



# Student Wellbeing Resource

## Sexual Abuse

# Sexual Abuse

## Overview

A child or young person is sexually abused when they are forced or persuaded to take part in sexual activities. This doesn't have to be physical contact and it can happen online. Sometimes the child or young person won't understand that what's happening to them is abuse. They may not even understand that it's wrong.

There are 2 different types of child sexual abuse. These are called contact abuse and non-contact abuse.

**Contact abuse** involves touching activities where an abuser makes physical contact with a child, including penetration. It includes:

- sexual touching of any part of the body whether the child's wearing clothes or not
- rape or penetration by putting an object or body part inside a child's mouth, vagina or anus
- forcing or encouraging a child to take part in sexual activity
- making a child take their clothes off, touch someone else's genitals or masturbate.

**Non-contact abuse** involves non-touching activities, such as grooming, exploitation, persuading children to perform sexual acts over the internet and flashing. It includes:

- encouraging a child to watch or hear sexual acts
- not taking proper measures to prevent a child being exposed to sexual activities by others
- meeting a child following sexual grooming with the intent of abusing them

- online abuse including making, viewing or distributing child abuse images
- allowing someone else to make, view or distribute child abuse images
- showing pornography to a child
- sexually exploiting a child for money, power or status (child exploitation).

## Best Practice

**If you think a child or young person has been sexually assaulted or raped report this to the Police.**

They will then refer the child or young person to the Child Assessment Unit (at the Children's Hospital) or to Hackenthorpe Lodge the Sexual Assault Referral Centre.

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## Resources

Sheffield Safeguarding Children Board procedures  
[http://sheffieldscb.proceduresonline.com/chapters/p\\_sg\\_ch\\_sxab.html?zoom\\_highlight=sexual+abuse](http://sheffieldscb.proceduresonline.com/chapters/p_sg_ch_sxab.html?zoom_highlight=sexual+abuse)

NSPCC  
<https://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/child-sexual-abuse/>

Let's Talk Pants – NSPCC guide for parents  
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>

Childline  
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/abuse-safety/sexual-abuse/>

## Local Offers and Providers

## Key Facts

1 in 20 children in the UK have been sexually abused. (Radford, L. et al (2011) Child abuse and neglect in the UK today) .

Children who are sexually abused may:

Stay away from certain people

- they might avoid being alone with people, such as family members or friends.
- they could seem frightened of a person or reluctant to socialise with them.

Show sexual behaviour that's inappropriate for their age

- a child might become sexually active at a young age.
- they might be promiscuous.

Provider	What they offer	Cost	Contact details
Golddigger Trust	<p>Golddigger Trust is a Sheffield based Charity, offering a variety of wellbeing projects, both within the school environment, and extra-curricular activities within the community, for young people aged 11-19.</p> <p>Services include:</p> <p><b>1:1 Mentoring</b> – Bespoke, flexible programmes of mentoring for students addressing specific needs identified. Minimum 6 sessions (usual course approx. 8-14 sessions).</p> <p>Students accessing Golddigger Trust services via school can also access additional free services outside of school hours, including drop in youth clubs, sexual health clinic, sports and music sessions and online support.</p>	<p>Cost varies based on service and available charitable funding, contact for most up to date costings.</p> <p>Community based services are free, accessed by community referral (MAST, CAMHS, Self-referral etc). There is no charge to young people.</p>	<p>0114 327 1191</p> <p>Golddigger Trust Centre For Young People, 10 Psalter Lane, Sheffield, S11 8YN</p> <p><a href="mailto:info@golddiggertrust.co.uk">info@golddiggertrust.co.uk</a></p> <p><a href="http://www.golddiggertrust.co.uk">www.golddiggertrust.co.uk</a></p>

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## Local Offers and Providers (cont)

Provider	What they offer	Cost	Contact details
NSPCC Sheffield Service Centre	<p>1. Letting The Future In 1:1 therapeutic work with children aged 4-17yrs who have disclosed sexual abuse. Can include some support and joint sessions for carers/ parents.</p> <p>2. Protect and Respect 6-weekly group work sessions in secondary schools (by request) raising awareness of child sexual exploitation (CSE) including: healthy relationships, consent, grooming, CSE and online safety.</p>	Free	0114 228 9200
YWHP Sexual Abuse Support Service (Young Women's Housing Project)	<p>We provide safe, supported accommodation &amp; specialist therapeutic support for young women / mothers aged 16-25 years affected by sexual abuse, sexual exploitation, and domestic abuse. Support is delivered through 121 key-work and group-work.</p> <p>Our <b>"Protect Yourself"</b> initiative includes a wide range of group-work programmes and one to one therapeutic sessions for girls and young women, pregnant young women and young mothers.</p> <p>We can deliver bespoke training/workshops on request.</p>	FREE Donations welcome	0114 268 0580 <a href="mailto:ywhp@ywhp.org.uk">ywhp@ywhp.org.uk</a>
Sheffield Rape and Sexual Abuse Centre	Children's Independent Sexual Violence Advisors (ChISVAs) - Support for children / young people and their families going through the criminal justice system.	Free	<a href="https://isva-referral.drasacs.org.uk/">https://isva-referral.drasacs.org.uk/</a> 0114 241 2766 <a href="http://www.sheffieldrapecrisis.org.uk">www.sheffieldrapecrisis.org.uk</a>
Interchange Counselling	Emotional Well Being and Mental Health counselling support for Children and Young People up to 25 years.	No charge to service users. Referrers can fund counselling - prices available on request	0114 201 6672 <a href="mailto:teri.connolly@interchangesheffield.org.uk">teri.connolly@interchangesheffield.org.uk</a> <a href="http://www.interchangesheffield.org.uk">www.interchangesheffield.org.uk</a>