**NSPCC:** provides a wide range of services including information for parents on their website and a helpline number. [www.nspcc.org.uk](http://www.nspcc.org.uk) parent helpline: 0808 800 5000

**YMCA  
DOWNSLINK GROUP**



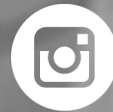
**YMCA WISE PROJECT**

Supporting children and young people to stay safe

FOR MORE  
INFORMATION PLEASE  
SEE OUR WEBSITE:  
[www.ymcadlg.org/wise](http://www.ymcadlg.org/wise)



**THE WISE PROJECT**



**@YMCAWISE**



**@THEWISEPROJECT**

**YMCA WISE PARENT  
AND CARER'S GUIDE TO  
COPING WITH CHILD  
SEXUAL EXPLOITATION  
PART 2**

## What can I do to help?

- Keep a diary: make a note of car registration numbers, addresses, names as well as changes in your child's mood or behaviour.
- Notify agencies: if you suspect or know your child is being exploited inform the police, GP, school and Children's services.
- Familiarise yourself with procedures and language: Find out about the procedures Children's services and police will follow as well as the language they may use to help prepare yourself.
- Get in touch with organisations that provide support: e.g WiSE, Pace
- Have indecent images removed: images can be removed by authorities such as the Internet Watch Foundation [www.iwf.org.uk](http://www.iwf.org.uk)
- Remind your child they are loved: a parent's constant presence and assurance of love can help prevent the child developing sole dependence on the abuser. If you can isolate the child from the abuser help them come to terms with their trauma through therapy and being surrounded by healthy relationships.
- Work together as parents: although this may be difficult due to the stress the abuse puts on the family it is important to work together as perpetrators will look to exploit every vulnerability. Trust each other's instincts and listen then form a shared plan.
- Missing episodes: have a plan in place that may include one parent staying at home and contacting people while the other goes out looking.
- Praise siblings positive behaviour: ensure you reward siblings positive behaviour as much as you discuss exploited child's negative behaviour.
- Spend quality time with each child individually: It is important to spend time alone with both your exploited child and their siblings to ensure good relationships.
- Be open and honest: although it may be difficult to talk about sexual exploitation with your children it is important they have an understanding of what is happening.
- Seek support for own health: see your GP to get appropriate support for your own physical or mental health as if you are unwell you will be unable to help your child.
- Take regular, protected me time: dedicate some time each week to do some exercise or relaxation activity where you do not have to think about the exploitation.
- Ask for flexible hours at work: It may be possible to work your hours more flexibly to fit in with the demands on you at home.
- Unpaid leave: You may be able to take unpaid leave at times when you are needed to care for a dependant.
- Statutory Sick pay: If your own health is suffering from the stress of your child's exploitation, you may need to take time off work to recover. Most people will be eligible for statutory sick pay (SSP) from their employers.
- Don't give up: There may be times of crisis when you feel like nothing is working but it is important to be consistent in your approach.
- Keep telling your child you love them: There may be times when you want to express that the situation is unacceptable but placing too many boundaries or restraining your child may only play into the perpetrators hands. Remind them regularly that you love them and want them to be safe. Arrange some special family time when the exploitation is not discussed and you have fun together.
- Keep school informed: If your child is receiving disciplinary measures for absence or behaviour or has been excluded it is important to inform them they are being exploited as this requires a safeguarding approach, rather than a disciplinary approach.
- Sexual health advice: Brook is a national provider of confidential sexual health services for young people which also has local branches. You can find out where your nearest one is via [www.brook.org.uk](http://www.brook.org.uk)
- STI tests: If your child is not receiving support from a specialist sexual health clinic then you may prefer to purchase some home testing kits.
- Pregnancy while still being exploited: Consider getting legal advice on your rights as parents and potential grandparents as an assessment will most likely be conducted into the safety of the unborn child remaining with your daughter after birth.