



## 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](http://stopitnow.org.uk)  
[parentsprotect.co.uk](http://parentsprotect.co.uk)  
[lucyfaithfull.org.uk](http://lucyfaithfull.org.uk)



@StopItNowWales



**Stop It Now!**

WALES | CYMRU

Helping prevent  
child sexual abuse

## 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.



**Stop It Now!**

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For more information visit [stopitnow.org.uk/wales](http://stopitnow.org.uk/wales)

## 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 the signs in adults that they may pose a risk?

The signs that an adult may be using their relationship with a child for sexual reasons may not be obvious. There may be cause for concern about the behaviour of an adult or young person if they:

- Refuse to allow a child sufficient privacy
- Insist on physical affection with a child
- Give gifts to a child excessively
- Take photographs or keep mementos of children who are not their own
- Talk about sex frequently/discuss sex with children
- Treat a particular child as a favourite, making them feel 'special' compared with others
- Seek to be, or is often, alone with a child in a house, car or room

Find out more about signs in children and adults at: [parentsprotect.co.uk/warning-signs-in-children-and-adults.htm](https://parentsprotect.co.uk/warning-signs-in-children-and-adults.htm)

## 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](https://parentsprotect.co.uk)