



Safeguarding Module

Sexual Abuse

Topics to be covered in the is module

- Harmful sexual Behaviour
 - Types of Sexual Abuse
 - Who are the Abusers
 - Online Sexual
 - Signs of Sexual Abuse in Children
 - Impact of Sexual Abuse in Children
 - What to Do When a Child Reveals Sexual Abuse to You
 - How to Provide Support to the Abused Child
 - How to keep Children Safe from Potential Sexual Abuse
 - Legislation on Child Sexual Abuse
 - What is Consent
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Summery

1. *The are 4 primary forms of abuse, Physical, Emotional, Sexual and neglect.*
2. *All 4 forms have devastating effects on a child's development, psyche and wellbeing.*
3. *Abuse can happen to any child of any walk of life.*
4. *The abusers can be anyone.*
5. *Cyberbullying and Bullying is also abuse.*
6. *Children sadly are groomed and trafficked for many reasons, so it is essential we are all aware and understand the signs so we can help the child.*

Types of Sexual Abuse

There are two forms of Sexual Abuse.


- Contact Abuse
- Non Contact Abuse

Please understand that Sexual abuse can occur on line as well as in person.

Contact Abuse


Contact abuse is any form of abuse which is physical contact with the child from the abuser.

Which is :-

- *Removing a child's clothes*
 - *Forcing a child to participate in sexual acts*
 - *Making the child sexual touch their abuser, themselves or someone else.*
 - *Raping or penetrating a child anywhere, using any body parts or objects.*
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Non Contact Abuse

This means abuse occurs even though the child is not being touched. Which is :

- *Exposing or flashing their genitals or committing any sexual acts in front of the child.*
 - *Showing the child pornography, or nude pictures of adults.*
 - *Making the child masturbate*
 - *Taking or making or viewing or distributing any form of child abuse media such as videos or images.*
 - *Forcing the child to take part in sexual activities online or through other media services.*
 - *Making the child have sexual conversations in real life, online.*
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Harmful Sexual Behaviour

Anyone involved in Safeguarding children should understand exactly what harmful sexual behaviour is so they can recognise it and know exactly how to deal with it appropriately.

We also need to understand that Sexually abused children, often express inappropriate sexual behaviour towards other children as some abused children abuse their peers in the same way they are experiencing abuse. This is why, if you are working in a school or hospital, this unfortunate side effect of sexual abuse is something you will also need to watch out for.

Be mindful still that, for the child abusing their peers, they are also

a victim and still need protecting. Even if they are displaying socially unacceptable behaviors, we need to show compassion and care for the children involved, no matter how ugly their behaviour.



Harmful Sexual Behaviour

Here are some of the forms of Sexual behaviour :-

- ***Rape**, The intention to penetrate the vagina, anus or mouth of another person with a penis where the victim does not give consent and the perpetrator does not believe or care that the victim consents.*
- ***Sexual Assault by Penetration**, This is similar but the object used is another part of the perpetrator's body or object.*
- ***Sexual Assault**, The perpetrator touches the victim sexually and the victim does not give consent and the perpetrator does not reasonably believe that the victim consents.*

Harmful Sexual Behaviour

Sexual Harrassment: *This can occur online or offline and includes unwanted sexual behaviour.*

This can:

- *Violate a child's dignity*
 - *Intiminate*
 - *Humiliate*
 - *Degrade*
 - *Create an inappropriate sexual environment*
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Harmful Sexual Behaviour

Here are some examples of what Sexual Harrassment is considered to be although this is n the full list :-

- *Sexual innuendos*
- *Sexual comments, jokes or stories*
- *Lewd comments and sexual remarks regarding cloths or appearance*
- *Calling someone sexual names*
- *Sexual behaviour i.e rubbing against someone*
- *Displaying sexual images*
- *Taking sly pictures underneath a person's clothes without them realising*
- *Taking pictures of a persons body parts and focusing in on them for sexual gratification witout concent*
- *Messing about with a person's clothes to reveal intimate parts of a person's body parts, undoing bra, pulling down trousers or lifting skirt.*

Female Genital Mutilation


Female Genital Mutilation is where the genitals of a female are removed or altered for no reasonable medical reason. This is usually practiced for cultural or religious reasons.

Some families and communities who practice Female Genital Mutilation, believe that this act is beneficial for the girl, to prepare them for marriage or childbirth.

This is carried out on a child from the age of 15 to approximately 49 and it can occur in the UK or a female can be sent abroad for the operation. This could also be know by different names so be aware, and be aware of any alarm bells. This is an illegal offence in Britain. It is a criminal act to carry out on a child under the age of 18 and is considered as Child Abuse.

The effects of Female Genital Mutilation

We should know that there is no benefits for any female to have their genitals mutilated but it leaves many side effects such as:-

- *Infections such as HIV, Tetanus, Hepatitis B and C*
 - *Infertility*
 - *Severe or constant pain*
 - *Pain during sex*
 - *Incontinence*
 - *Difficulty urinating*
 - *Organ damage*
 - *Life threatening problems during childbirth*
 - *Emotional and mental health issue*
 - *Death*
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Who is at risk of Female Genital Mutilation

As FMG is a cultural issue, we narrow down our perspective and look at specific communities and cultures to help us identify and support any children who may be about to experience mutilation or who have already experienced it.


The home office identify the following communities as being 'more at risk' although it is also important not to rule someone out if they are not from the list below.

- Somali
- Egyptian
- Nigerian
- Eritrain
- Yemeni
- Kenyan
- Ethiopian
- Sierra Leonean
- Sudanese



Signs of Female Genital Mutilation

These are signs of someone about to undergo mutilation:

- A mother, aunt, sister or any other female has already experience FGM
 - There is an unexpected extended absence to school or collage
 - A relative visits from abroad and you hear the word 'Cutter' is mentioned
 - The child is about to attend a special occasion or ceremony related to celebrating 'becoming a woman' or preparing for marriage
 - A girl is anxious, upset or her school work is suffering for no apparent reason
 - The girl absconds
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Signs of Female Genital Mutilation

Here are signs of somebody who has experienced mutilation:

- *Visible signs of pain but reluctant to seek help*
- *Difficulty standing or sitting or even walking*
- *Visiting the toilet often and taking a long time out*
- *Being upset, withdrawn anxious or unsettled*
- *Acting out of character, long absent from school*
- *The fail in having medical examinations*
- *Trying to ask for help but not explaining why*

These are very similar to other forms of abuse so be mindful not to miss something vital.




Who Are the Abusers ?

These could be anyone such as:


- *A parent*
- *A friend*
- *Somebody who knows the child socially*
- *A stranger*
- *Traffickers*
- *People who hire traffickers*

It is not easy to know who is likely to sexually abuse a child due to that fact that if they gain gratification from the child, they will know that it is not socially acceptable to talk about it so will go underground with their tendencies, sadly CSA is more prolific than anybody could imagine.




Signs of Female Genital Mutilation

The levels some abusers may go to just to satisfy their fantasies and desires can be diverse so some may :

- *Think about sexual actions for a child but may never do anything about it*
 - *Fall in love with a child or young person, even though they have never considered it before*
 - *Watch child pore only, without considering that the child has been trafficked or experienced child abuse for their entertainment*
 - *Interactive online with a child misleading a child of their age and intentions*
 - *Interacted once or twice with a child's family*
 - *Engaged in full sexual abuse long term with one child on or off line*
 - *Prolifically target children online but never intending to meet*
 - *Targeting children online to meet then eventually abuse them*
 - *Targeting children physically intening to abuse them sexually*
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Online Sexual Offenders

As we have already mentioned on line sex offenders, we need to remember that it is very easy for them to access children, as there is not always one size fits all type of offender when it comes to online offenders i.e:


- *The demographics and risk profiles of online sexual offenders are diverse*
 - *Some use the internet to intend to abuse children sexually either online or meeting up*
 - *Some online sexual offenders have already committed acts of contacting sexual abuse with children*
 - *Others do not take their online behaviour offline*
 - *Traffickers also use the internet to exploit children*
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Signes of Sexual Abuse in Children

Here are some signs to look out for:


- *Withdrawn*
 - *Anxiety, depression and other mental health issues*
 - *Inconsistent and disorientated behaviour*
 - *Excessive appeasing, especially to adults*
 - *Fearful behaviour*
 - *Changes in older children's circle and friends habits*
 - *Restricted movement trouble walking standing or sitting*
 - *Secretive sexualised touching of other children*
 - *Apparent flirtatious behaviour towards an adult*
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Signs of Sexual Abuse in Children

- *Any sexual behaviour*
 - *Suicidal attempts*
 - *Following other children to the toilet*
 - *Difficulty urinating*
 - *Inappropriate sexual behaviour towards adults, inc angry and jealous behaviour*
 - *Stains on the child's clothing which may look like blood, discharge, urine or faeces around the genitals or buttocks area*
 - *Sexual related infections*
 - *Parent may notice their child is withdrawing from them*
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Signs of Sexual Abuse in Children

Some other strange behaviours from an abused child such as:

- After being comforted or reassured over a matter, they give you inappropriate or seemingly strange invitations such as ‘you can cuddle me now’ or any other invite to get close to them
 - The child may urinate or smear faeces which is a sign of protection
 - Allegation made by the child about an adult or disclosing information about abuse, which you find out is made up, as the child is testing to see if its safe to disclose their abuse and what your reactions are
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The impact of Sexual Abuse on Children

The impact of sexual abuse is profound and can include:

- *Anxiety*
 - *Anger*
 - *Loss of childhood*
 - *Depression*
 - *Personality disorders*
 - *Post traumatic stress (PTSD)*
 - *Overwhelmed*
 - *Self harm*
 - *Suicidal thoughts*
 - *Eating disorders*
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What to do When
a Child Reveals
Sexual Abuse to
You

What to do When a Child Reveals Sexual Abuse to You

A child will not find it easy to tell you that they have been abused, so they will need to trust that you will believe them, so you must not break their trust.

You must handle the situation

- Professionally
- Compassionately
- Promptly

Many children who have disclosed still experience abuse, because the person failed them or had been shut down in the past as not enough was done to support them.

What to do When a Child Reveals Sexual Abuse to You

Most of all reassure the child and protect them while you are reacting in the initial stages of the disclosure, then follow the seven steps :

- 1. Listen carefully, remain calm do not put words in the child's mouth do not express your views, stay compassionate and reassure, any kind of shock or disbelief will shut a child down and if you try to predict what they are saying they may hang onto what you have said and use that instead of telling you the truth.*




What to Do When a Child Reveals Sexual Abuse to You

2. Reassure the child, let them know that they have done the right thing and you will do what you need to do to help them.

3. Tell the child it's not their fault.

Make sure you make it clear that it is not their fault, make sure they heard this clearly as they may think they are to blame as for most abuse cases, children can easily think they are to blame as the abuse will pass the blame onto them. When the child understands that they are not to blame it will help them to open up with you.



What to Do When a Child Reveals Sexual Abuse to You

4. Reassure the child that you are here to help and support them.

It is so hard for a child to disclose abuse, they need a lot of reassurance that you are here to support and help them. In some cases the abuser is their carer and they had trusted them, and now may feel they can't trust anyone, a lot of reassurance is key.

5. Do not confront or alleged abuser.

Doing so may make the child's situation a lot worse and could expose the child to more abuse.



What to do When a Child Reveals Sexual Abuse to you

6. Explain what you will do for them.

Explain to them what will happen next, in an age appropriate way. Make sure the child understand what you will do next and what will happen to the child, and how you will both deal with the next steps. Let them know that you will ask for a 'Safe Adult' to help and that this person is here to help and support both of you to what to do next.

7. Write down clearly what the child has told you.


Write as much as possible in the child's words, what happened.




How to Keep Children Safe from Potential Sexual Abuse

It is very hard to protect a child from sexual abuse, especially when they are experiencing it at home.

Here are some basic tips:

- *Remember what you need to do when a child discloses abuse to you.*
 - *Build trust with the child*
 - *Remind the child that you are a safe adult and support them*
 - *Educate children and adults on Grooming, Trafficking and Sexual abuse*
 - *Report any hunches you may have*
 - *Remain vigilant to any signs of abuse*
 - *Listen to the children around you and see how they reach with others*
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How to Keep Children Safe from Potential Sexual Abuse

- Monitor if a child is going to the toilet the same time as others. In schools, a child who intend sexual abuse on another child may target them, they will follow them and do it in a very calculated way, so if you notice this behaviour it could be a sign.
 - Do not leave children unattended, in a secluded place or room or bathroom
 - Observe from a distance how the child reacts with other adults and their parents/guardians or colleagues
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Legislation on child Sexual Abuse

The legislation is as follows:

- *For England and Wales: **The Sexual Offences act 2003***
- *Scotland: **Sexual Offences Order 2008.**
& The Protection of Children and Prevention of Sexual Offences Act 2005*
- *Northern Ireland: **Sexual Offences Order 2008.***

What is Consent

The age of consent is the age when a person can have legal sex, which in England is 16 yrs.

Even though the legal age is 16 yrs. The law determines that nobody under the age of 13 yrs can ever give legal consent.

This creates a grey area for children who have been abused, but it also can protect genuine people from a child pretending to be older than they really are.

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Useful Links & Services



www.anti-bullyingalliance.org.uk

The Childline logo consists of the word "childline" in a white, lowercase, sans-serif font, centered within a solid blue rectangular background.

www.childline.org.uk



www.mind.org.uk



www.unicef.org

The Samaritans logo features the word "SAMARITANS" in a white, uppercase, sans-serif font, centered within a solid green rectangular background.

www.samaritans.org

