



**Diogelu Gwent**  
**Gwent Safeguarding**

## **CSA Resource Pack – Detailed Version**

*This resource pack has been developed to implement and promote the Welsh Government's [National Action Plan on preventing and responding to child sexual abuse.](#)*

### **Arrangements for the **PREVENTION** of Child Sexual Abuse (CSA)**

The best way to respond to CSA is to stop it happening in the first place. We need to promote a better understanding of CSA for children, their families, practitioners, public bodies and the public so that they can recognise and respond to CSA risks.

Child Sexual Abuse (CSA) is a particularly contentious form of child abuse. Common understandings and representations of the nature and prevalence of CSA have changed over time. This has included historically attitudes towards CSA shaped by challenging debates where CSA has been denied, disbelieved and where victims have been blamed for their own abuse.

Accounts provided by survivors of CSA to the IICSA [Truth Project](#) illustrate in very stark terms, how the ways in which CSA is understood and talked about has historically silenced victims even when they tried to tell people what was happening to them.

Campaign material will need to consider the ways in which attitudes towards and misconceptions about CSA are shaped by gender, ethnicity and culture, sexuality and disability.

We need to help people understand how the ways in which we talk – or don't talk about- CSA is an important part of changing attitudes and preventing abuse. In communities where people understand that CSA can and does happen, people are more likely to recognise risk and respond appropriately to prevent abuse from happening in the first place.

Understanding how relationships are formed, developed and maintained enables us to develop the skills and attitudes that allow us to create healthy relationships of our own. It supports children to develop the knowledge and skills needed to effectively navigate these rapidly changing influences and establish respectful, fulfilling relationships throughout their lives. These may include family relationships, friendships, professional relationships and sexual relationships. It can also help children to recognise when things are happening in their relationships with others that are not healthy or appropriate.

[SchoolBeat.Org](http://SchoolBeat.Org) is a bilingual site from the All Wales School Liaison Core Programme, providing information and resources for pupils, teachers, parents and partners to reinforce the key messages delivered by our School Community Police Officers in primary and secondary schools as well as alternative educational settings. The site also has information about the themed lessons that the All Wales School Liaison Core Programme offers including for example 'Griff's Story', a Year 6 lesson designed to educate pupils about the issue of Child Sexual Abuse and Exploitation. 'Risky Pics' is a secondary school lesson about the social and emotional consequences of sexting and discover what the law says. The site includes resources on healthy relationships.

[Information on unsafe relationships for parents](#)

[Information for primary school children](#)

[Information for secondary school children](#)

Sexually problematic behaviour in children must be considered on a continuum of behaviour ranging from normal, through harmful and in a small number of cases abusive. Our responses to children with sexually problematic behaviour must include early support to prevent harm to them and to other children. Intervening early so that children understand when why their behaviour is considered inappropriate so that any underlying issues can be identified will protect them from further harm and prevent the abuse of other children.

Practitioners who come into contact with children and their families should seek to routinely share information with parent/carers about available resources and the need to be aware of the ways in which they can help to keep the children in their care safe from CSA. This should include an understanding of the impact that noncontact online CSA can have on children.

Practitioner learning can be supported in a number of ways, through the dissemination of information and resources; through online learning and through direct awareness raising and training. Good practice can be promoted through the inclusion of safeguarding as a standing item at team meetings and through supervision. This can assist agencies to identify practitioner learning needs.

In 2018 the Welsh Government funded [Stop it Now!](#) Wales to develop and deliver a campaign aimed at tackling child sexual abuse by enabling the public to play a more active part in preventing the sexual abuse of children. The 'Child Sexual Abuse - What we all need to know' campaign communicated key advice and information to the public through an awareness raising campaign involving traditional media, social media, resources. Simultaneously, learning sessions for parents/carers and practitioners who work with children and families were delivered across each of the six Safeguarding Children Board regions. Age appropriate resources are also available for the early years, for example the [NSPCC Let's Talk Pants](#) materials.

Parent/carers need to be aware of the ways in which they can check whether the adults that they allow to have contact with their children are safe or might pose a risk to their children. The Home Office has produced information on the [Child Sex Offender Disclosure Scheme](#) which includes information for parents and for practitioners and communication materials to promote this information.

The NSPCC Child Protection in Sport Unit (CPSU) has produced a [Keeping Children Safe in Sports - A Parent's Charter](#) which provides advice on how parents can check that their child is attending a sporting activity which has safeguarding measures in place.

The Wales Safeguarding Procedures when published will be accompanied by a number of All Wales Practice Guides. This will include All Wales Practice Guides on CSE, HSB and Online Abuse. The Welsh Government will also be consulting on new guidance on CSE, Working Together to safeguard People: Volume 7- Safeguarding children from Child Sexual Exploitation. Practitioners should be familiar with this new guidance and with the All Wales Practice Guides once issued. Practitioners should also be familiar with the Stop it Now resources.

There is evidence that practitioner knowledge and understanding of CSA in relation to children from Black, Asian and Minority Ethnic (BAME) communities, disabled children and Lesbian, Gay, Bisexual, Transsexual (LGBTQ+) children where there are further barriers to identification may be more limited. The Welsh Government intends to commission resources and learning events to improve understanding for practitioners and for parent/carers.

When there is an incident of peer-on-peer abuse in a school or other education setting, or when there are concerns about a learner in relation to HSB, all those working in the education setting should be supported in managing cases effectively.

Each case should be planned for and managed to ensure that all learners are safe and that the education opportunities for children with HSB and other learners are not adversely affected. The Welsh Government will develop guidance on managing peer-on-peer abuse and HSB in education settings.

The Welsh Government intends to develop and consult on a voluntary safeguarding code of practice for out-of-school settings and accompanying advice for parents. This will set out safeguarding expectations for out-of-school settings and information for parents will assist them to select activities for their children in out-of-school settings where there are safeguarding measures in place.

A review of local authority corporate safeguarding arrangements undertaken by the [Wales Audit Office and published in 2015](#) made recommendations around a number of areas for improvement. Corporate safeguarding has a core role in ensuring that adequate measures are in place to keep children safe. Corporate safeguarding can also play a role in ensuring that procurement and licencing arrangements promote safeguarding. There is already some good practice in place in terms of training requirements on licensed taxi drivers for example but this is not consistent across Wales. More could also be done in terms of safeguarding due diligence checks on individuals or organisations applying to rent corporate premises for activities involving children.

Corporate safeguarding is also important in preventing institutional child sexual abuse and evidence on this is included in [Key messages from research – institutional child sexual abuse, 2018](#) published by the Centre for Expertise on CSA. Rigorous recruitment and selection processes, and the need for organisations to build an open culture where safeguarding is seen as everyone's business, ensures that children have safe spaces and

positive relationships with several members of staff, and organisational processes should be in place (such as co-working, supervision and whistleblowing procedures) to minimise the opportunities for abuse to occur.

The Welsh Government will work with the WLGA to develop an exemplar Corporate Safeguarding Policy to inform improvements and consistency in local and regional arrangements.

Neighbourhoods have been identified as sites in which young people can experience and/or be safeguarded from abuse and violence. From experiences of child sexual exploitation in fast food restaurants, criminal exploitation in parks, serious youth violence on transport routes to exposure to drug use and dealing in vulnerable adult's homes. While agencies already work to keep young people safe outside of the home, such as neighbourhood safety and the police, the primary focus of this work is crime prevention as opposed to child well-being and safeguarding. Research suggests that there are a number of ways that young people can be safeguarded from harm in neighbourhood spaces – from 'designing-out' opportunities for abuse to occur and creating opportunities for community guardians. The Contextual Safeguarding Network, University of Bedfordshire offers an online [Neighbourhood Assessment Toolkit](#) which will assist partners in considering relevant issues to support safer communities.

## Arrangements for the **PROTECTION** of children at risk of Child Sexual Abuse (CSA)

One of the difficulties in estimating the prevalence of CSA is that so much sexual abuse remains unidentified. Disclosure by children is rare, so professionals and other responsible adults need to be able to spot the signs of possible abuse and take appropriate action. The reasons children keep silent include fear of their abuser, not wanting their abuser to get into trouble, feeling that the abuse was 'their fault', and feeling responsible for what will happen to their family if they tell. Supporting a better understanding of CSA for children, non-abusing parent/carers and practitioners will support increased identification and disclosure so that children can be protected at the earliest opportunity.

The 2015 to 2016 Crime Survey for England and Wales ran for the first time a module of questions asking adults whether they were abused as a child. Survivors who reported childhood sexual assault by rape or penetration (including attempts) were asked whether they told anyone about what was happening to them at the time of the abuse. Just under three-quarters (74%) of survivors did not tell anyone about the abuse at the time the abuse occurred. However, those aged less than 45 at the time of interview were significantly more likely to have told someone at the time the abuse occurred than those aged 45 to 59. This gives some indication that disclosure rates have increased over time. Only 1 in 10 (10%) of all survivors of childhood sexual assault by rape or penetration (including attempts) told someone in an official position about the abuse at the time, with 7% reporting the abuse to the police.

Much abuse in the family remains undisclosed. Children may fear their abuser, not want their abuser to get into trouble, feel that the abuse was 'their fault', and feel responsible for what will happen to their family if they tell. Disabled children, LGBT+ children and some Black, Asian and Minority Ethnic (BAME) children face additional barriers. In some communities cultural beliefs around 'honour' will impact on the way in which family members and the wider community respond to a child who is sexually abused which can act to silence the child and supportive family members. Abuse by a family member may be particularly traumatic because it involves high levels of betrayal, stigma and secrecy. The Centre for Expertise on CSA has published [Key Messages from research on intra-familial child sexual abuse, 2018](#).

The term 'institutional child sexual abuse' is used to distinguish CSA in an institutional context from that occurring in the family or other settings. It can take place in a wide variety of settings where individuals are in a position of power and trust in relation to children. Institutional CSA may be perpetrated by a single individual on a single victim, but those who commit abuse in an institutional setting frequently have multiple victims. Institutional CSA can also involve several people committing abuse within the same institution, and includes

abuse by peers in the context of an organisational culture of abuse. Many cases of non-recent CSA have been linked to institutions, with the abuse often not being disclosed for many years.

A [school staff poster](#) is available to download which provides advice to those working with children who disclose abuse or neglect. Children need to know that they will be listened to and their concerns will be taken seriously. All education settings should seek to demonstrate to children that they are able to provide them with a safe environment to talk about matters which affect them. Displaying information of national children's helplines such as [Children's Commissioner for Wales](#), [ChildLine](#), [Meic](#), [NSPCC](#) and peer support schemes, in easily accessible places, such as pupils' year planners, can encourage them to share concerns and receive help. Posters are also available to provide support to children to speak out when they have a concern: Advice for primary school children and Advice for secondary school children. As effective practice, all education settings should display these posters on the premises in clear view of children.

Adult survivors have told us about the threats used against them by their abusers in order to silence them when they were children. Survivors who have talked to the Independent Inquiry into Child Sexual Abuse (IICSA) through the [Truth Project](#) have also talked about the ways in which their abusers and other adults in positions of trust silenced them.

Adult survivors have told us that there was no information available to them to help them understand what would really happen if they told someone about the abuse. Their understanding was therefore shaped by those who were abusing them in order to silence them. The Welsh Government will develop resources for children to explain what will actually happen if they disclose that they are being sexually abused to a safe adult.

There is very little research on the impact of CSA on non-abusing parents but what evidence there is suggests that non-abusing parents/carers need access to information about the processes surrounding the investigation of CSA; advice on how to support their child(ren) and support with the emotional impact that CSA has on the child and family.

Stop it Now have produced a Welsh Government funded resource for parents, carers and other family members on preventing CSA which includes some advice on responding to and supporting children. The Welsh Government will develop further resources for parent/carers on the process related to the investigation of CSA, on the best ways to support children and on sources of help and support for non-abusing parent/carers.

Evidence from [PACE](#) sets out that parents and carers of children affected by CSE have reported 'victim family blaming' ; feeling unsupported in managing the emotional impact of parenting a child abused through CSE and of feeling that they are not listened to or taken seriously. The Welsh Government will develop resources for families and foster carers about CSE, with practical tips on what to do to managing CSE within the family and information on what is going to happen, who may be involved, and where they can access support.

The parents of children who were receiving support for harmful sexual behaviour (HSB) participated in a small-scale Welsh Government commissioned consultation in 2018. They reported feeling judged, stigmatised and isolated by the experience of having a child who needed support because of HSB. This in turn had a negative impact on parental mental health. The Welsh Government will develop resources for families and foster carers about HSB, with practical tips on what to do to manage HSB within the family and information on what is going to happen, who may be involved, and where they can access support.

Research undertaken by the NSPCC found that adults don't always recognise, understand or react appropriately when a child starts to tell them about experiences of abuse. The Welsh Government provided funding to the NSPCC in 2018 to support the production of [resources](#) and awareness raising sessions to support practitioners in responding to disclosure of CSA.

The investigation of allegations of child abuse is a crucial stage in protecting children. Although other agencies will be involved in aspects of the investigation process the Police and Social Services are primarily responsible for the investigation. Training can support a child-centred practice in the Joint Investigation process.

The Centre for Expertise on Child Sexual Abuse has produced a report and evidence-informed [film](#) to help practitioners from multi-agency backgrounds better understand the role and purpose of a medical examination in situations where child sexual abuse has been disclosed or suspected. It is applicable to any setting in which children may be seen for a medical examination, and is relevant to both recent and non-recent cases of CSA.

Practitioners need knowledge of the evidenced approaches to supporting sexually abused children to support their recovery and well-being and of support for non-abusing members of family and for foster carers and residential workers supporting sexually abused children through recovery.

The Welsh Government will develop a package of training resources to support practitioners in handling disclosures, the investigation process and supporting children and their families who are affected by CSA.

## Arrangements for the **SUPPORT** of children who are sexually abused

CSA, CSE, HSB and Online CSA can and does impact negatively on the well-being outcomes of children well into adulthood. Our responses to children must include evidence based support likely to support recovery for the trauma associated with abuse, build resilience and secure longer term improvements in their well-being.

The main source of evidence on the prevalence of CSA is currently the Child Protection Register but we know that CSA is underreported. At the same time the share of children on a protection plan for sexual abuse in Wales has decreased from 21% in 1993/4 to 4% in 2016/17 representing a reduction from 331 to 120 children.

Over the same period sexual abuse accounted for between 24% and 48% of registration for multiple reasons ; in the most recent year, sexual abuse was noted in 30 (24%) of 125 'multiple' cases. The most frequently recorded combination with sexual abuse was neglect. The Child Protection Register commonly serves as the main source of evidence in decision making for setting priorities, resource allocation and training.

A scoping [study](#) published by the Centre for Expertise on Child Sexual Abuse sets out that taking into account the variations in prevalence studies for England and Wales the data considered in the study suggests that some 15% of girls and 5% of boys experience some form of sexual abuse before the age of 16, including abuse by adults and peers. The methods used and number of questions asked affect estimates; at the higher end, international estimates reach 30% for girls and 23% for boys.

This suggests that Child Protection Register data, especially in the context of a reduction of registrations for CSA may not be the best source of evidence to inform planning to meet the needs of children. This is further complicated by the fact that many children who are sexually abused through CSE may not be included on the Child Protection Register. This is because of the extra-familial nature of some sexual abuse and the fact that looked after children are over-represented in terms of abuse through CSE.

The Welsh Government will part-fund research being led by the Centre for Expertise on Child Sexual Abuse: Exploring the scale of CSA in social care records: Wales File Study. The research will be carried out in two local authorities in Wales and will help to inform a better understanding of the number of children involved with Social Services where CSA and sexually abuse through CSE have been identified. The research should also assist Safeguarding Board partners in considering how best to evidence likely CSA prevalence rates in the region.

The current Social Services Performance Measurement Framework for Local Authorities was published in 2016 as a Code of Practice. The Welsh Government is working with stakeholders to develop a new Performance and Improvement Framework which will be introduced in April 2020 with the initial returns to be submitted in March 2021. This new Framework includes quantitative data that will demonstrate the volume and flow of individuals through the social care system, for the first time this will capture CSE data.



Where a child discloses an incident(s) of child sexual abuse or where there is evidence to suggest that they have been sexually abused they should be referred to a Sexual Assault Referral Centre (SARC). A SARC is a dedicated facility to provide immediate and ongoing client care, including medical, practical and emotional support within the context of a partnership arrangement between police, health and the third sector. Findings from a Welsh Government review in 2013, formed the case for change for a multi-agency review of sexual assault services, including the sexual assault referral centres (SARCs) across Mid, South and West Wales, led by the NHS Wales Health Collaborative. A service model was developed and agreed in principle in 2016. In June 2018 Cardiff and Vale Health Board agreed to lead the next phase (implementation) of the new service model. A Project Board was established and includes representation from all partner agencies: Health; Gwent, South Wales and Dyfed Powys Police Forces, the Police and Crime Commissioners for these regions; New Pathways as the third sector provider in the region; representation from the safeguarding boards in the region.

North Wales were not part of the initial service development work for multi-agency review of sexual assault services as there is a single SARC across the north Wales region but it is recognised that there are significant benefits from working across Wales and North Wales are active members of the implementation planning group and the task & finish groups of the SARC project.

The Rape and Sexual Abuse Support Centre North Wales (RASASC) offers specialist support and counselling to anyone aged 3 and over who lives in any of the 6 local authorities in North Wales whose lives have been affected by rape, sexual abuse or any other form of sexual violence. Its purpose is to provide confidential listening service, counselling, information and support service; to advance the education of the public in the subject of rape and sexual abuse and their effects, be they physical, medical, psychological or social. All counsellors and therapists must be members of British Association for Counselling and Psychotherapy (BACP) or equivalent.

Work being taken forward by NHS Wales Health Collaborative under Phase 2 of the work of the Sexual Assault Referral Centre Board includes consideration of a range of child-centred practice models that will inform incremental service development.

Evidence such as the adoption of the Barnahus or Child House approach at the first UK pilot, The [Lighthouse service](#) in London and of established models of good practice such as that at St Mary's Centre SARC, Manchester. This will inform a national Service Specification of SARC services for children in Wales.

The Welsh Government will also work with the NHS Wales Health Collaborative to establish a stakeholder group of relevant representatives to develop and consult on a national Clinical Pathway for children who have disclosed CSA/ children where CSA has been identified.

The Welsh Government is also commissioning an evidence review of trauma informed interventions to inform the further development of evidenced therapeutic interventions and wider trauma informed services. This will support the development of services for children who have experienced trauma, including those needing support into recovery because of sexual abuse.

'Gwella' is a Welsh Government funded research and practice project operated in partnership between Barnardo's Cymru and CASCADE, Cardiff University. The aim of the Gwella project is to reduce the risk of vulnerable children experiencing CSE or demonstrating HSB, through the development of a prevention model for use in social care, in order to improve the well-being of children. The practice approach has been piloted in a number of local authorities with children aged between 5 and 11 years old with Social Services involvement in their lives where there have been historic concerns or evidence of early developmental trauma such as sexual abuse, neglect, physical abuse, emotional abuse and exposure to domestic violence. Key principles of the Gwella practice approach include:

- Understanding the impact of the trauma on the child's development
- Establishing a relational and therapeutic play based response around the child
- Enhancing/deepening the relationship between child and primary carer(s) is a prime goal
- Enhancing/deepening the relationship between child and other significant adults a prime goal
- Children will receive a bespoke response that meets their unique strengths and needs.

Adult survivors of CSA have told us about difficulties in accessing information about where to go to get advice and support about the impact of the experience on their well-being. Some survivors do not disclose until they are in adulthood, others are identified as victims of CSA in childhood but find that the trauma of that childhood experience impacts on them later at significant times of their life or on an on-going basis.

The [Survivors Trust Cymru](#) works to raise awareness of the issues relating to rape and sexual abuse in Wales and promotes the need for education, training for staff and appropriate services for survivors. The Welsh Government [Live Fear Free](#) website and helpline provides also provides advice for the victims of sexual violence and a number of public facing campaigns have highlighted the resource.

Where services are involved with a child who is coming up towards the age of 18 years it is important to think about making appropriate referrals into adult services but not all children will access adult services at this point. Information about sources of information of advice and support given to children who are known to have been abused through CSA will help them to know what is available as adults should they need support. The Welsh Government will develop an appropriate resource.



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## **CSA Resource Pack – Shortcut to links**

*This resource pack has been developed to implement and promote the Welsh Government's [National Action Plan on preventing and responding to child sexual abuse.](#)*

### **Arrangements for the PREVENTION of Child Sexual Abuse (CSA)**

#### [Truth Project](#)

Accounts provided by survivors of CSA.

#### [SchoolBeat.Org](#)

A bilingual site from the All Wales School Liaison Core Programme, providing information and resources for pupils, teachers, parents and partners to reinforce the key messages delivered by our School Community Police Officers in primary and secondary schools as well as alternative educational settings.

[Information on unsafe relationships for parents](#)

[Information for primary school children](#)

[Information for secondary school children](#)

#### [Stop it Now!](#)

An organisation disseminating information around preventative measures that adults can take to protect children from sexual abuse.

#### [NSPCC Let's Talk Pants](#)

Age appropriate resources for the early years.

#### [Child Sex Offender Disclosure Scheme](#)

The Home Office has provided information so that parent/carers are aware of the ways in which they can check whether the adults that they allow to have contact with their children are safe or might pose a risk to their children.

[Keeping Children Safe in Sports - A Parent's Charter](#)

Provides advice on how parents can check that their child is attending a sporting activity which has safeguarding measures in place.

[Wales Audit Office and published in 2015](#)

A review of local authority corporate safeguarding arrangements. Highlighted some good practice in place in terms of training requirements on licensed taxi drivers however this is not consistent across Wales. Also highlighted that more could be done regarding safeguarding due diligence checks on individuals or organisations applying to rent corporate premises for activities involving children.

[Key messages from research – institutional child sexual abuse, 2018](#)

Published by the Centre for Expertise on CSA

## Arrangements for the **PROTECTION** of children at risk of Child Sexual Abuse (CSA)

[Key Messages from research on intra-familial child sexual abuse, 2018.](#)

Published by the Centre for Expertise on CSA

**Welsh Government** [school staff poster](#)

Available to download which provides advice to those working with children who disclose abuse or neglect

Web links for **Helplines** for Children

[Children's Commissioner for Wales](#)

[ChildLine](#)

[Meic](#)

[NSPCC](#)

[PACE](#)

A report written to commend and communicate best practice and positive outcomes in responding to CSE.

**NSPCC** [resources](#)

To support practitioners in responding to disclosure of CSA

**Centre for Expertise on CSA** [film](#)

To help practitioners from multi-agency backgrounds better understand the role and purpose of a medical examination in situations where child sexual abuse has been disclosed or suspected.

## Arrangements for the **SUPPORT** of children who are sexually abused

### **A 2018 report on a scoping [study](#) by Centre for Expertise on CSA**

Measuring the scale and changing nature of child sexual abuse and child sexual exploitation in England and Wales.

### [Lighthouse service](#)

The UK's first Child House. In 2015 NHS England (London) commissioned the "Review of the pathway following Children's Sexual Abuse in London". The CSA Review recommended the development of improved forensic services for children and young people at The Havens (London's sexual assault referral centres), a pilot of the Child House model (international best practice) and, as a first step, the establishment of Child Sexual Abuse (CSA) hubs in London.

### [St Mary's Centre SARC](#)

An established model of good practice in Manchester.

### [Survivors Trust Cymru](#)

Works to raise awareness of the issues relating to rape and sexual abuse in Wales and promotes the need for education, training for staff and appropriate services for survivors.

### [Live Fear Free](#)

This Welsh Government website and helpline provides advice for the victims of sexual violence.