

Child sexual abuse and exploitation



**Easy
Read**



MindEd

e-learning to support young healthy minds

Contents

	Page
Child sexual abuse	3
Child exploitation	3
Protecting my child	4
Keeping an eye on them	5
Teach your child to protect themselves	6
Noticing danger	7
What to do if you suspect something	9
What happens if I report something	10
More help	12
For more information	12



Child sexual abuse



Child sexual abuse is where an adult:-

- ▶ Touches a child's private parts for their own sexual pleasure.
- ▶ Makes a child touch someone else in a sexy way.
- ▶ Shows a child sexy pictures.
- ▶ Shows their private parts to a child.
- ▶ Photographs a child in a sexy pose.



Child exploitation



This is where children or young people are tricked into believing they're in a loving relationship.

They might be invited to parties and given drugs and alcohol.

Protecting my child



Help your child to grow up feeling in control of their own bodies and actions.

Help them to:-



▶ Expect to be treated with respect.



▶ Stand up for themselves.



▶ Talk about painful memories.



▶ Expect to be listened to and treated seriously.

Keeping an eye on them



Younger children need you, or a trusted adult, close by all the time.



Older children need you to know where they are all the time. So you know they are safe.



You should know all the important people in your child's life.



Use the **parental controls** on your child's phone and computer.

Parental controls are ways to stop children seeing sexy or violent pictures that might upset them.



Look out for possible dangers at home and your neighbourhood.

Teach your child to protect themselves



Talk with them about things they can do to keep themselves safe.



Teach them to stand up for themselves by being polite but firm.



Help them to tell you if they ever feel scared.

Noticing danger

You should be concerned if your child starts to behave like any of these:-



▶ School work getting worse.



▶ Not talking to you like they used to.



▶ Not sleeping - nightmares.



▶ A lot of wetting or soiling their clothes or bed.



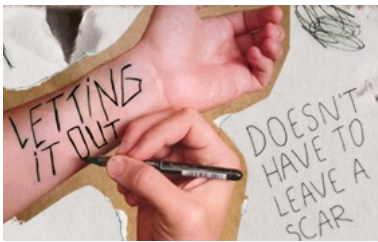
▶ Becoming very quiet.



▶ Picking arguments.



▶ Getting angry for no reason.



▶ Hurting themselves.



▶ New words for their body parts.



▶ Younger children knowing about sexual things.

▶ Touching or holding their private parts.



▶ Not going to school.

What to do if you suspect something



Sit your child down and explain the behaviour you have seen. ask them if there is anything they want to tell you.



Don't ask questions. Let them talk at their own pace.



Make sure your child knows you are taking them seriously.



Let them cry.



Tell them that you will keep them safe.



You may need to ask your child if you can look at their computer.



If you find anything that worries you talk to your child calmly about it.



If you think that someone is abusing your child - make sure your child has no contact with that person. You may want to report this to the police.

What happens if I report something



1. The Police

The police will take a statement.



They will have a brief talk with your child. You will not be able to be there but you will be able to watch through a screen.



Your child may need to be examined by a police doctor.

2. Social Services

Social services will want to make sure that your child is safe from now on.



They will want to talk to you and your child.



3. Health service and charities

Your local doctor and charities like the NSPCC will be able to get you and your family help to recover from what has happened.

More help



If you think your child is being abused ring the **NSPCC helpline:**

0808 800 5000



In an emergency call the Police on 999



The survivors trust has useful information.

Web: www.thesurvivorstrust.org/



PACE UK - Parents against sexual exploitation

Web: paceuk.info

For more information



This resource is part of the MindEd online learning site. For more information contact:

Web: www.minded.org.uk



Email: minded@rcpch.ac.uk



Twitter: @MindEdUK