

## Appendix 3 – Further information and resources

To explore further, and when advising parents and professionals, the following links can be helpful to use or pass on. Either ctrl + click on the link or enter the title and organisation into a search engine to find the resource and the web address.

### Resources to support discussions with children/young people about sex and relationships

- 'The Mix' - 'Essential support for under 25s - to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline'. Information on consent, sexting, porn, sexuality.  
<https://www.themix.org.uk/>
- 'Bish' - Information for young people on relationships, sex, sexuality, bodies, porn etc. Including 'Planet Porn – making it easier to talk about porn' (payable)  
<https://www.bishuk.com/>  
*Links for parents, schools, professionals, young people:*
- [Sex and relationships education \(RSE\) with DO... \(dosreforschools.com\)](#)
- [For Parents - Relationships and Sex Education - FPA](#)
- [RSE Hub | Home](#)
- [Parenting advice and family support - Family Lives](#)
- [Parents - amaze / USA](#)
- <https://learning.nspcc.org.uk/child-abuse-and-neglect/harmful-sexual-behaviour/understanding>

### Sexual behaviour and development

- [Child's play? Preventing abuse among children and young people](#) (Stop it Now!)
- [Healthy sexual behaviour](#) (NSPCC)
- [Helping you understand the sexual development of children under the age of 5](#) (Parents Protect)
- [Helping you understand the sexual development of children aged 5-11](#) (Parents Protect)
- [Healthy and unhealthy relationships](#) (Childline)
- [PANTS sexual harm prevention resources](#) for conversations and work with children (NSPCC)

### Sexual development of SEND children and young people

- [Healthy bodies guide to puberty and sexual development](#) for parents of CYP with learning disabilities (Vanderbilt)
- [Growing up, sex and relationships – a guide for young disabled people](#) and [a guide to support parents of young disabled people](#) (Contact)
- ['Healthy relationships, sexuality and disability' resource guide, including talking tips for parents - https://www.mass.gov/files/documents/2016/07/xs/hrhs-sexuality-and-disability-resource-guide.pdf](#)

### Online safety and pornography

For resources, Think U Know is a good starting point and has good introductory videos

for parents and young people.

- [What's the problem? A guide for parents of children and young people who have got in trouble online](#) (Parents Protect)
- [Think U Know – Parents, Children and young people, professionals](#)
- [Keeping children in care safe online](#) (Think U Know)
- [Keeping children safe - Online porn](#) (NSPCC)
- [Keeping children safe - Online safety](#) advice for parents (NSPCC)
- [Your guide to social networks your kids use](#) (NSPCC)
- [‘Bandrunner’ - A game aimed at 8-10-year olds where you are an animated character and have to answer questions about online safety along the way.](#)  
[https://www.thinkuknow.co.uk/8\\_10/about/](https://www.thinkuknow.co.uk/8_10/about/)
- [‘Internet Matters’](#) - Step-by-step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience. Useful resources around teaching internet safety. <https://www.internetmatters.org/parental-controls/>
- Zipit App - An app developed by Childline that contains loads of gifs and pictures that a young person can send if they are being asked for naked pictures of themselves. It uses funny pictures as a way of young people feeling more comfortable to say ‘no’ if they are being asked for them. Free to download and send. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety sexting/zipit-app/>
- Net Aware - Useful website to check the safety of a particular app (developed by 02 and NSPCC) <https://www.net-aware.org.uk/networks/> Helpline number: [0808 8005002](tel:08088005002)
- Get Safe Online - This website had lots of useful information on a wide range of topics from grooming, parental blocks, radicalisation and generally staying safe online. Tailored information for different age groups.  
<https://www.getsafeonline.org/smartphones-tablets/mobile-apps/>

## Consent

- [Sexual Consent: Do you get it? - Pause, Play, Stop](#) – resource from SARSAS (quiz, the law, facts, resources)
- ‘Tea and Consent’ YouTube video – analogy explaining consent (reminder – be mindful about using this resource with young people who may struggle to understand analogies, this may include young person with Autistic Spectrum Conditions, learning difficulties).

## Sexting

- [Sexting in schools and colleges: Responding to incidents and safeguarding young people](#) (UK Council for Child Internet Safety)
- [Keeping children safe - Sexting](#) (NSPCC)
- [Nude selfies – a parents’ guide](#) (Think U Know)

## NICE Guidance for professionals

[NICE Guidance on harmful sexual behaviour](#) includes recommendations on:

- [multi-agency approach](#) and [universal services](#)
- [early help assessment](#)
- [risk assessment for children and young people referred to harmful sexual behaviour services](#)
- [engaging with families and carers before an intervention begins](#)
- [developing and managing a care plan for children and young people displaying harmful sexual behaviour](#)
- [developing interventions for children and young people displaying harmful sexual behaviour](#)
- [supporting a return to the community for 'accommodated' children and young people](#)

[South West Child Protection Procedures \(SWCPP\)](#) are a joint set of procedures agreed by safeguarding partnerships in the south west. They include information and guidance on all aspects of safeguarding and child protection based on current legislation, national policy and research, including a section on Harmful Sexual Behaviour.

## Centre of Expertise on Child Sexual Abuse

[Key-Messages-harmful-sexual-behaviour-ENG 2018.pdf](#) an introduction to harmful sexual behaviour and effective interventions.

[Safety planning in education: A guide for professionals supporting children following incidents of harmful sexual behaviour](#) A comprehensive guide for education to assess risk, plan to reduce harm.

**‘PROFESOR’** (Protective + Risk Observations For Eliminating Sexual Offense Recidivism) - A structured checklist to assist professionals to identify and summarise protective and risk factors for adolescents and emerging adults (i.e. aged 12 to 25) who have offended sexually.

[https://www.profesor.ca/uploads/8/7/7/6/8776493/the\\_profesor\\_november\\_2017.pdf](https://www.profesor.ca/uploads/8/7/7/6/8776493/the_profesor_november_2017.pdf)

## Be Safe

Be Safe is a multi-agency partnership service working with children and young people with problematic/harmful sexual behaviour in Bristol (commissioning available for outside Bristol area).

<https://cchp.nhs.uk/cchp/explore-cchp/be-safe>

## The Lucy Faithfull Foundation – working to protect children

A service providing risk assessments & intervention, expert training, specialist consultancy and the Stop in Now! Helpline. Their mission is to prevent the sexual abuse of children and young people by working with protective adults, those affected by abuse and those perpetrating it, including young people with harmful sexual behaviour. <https://www.lucyfaithfull.org.uk/>