**Appendix G: Harmful Sexual Behaviour: Signposting to agencies, resources, and support**

This document signposts to resources, websites, training, and agencies to support:

# [A whole school / setting approach to HSB, including RSHE](#_Resources_to_support)

# [Knowledge and training for DSLs and other staff, including handling incidents of HSB](#_Resources_and_training)

# [Victims of harmful sexual behaviour](#_Resources,_agencies_and)

# [Online sexual abuse and images](#_Online_images)

# [CYP displaying harmful sexual behaviour](#_Resources_and_agencies)

# [SEMH support](#_Mental_Health)

# [Parents / carers](#_Resources_for_parents/carers)

# A whole school/setting approach to HSB, including RSHE

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| Relationships, Sex and Health Education (RSHE) curriculum support and contact information for Essex Schools - ECC | Signposting to RHSE resources and information | Essex schools have access to a range of commissioned services which support the RSHE curriculum including offers to schools, teachers, children and young people, parents, and carers. Details of these services and other support organisations can be found in this document | A copy can be accessed on the [Essex Healthy School Programme ESI page](https://schools.essex.gov.uk/pupils/HealthySchoolsProgramme/Pages/HealthySchools.aspx) |
| Tackling Sexual Abuse and Harassment in Schools - DfE | Recorded webinars | The Department for Education and subject experts recorded a series of three 90-minute webinars to support high quality delivery of relationships, sex, and health education (RSHE). The webinars focus on three important topics:  Domestic abuse and coercion, pornography, and the impact of viewing harmful content online and Child Sexual Exploitation | Visit the DfE page [Tackling Sexual Abuse and Harassment in Schools](https://tackling-sexual-abuse-and-harassment-in-schools.orcula.co.uk/home) |
| Talk Relationships -  Learning service for secondary teachers to support RSHE delivery - NSPCC | Whole-school approach framework, elearning courses, lesson plans and a dedicated helpline | Talk Relationships aims to support secondary school teachers with delivering sex and relationships education and fostering a sense of safety for young people to discuss relationships | Visit the page: [Talk Relationships](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Femail.nspcc.org.uk%2Fc%2F1iJ9zqjMWHoYbzNappBWggLjxZ&data=05%7C01%7C%7Cb0e91cf623ba405ffc9908da9fa3d10b%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637997823183215696%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=3wAc2P979IdnLOn0S%2FXuOkHEkicM6EO2KgzZhxiP%2BEI%3D&reserved=0)  Access the training: [Talk Relationships: delivering sex and relationships education training](https://eur02.safelinks.protection.outlook.com/?url=http%3A%2F%2Femail.nspcc.org.uk%2Fc%2F1iJ9A8czKrrMGdzmvUTg7fw4xy&data=05%7C01%7C%7Cb0e91cf623ba405ffc9908da9fa3d10b%7Ca8b4324f155c4215a0f17ed8cc9a992f%7C0%7C0%7C637997823183215696%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=RQL3D9a2nrMw8t8zsehjXYznUMaXJJWvtqPF8xLr6uk%3D&reserved=0) |
| Relationships and sex education (RSE) resources for schools - NSPCC | Lesson resources | A list of teaching resources to help settings plan health, relationships and sex education that protect young people and promotes healthy wellbeing | [Relationships and sex education (RSE) resources for schools | NSPCC Learning](https://learning.nspcc.org.uk/research-resources/schools/relationships-health-and-sex-education-resources?utm_source=Adestra&utm_medium=email&utm_content=See%20more&utm_campaign=20210929_NSPCCLearning_Newsletter_Sept2021) |
| Resources on harmful sexual behaviour in schools including child-on-child sexual abuse and healthy relationships - NSPCC | Resources | A range of resources from the NSPCC on healthy relationships and harmful sexual behaviour, including child-on-child sexual abuse. These can be used by anyone who works or volunteers with children and young people | [Resources on child-on-child sexual abuse in education and healthy relationships | NSPCC Learning](https://learning.nspcc.org.uk/research-resources/schools/resources-sexual-abuse-education-healthy-relationships) |
| It’s Not Ok  Positive relationships and responding to behaviour - NSPCC | Resources | Lesson plans for Key Stages 3 and 4, films and accompanying activities, helping pupils to identify characteristics of positive relationships and recognise concerning behaviour, including how to respond to it | [It's Not Ok - NSPCC](https://learning.nspcc.org.uk/research-resources/schools/its-not-ok) |
| Pants (the underwear rule) - NSPCC | Website and resources | Free resources including a lesson plan, slide presentation, curriculum links, classroom activities | [PANTS resources for schools and teachers | NSPCC Learning](https://learning.nspcc.org.uk/research-resources/schools/pants-teaching) |
| Speak Out Stay Safe - NSPCC | Website and resources | A safeguarding programme for children aged 5-11 years-old available to all primary schools in the UK. The programme helps children to understand: abuse in all its forms and how to recognise signs of abuse; that abuse is never a child’s fault and that they have the right to be safe, where to get help and the sources of help available to them | [Speak out Stay safe programme | NSPCC Learning](https://learning.nspcc.org.uk/services/speak-out-stay-safe?utm_source=adestra&utm_medium=email&utm_campaign=AY3735*&utm_content=NSPCC_Learning+Learning_newsletter_12+Sept20&ac) |
| Respectful School Communities  - DfE | Self-Review and Signposting Tool | This tool has been designed to support schools to develop a whole-school approach which promotes respect and discipline, in order to combat bullying, harassment and abuse of any kind. It is intended for use by the senior leadership team within schools | [Respectful School Communities: Self Review and Signposting Tool - Educate Against Hate](https://educateagainsthate.com/resources/respectful-school-communities-self-review-signposting-tool-2/) |
| That Guy – better ways to be a man – Police Scotland | Website | Police Scotland Campaign that aims to reduce rape, serious sexual assault, and harassment by having frank conversations with men about male sexual entitlement | [That Guy website page](https://that-guy.co.uk/) |
| Equally Safe at School | Website | Equally Safe at School has been developed for secondary schools to help them take a whole school approach to preventing gender-based violence, with staff and students working together with a shared understanding and commitment to equality and safety for all | [Equally Safe at School | A whole school approach to preventing gender-based violence](https://www.equallysafeatschool.org.uk/) |
| Undressed - LGFL | Resource | Provides settings with advice about how to teach young children about being tricked into getting undressed online | [LGFL Undressed website](https://undressed.lgfl.net/) |
| Thinkuknow | Website and resources | Provides support for the children’s workforce, parents, and carers on staying safe online and includes lesson plans and resources to teach children about staying safe online and maintaining healthy relationships  **Send Me a Pic**  Resource pack about the consensual and non-consensual sharing of nude images among young people. It is designed for use with young people aged 11-14 in Key Stage 3. Includes session plans based on short film clips | [Thinkuknow website](https://www.thinkuknow.co.uk/) |
| Beyond referrals: Harmful Sexual Behaviour | Website and resources | Resources for gathering pupil voice | [Beyond referrals: Harmful Sexual Behaviour](https://www.contextualsafeguarding.org.uk/toolkits/beyond-referrals/) |
| Agenda | Website and resources | Resources providing opportunities for young people to gain awareness of how gender-based and sexual violence impacts upon their lives and the lives of others. Issues include addressing gender discrimination; consent; LGBTQ+ rights; bullying; street harassment; female genital mutilation (FGM); sexual exploitation; relationship violence  Separate resource for settings supporting children aged 7-11 about positive relationships in school and the community. Background information for teachers including activity ideas to use as part of RSHE. Topics include feelings and emotions, friendships and relationships, body image, consent, gender and sexuality and equality and equity | [Agenda](https://agenda.wales/) |
| Beyond Equality – Imagine Toolkit | Website and resources | Free resource for engaging boys in preventing sexual harassment and sexual violence against women and girls. The toolkit contains advice and interventions for use by anyone working with boys on this issue | [Beyond Equality - Imagine Toolkit](https://www.beyondequality.org/blog-posts/imagine-toolkit-involving-boys-in-preventing-street-harassment) |
| BigTalk Education | Website and resources | Growing Up Safe Cards for schools and parents available for purchase. Designed to offer proactive discussion around helping to keep children safe in potentially risky situations | [BigTalk Education](https://www.bigtalkeducation.co.uk/) |
| Bish UK | Website and resources | Web-based resources for children aged 14 and above, designed for parents to signpost their children to and support in answering questions they may have - helping them to make sense of what they may have seen online | [Bish UK](https://www.bishuk.com/porn/) |
| Blue Seat Studios - big ideas through humour | Online resource | Video which helps to explain consent for younger children | [Blue Seat Studios - consent for kids video link](https://www.youtube.com/watch?v=h3nhM9UlJjc) |
| Bold Voices | Website and resources | Workshops, talks, digital sessions and online resources for teachers, parents and young people at school and university about gender inequality and cultures of gendered violence.  The aim is to equip and empower young people with the knowledge and tools to talk about and address these inequalities in their everyday lives and communities | [Bold Voices](https://www.boldvoices.co.uk/) |
| Brook RSE Teaching Resources | Website and resources | Free downloadable resources including handouts which can be used to supplement RSHE lessons. Topics include contraception, consent, pornography, puberty, sexually transmitted infections, LGBT terminology, abortion, and condom use | [Brook: free RSHE resources](https://www.brook.org.uk/resources/) |
| Childnet | Website and resources | Various resources, including:  **Crossing the line**  Films and lesson plans exploring the idea of online behaviour sometimes being riskier and the possible consequences of this. Topics covered are cyber bullying, sexting, peer pressure and self-esteem  **Just a Joke?**  Lesson plans, activities, quiz, and teaching guide designed to explore the issue of sexualised online bullying with 9–12-year-olds  **Myth v Reality - Healthy Relationships – online body image**  Lesson and talking heads films for Key Stages 3 and 4, exploring healthy relationships online.  **Myth v Reality - Online Pornography**  Lesson and talking heads films for Key Stages 3 and 4, exploring online pornography  **Talk it Over**  Research-led resource designed to support settings in facilitating empathetic, honest, and evidence-based conversations with secondary aged pupils about online hate and how to tackle it | [Childnet](https://www.childnet.com/) |
| PSHE Association | Website and resources | **Disrespect NoBody**  Teaching resources aimed at preventing abuse in teenage relationships. Includes consent, relationship abuse and sharing sexual images  **Relationship Safety**  Three lesson plans and accompanying materials for KS4 and KS5: unhealthy relationship behaviours and stalking, in an interactive, safe, and age-appropriate way  **Something’s Not Right**  Lesson plans and resources for KS 3-5 students, to support the ‘Something’s Not Right’ campaign on recognising and making disclosures about different forms of abuse  **Pornography**  Research report about the potential impact of pornography on young people and a teacher briefing. Includes why and how to teach about it and how to build this learning into the wider PSHE curriculum | [PSHE Association](https://pshe-association.org.uk/?utm_term=pshe%20curriculum&utm_campaign=NonBrand&utm_source=adwords&utm_medium=ppc&hsa_acc=1193088678&hsa_cam=20402994872&hsa_grp=152291938232&hsa_ad=667146347255&hsa_src=g&hsa_tgt=kwd-296231075220&hsa_kw=pshe%20curriculum&hsa_mt=b&hsa_net=adwords&hsa_ver=3&gad_source=1&gclid=EAIaIQobChMIvsT7hrD2hwMVSfB5BB3VmSE9EAAYASAAEgLCzvD_BwE) |
| School Zone – Department of Health & Social Care | Website and resources | Teaching resources and PowerPoint presentations for year 6, K3 and KS4 pupils. Topics include social media, bullying and cyber bullying, body image in a digital world, forming positive relationships | [School Zone](https://campaignresources.phe.gov.uk/schools/topics/mental-wellbeing/overview) |
| Women’s Aid | Website and resources | Expect Respect—Healthy Relationships  Resources to help lead sessions on healthy and unhealthy relationships for pupils aged 4-18. Age-appropriate activities that can be used in a range of ways. The sessions are designed to be active, fun, and engaging but also challenging | [Expect Respect - Women’s Aid](https://www.womensaid.org.uk/information-support/children-and-young-people/expect-respect/) |
| Pause Play Stop | Website and resources | Interactive resource for parents and carers to use with their children and young people to help them understand and contextualise consent. Includes a quiz which parents can do with their adolescent children, which is sure to spark helpful discussions | [Pause Play Stop](https://pauseplaystop.org.uk/resources/) |
| University of Exeter - Working Out Relationships | Website resources | Lesson plans for KS3 including teaching guides and presentations about the characteristics of an unhealthy relationship, how to exit such relationships safely, and the key attributes of healthy relationships | [University of Exeter](https://law.exeter.ac.uk/research/groups/frs/projects/workingoutrelationships/) |

# Knowledge and training for DSLs and other staff, including handling incidents of HSB

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| NSPCC helpline – Report Abuse in Education | Helpline | The dedicated NSPCC helpline ‘Report Abuse in Education’ provides a bespoke helpline for worried adults and professionals that need support and guidance | 0800 136 663 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk)  The helpline details can be found online [here](https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/). |
| Supporting Young Victims and Survivors - SERRIC | Guidance leaflet | CARA (Centre for Action on Rape and Abuse) collaborated with young survivors and the professionals who support them to identify actions that schools can take to support young survivors in school. This guidance details the findings from this collaboration |  |
| Understanding Young People’s Experiences of Sexual Harm: Supporting Students | Animations, PowerPoints, and worksheets | A series of five animated videos to support professionals working with children and young people to understand the impacts of sexual violence | The animations can be accessed on the [CARA website](https://caraessex.org.uk/newanimationsforschools.php) |
| Safety planning in education: a guide for professionals -  Ilford: Centre of Expertise on Child Sexual Abuse, 2022 | Guide to safety planning and responding to HSB incidents | Aims to support education professionals' knowledge, skills, and confidence to understand and respond to incidents of harmful sexual behaviour and ensure the safety of all children and young people is addressed | [Centre of expertise on child sexual abuse website](https://www.csacentre.org.uk/research-resources/practice-resources/helping-education-settings-identify-and-respond-to-concerns/) |
| Lucy Faithfull HSB prevention toolkit | Toolkit including practical tips and signposting | This toolkit is designed for parents, carers, family members and professionals, to help everyone play their part in keeping children safe.  It has links to useful information, resources,  and support as well as practical tips to prevent  harmful sexual behaviour and provide safe environments for families | [Harmful sexual behaviour toolkit - The Lucy Faithfull Foundation](https://www.stopitnow.org.uk/wp-content/uploads/2020/10/Stop_It_Now_harmful_sexual_behaviour_prevention_toolkit_Oct_2020.pdf) (2021) |
| StopItNow – Preventing harmful sexual behaviour in children | Website and helpline | Help for professionals working in child sexual abuse prevention, so that they’re well equipped to keep children safe | [StopItNow website](https://www.stopitnow.org.uk/professionals-looking-for-advice/) |
| SWGfl Harmful Sexual Behaviour in Schools resources | Website and resources | Support for professionals working with children and young people when responding to incidents or issues surrounding harmful sexual behaviours | [SWGfl Website](https://swgfl.org.uk/resources/harmful-sexual-behaviour-in-schools/) |
| NSPCC HSB pages | Website, training, and resources | Advice on how to respond to incidents, preventative measure support, training opportunities and resources to use with CYP | [NSPCC Learning website](https://learning.nspcc.org.uk/child-abuse-and-neglect/harmful-sexual-behaviour) |
| NSPCC ‘Let children know you’re listening’ | Training | Helping adults respond to children disclosing abuse | [Let children know you’re listening](https://learning.nspcc.org.uk/research-resources/2019/let-children-know-you-re-listening) |
| NSPCC Learning - Children and young people’s views on learning about sex, sexuality, and relationships: literature review | A narrative review of UK literature | A literature review which drew on the direct views of children on:   * how and where 11- to 25-year-olds learn about relationships, sex and sexuality * children’s views of the relationships and sex education (RSE) they currently receive or have previously received * differences in children’s experiences based on their personal characteristics (e.g. sexuality, gender identity, age) | The review can be accessed on the [NSPCC Learning website](https://learning.nspcc.org.uk/research-resources/2022/young-people-views-learning-about-sex-sexuality-and-relationships-literature-review?utm_source=Adestra&utm_medium=email&utm_content=Read%20the%20full%20report%20%28PDF%29&utm_campaign=20221117_KIS_New-in-the-Library-external_Nov-Res). |
| Anti-bullying Alliance - Sexual and sexist bullying | Training, a guide for schools | The Anti-Bullying Alliance have created and curated tools to help settings develop effective anti-bullying practice in this area | [Anti-bullying Alliance website](https://anti-bullyingalliance.org.uk/tools-information/all-about-bullying/sexual-and-sexist-bullying) |
| ‘Appropriate Language in Relation to Child Exploitation: Guidance for Professionals’ – The Children’s Society | Guidance document | This document seeks to provide guidance to professionals on the appropriate use of language when discussing CYP and their experience of exploitation in a range of contexts | [Appropriate Language in Relation to Child Exploitation: Guidance for Professionals](https://www.childrenssociety.org.uk/sites/default/files/2022-04/Child%20Exploitation%20Appropriate%20Language%20Guide%202022.pdf) |
| Beyond referrals: Harmful Sexual Behaviour | Website and resources | Resources for schools to assess their own response to harmful sexual behaviour | [Beyond referrals: Harmful Sexual Behaviour](https://www.contextualsafeguarding.org.uk/toolkits/beyond-referrals/) and [A briefing on the findings, implications and resources for schools and multi-agency partners](https://www.contextualsafeguarding.org.uk/media/elsc0mc3/beyond-referrals-two-harmful-sexual-behaviour-in-schools.pdf) |
| Podcast: harmful sexual behaviour in schools - NSPCC | Podcast | A 3-part series of Podcasts on harmful sexual behaviour in education settings | [Podcast: harmful sexual behaviour in schools](https://learning.nspcc.org.uk/news/2020/january/podcast-harmful-sexual-behaviour-in-schools) |
| Childline |  | **Talking About Sex**  Information and advice, providing reassurance, support, and advice for young people about a range of issues including consent and feeling judged, pressurised, or coerced into having sex | [Childline](https://www.childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/sex-consent/) |
| The Mix | Website and resources | A website for young people, aged 14-25, providing information and advice on a range of issues including relationships, sex, consent, sexting and pornography | [The Mix](https://www.themix.org.uk/sex-and-relationships) |

# Victims of harmful sexual behaviour

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| NSPCC helpline – Report Abuse in Education | Helpline | The dedicated NSPCC helpline ‘Report Abuse in Education’ provides a bespoke helpline for children and young people who've experienced abuse at school | 0800 136 663 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).  The helpline details can be found online [here](https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/). |
| Synergy Essex | A partnership of rape and sexual abuse centres in Essex (CARA and SERRIC). | Specialist community-based services in Essex for victims and survivors of all forms of sexual violence and abuse, sexual domestic violence, sexual harassment, and child sexual abuse. ChISAVs can be accessed via Synergy | [Synergy Essex](https://synergyessex.org.uk/) |
| The Survivors Trust | Website signposting to counselling, support, helplines, resources and advocacy services | A collection of member agencies who provide a range of specialist services to survivors including counselling, support, helplines and advocacy services for women, men, non-binary people, and children | [The Survivors Trust website](https://www.thesurvivorstrust.org/) |
| NHS - Help after rape and assault | Website and signposting | Advice and guidance from the NHS on the support available following rape and sexual assault | [NHS website - help after rape and sexual assault](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/) |
| SARCs – Sexual Assault Referral Centres | Sexual assault support service | SARCs offer a range of services, including crisis care, medical and forensic examinations, emergency contraception and testing for STIs. They can also arrange access to an independent sexual assault advisor (ISVA), as well as referrals to mental health support and sexual violence support services | Local SARCs can be found on the [NHS website - help after rape and sexual assault](https://www.nhs.uk/live-well/sexual-health/help-after-rape-and-sexual-assault/) |
| The Terrence Higgins Trust | Young Persons 1:1 early Intervention and Education Programme | Support for young people aged 13-24 who may be at risk from sexual ill health or harm | Referrals can be made via the [online referral system](https://www.tht.org.uk/young-person-referral-form-essex)  The team can be contacted with further questions relating to the programme via [essexyoungpeople@tht.org.uk](mailto:essexyoungpeople@tht.org.uk)  The below document contains further information, including criteria and exclusions for referral. |
| Rape Crisis | Helpline (for ages 16+) and website | Information and support for people who have experienced rape, sexual assault, sexual abuse, or any other type of sexual violence | [Rape Crisis England and Wales](https://rapecrisis.org.uk/) |
| Childline | Helpline, website | A free, private, and confidential service where children can access advice and support at any time with a counsellor | [Childline](https://www.childline.org.uk/) |
| The Male Survivors Partnership | Signposting website | Provides details of services which specialise in supporting men and boys | [The Male Survivors Partnership](https://malesurvivor.co.uk/) |
| The Lucy Faithfull Foundation | Charity, website, helpline | A UK-wide child protection charity dedicated to preventing child sexual abuse. They work with entire families that have been affected by sexual abuse including young people with inappropriate sexual behaviours and victims of abuse | [The Lucy Faithfull Foundation](https://eur02.safelinks.protection.outlook.com/?url=https://www.lucyfaithfull.org.uk/&data=05%7c01%7c%7c175a2392aef44d6760a508da4d197c0f%7ca8b4324f155c4215a0f17ed8cc9a992f%7c0%7c0%7c637907069854795599%7cUnknown%7cTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7c3000%7c%7c%7c&sdata=2HlAOfncGnBbrPRxeXIJkzTs6ok2t7BWJloBB3PNQDg%3D&reserved=0) |
| The Marie Collins Foundation | Charity | Provide support to people to recover from technology assisted sexual abuse in childhood by supporting individuals and their families | [The Marie Collins Foundation Website](https://www.mariecollinsfoundation.org.uk/) |
| Anna Freud | Website and support service | A website with support and information for professionals, CPY and their families | [The Anna Freud website](https://www.annafreud.org/) |

# Online sexual abuse and images

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| Report Remove - Internet Watch Foundation and Childline | Online image reporting and removing service for CYP | If you're under 18 and need to report online sexual images of yourself, you can report these confidentially | [Childline website - report remove tool](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/remove-nude-image-shared-online/) |
| CEOP | Online sexual abuse reporting tool | If a CYP has experienced online sexual abuse, or are worried this is happening to someone they know, they can report to a CEOP Child Protection Advisors | [CEOP Safety Centre website](https://www.ceop.police.uk/Safety-Centre/) |
| The UK Safer Internet Centre | Helpline for professionals | An online safety helpline for professionals that provides expert advice and support for school and college staff | 0344 381 4772 and [helpline@saferinternet.org.uk](mailto:helpline@saferinternet.org.uk) |
| Internet Watch Foundation | Reporting tool | If the incident/report involves sexual images or videos that have been made and circulated online, the victim can be supported to get the images removed by the Internet Watch Foundation (IWF) | [Internet Watch Foundation (IWF) website](https://www.iwf.org.uk/) |
| Thinkuknow | Website and resources | Provides support for the children’s workforce, parents, and carers on staying safe online | [Thinkuknow website](https://www.thinkuknow.co.uk/) |
| ESI online safety page | Information | An overview of online safety and support available in Essex | [ESI online safety page](https://schools.essex.gov.uk/pupils/Safeguarding/ESafety/Pages/E-Safety.aspx) |
| Childline | Website and resources | Information, advice, and guidance about sexting and sharing nude images, online porn online grooming, staying safe and getting help if things go wrong  Information, advice, and guidance about online porn, staying safe and getting help if things go wrong | [Childline](https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/) |

# CYP displaying harmful sexual behaviour

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| Barnardos CARE service | A support service for children displaying problematic sexualised behaviours | The Barnardo’s CARE service offers support for children aged 8 to 18 who are displaying harmful sexual behaviours which meet the criteria |  |
| Lucy Faithfull Foundation | Charity offering support | A UK-wide child protection charity dedicated to preventing child sexual abuse. They work with entire families that have been affected by sexual abuse including young people with inappropriate sexual behaviours and victims of abuse | [The Lucy Faithfull Foundation](https://eur02.safelinks.protection.outlook.com/?url=https://www.lucyfaithfull.org.uk/&data=05%7c01%7c%7c175a2392aef44d6760a508da4d197c0f%7ca8b4324f155c4215a0f17ed8cc9a992f%7c0%7c0%7c637907069854795599%7cUnknown%7cTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7c3000%7c%7c%7c&sdata=2HlAOfncGnBbrPRxeXIJkzTs6ok2t7BWJloBB3PNQDg%3D&reserved=0) |
| The Terrence Higgins Trust | Young Persons 1:1 early Intervention and Education Programme | Support for young people aged 13-24 who may be at risk from sexual ill health or harm | Referrals can be made via the [online referral system](https://www.tht.org.uk/young-person-referral-form-essex)  The team can be contacted with further questions relating to the programme via: [essexyoungpeople@tht.org.uk](mailto:essexyoungpeople@tht.org.uk)  The below document contains further information, including criteria and exclusions for referral. |
| Stop It Now website | Helpline, online chat service and website | Information and support services for CYP who are worried about their sexual behaviour / thoughts online and offline | [StopItNow website](https://www.stopitnow.org.uk/concerned-about-your-own-thoughts-or-behaviour/) |

# SEMH support

| **Resource** | **Resource type** | **Description** | **Access details** |
| --- | --- | --- | --- |
| SET CAMHS - Children's and Adolescent's Mental Health Service | Mental Health support service | Provides advice and support to children, young people and families who are in need of support with their emotional wellbeing or mental health difficulties | [Southend, Essex and Thurrock Children's and Adolescents Mental Health Service (CAMHS)](https://www.nelft.nhs.uk/set-camhs) |
| SET CAMHS Professionals Advice Line | Support line for mental health queries from professionals supporting CYP | An advice line where settings can access advice and guidance from mental health professionals | The number is 0300 300 1996 and the line operates every Monday – Thursday between 10:00 and 12:00, excluding bank holidays |
| Social, Emotional and Mental Health (SEMH) Portal on the Essex Schools InfoLink | Website, signposting | Contains a wide range of SEMH information to support children, families, and settings | [Social, Emotional and Mental Health (SEMH) Portal](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/default.aspx) |

# Parents / carers

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| **Resource** | **Resource type** | **Description** | **Access details** |
| Dedicated NSPCC helpline – Report Abuse in Education | Helpline | The dedicated NSPCC helpline ‘Report Abuse in Education’ provides a bespoke helpline for children and young people who've experienced abuse at school, and for worried adults and professionals that need support and guidance | You can contact the NSPCC helpline Report Abuse in Education on 0800 136 663 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk).  The helpline details can be found online [here](https://www.nspcc.org.uk/keeping-children-safe/reporting-abuse/dedicated-helplines/). |
| Looking after yourself and your child | Guidance leaflet | A guide for parents/carers who are caring for a child who has experienced  sexual violence and abuse. It is designed to help understand how the child may be responding to their thoughts and feelings, and includes ideas for trying to help the child cope and suggestions for the parent/carer to take care of themselves too | [SERICC – Looking after yourself and your child](https://sericc.org.uk/includes/items/pdf/5132_looking-after-yourself-and-your-child-june2022.pdf) |
| Lucy Faithfull HSB prevention toolkit | Toolkit including practical tips and signposting | A toolkit designed for parents, carers, family members and professionals, to help everyone play their part in keeping children safe.  It has links to useful information, resources,  and support as well as practical tips to prevent  harmful sexual behaviour and provide safe  environments for families | [Harmful sexual behaviour toolkit - The Lucy Faithfull Foundation](https://www.stopitnow.org.uk/wp-content/uploads/2020/10/Stop_It_Now_harmful_sexual_behaviour_prevention_toolkit_Oct_2020.pdf) (2021) |
| Parents Protect | Website, information, helpline | Help for parents to protect children from sexual abuse and exploitation | [Parents Protect website](https://www.parentsprotect.co.uk/) |
| Thinkuknow | Website and resources | Provides support for the children’s workforce, parents, and carers on staying safe online | [Thinkuknow website](https://www.thinkuknow.co.uk/) |
| Stop It Now! - If your child gets into trouble for their online sexual behaviour | Website | Information for parents about supporting children who have got into trouble due to their online sexual behaviour | [Stop It Now! Website page](https://www.stopitnow.org.uk/concerned-about-a-child-or-young-persons-sexual-behaviour/technology-and-its-impact/) |
| Talking to your child about online sexual harassment: A guide for parents | Resource for parents | A guide for parents on how to talk to their children about online sexual harassment | [Children’s Commissioner website](https://www.childrenscommissioner.gov.uk/report/talking-to-your-child-about-online-sexual-harassment-a-guide-for-parents/) |
| eSafety Training - The 2 Johns | Website and training | Information and training for parents/carers, CYP and professionals on online safety | [eSafety Training - The 2 Johns](https://esafetytraining.org/) |