

## Welcome...

### to the Cwm Taf Morgannwg Safeguarding Board's Winter Bulletin for 2022.

#### Preventing and Tackling Child Sexual Abuse

In 2019, the Welsh Government published a **National Action Plan on Preventing and Tackling Child Abuse**.

This National Action Plan (the 'Plan') considers Child Sexual Abuse (CSA) including Child Sexual Exploitation (CSE) and Harmful Sexual Behaviour (HSB) and will assist the Welsh Government in assessing the implementation of the statutory guidance, Working Together to Safeguard People - Volume 7 - Safeguarding Children from Child Sexual Exploitation (links below) and the All Wales Practice Guides on **CSE** and **HSB**. There are also Practice Guides available on **Online Abuse**.

- **Safeguarding Children from Child Sexual Exploitation**
- **Easy read version**
- **Youth-friendly version**

Contained within this e-bulletin is information and resources for children and young people, parents/carers and professionals, which have been issued as part of the implementation of the Plan.



IN THIS ISSUE

| Professionals

| Parents/Carers

| Children and Young People

| General Public

For further information:  
[www.ctmsb.co.uk](http://www.ctmsb.co.uk)

✉ [ctmsafeguarding@rctcbc.gov.uk](mailto:ctmsafeguarding@rctcbc.gov.uk)

Facebook [@CwmTafMorgannwg Safeguarding Board](https://www.facebook.com/CwmTafMorgannwgSafeguardingBoard)

Twitter [@CTMSB1](https://twitter.com/CTMSB1)

Mae'r ddogfen hon ar gael yn Gymraeg.  
Mae croeso i chi gyfathrebu â ni yn y Gymraeg.  
This document is also available in Welsh.  
You are welcome to communicate with us in Welsh.

# Harmful Sexual Behaviour

Non-statutory practice guidance has been developed to support those working in education settings, in managing cases of peer-on-peer abuse within the education settings. The guidance provides advice on ensuring that where there are concerns around Harmful Sexual Behaviour (HSB), children can continue to receive an education in a way which is safe for them and for other learners.

To view the 'Guidance for education settings on peer sexual abuse, exploitation and harmful sexual behaviour', select this [link](#).

This is to be read in conjunction with the **All Wales Practice Guide on Safeguarding Children where there are concerns about Harmful Sexual Behaviour** and the **Wales Safeguarding Procedures**.

## Child Sexual Abuse

### Early Intervention Project

Stop it Now! provides two types of early intervention for vulnerable or at-risk families in Wales. This work is funded by the Welsh Government.

### Small groups of parents

The first is for small groups of parents identified by statutory or voluntary services as at-risk or as needing early intervention regarding child sexual abuse or exploitation.

### Vulnerable or at-risk families

The second is for individual early interventions for vulnerable or at-risk families. For example, where sexual abuse has taken place, there is alleged abuse or another risk has been identified. They may also be families who have come to the attention of local services for other reasons.

Families or individuals can attend the programmes on a referral basis. For more details, please download the flyers below.

Download the **English Early Intervention Project Leaflet (pdf)**.

Download the **English Group Parents Protect Plus Leaflet (pdf)**.

This early intervention work is funded by the Welsh Government.

You can **contact the team** for an informal call for any concerns you may have about a family or situation prior to referral.

### A17 Promote resources for schools with information for children on safe ways to speak out about.

Safeguarding posters have been developed for schools to support children and young people to 'speak out'. There are three posters:

- **One for primary school children**
- **One for secondary school children and young people**
- **One for school staff**

## Child Sexual Exploitation

### Check Your Thinking

Dr Sophie Hallett, Cardiff University has developed online learning sessions and resources on safeguarding young people from CSE and related safeguarding issues such as CCE, trafficking and going missing.

**Check Your thinking – Resources to support safeguarding practice with young people, for use by all those working with and caring for young people.**

**CHECK  
YOUR  
THINKING**

### The Gwella Project

A **Gwella Digital Conference** took place in October 2020. The Gwella project and approach formed part of 'Gwella' – a four-year, Welsh Government funded, innovative research and practice project, operated in partnership between Barnardo's Cymru and Cardiff University.

The overarching aim of 'Gwella' was to reduce the risk of vulnerable children and young people experiencing Child Sexual Exploitation (CSE) or demonstrating Harmful Sexual Behaviour (HSB), through the development of a prevention model for use in social care.

This event provided an opportunity to showcase the results of this work and also to explore the challenges and the benefits of trauma informed practice for practitioners, managers and senior leaders alike.

## Online Safety



### Thinkuknow' resources available bilingually on Hwb

Lesson plans and activities for 4-7 year olds and 8-10 year olds to develop knowledge, skills and the confidence to stay safe online can be accessed [here](#).



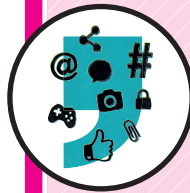
### Stay true to yourself online

We can all fall into the trap of comparing our lives to others. Don't be fooled by the filter! Visit the Welsh Government's Hwb webpage for practitioners, families and young people about self-esteem and social media on '**Keeping safe online**'.



### Online blackmail resource

Support young people aged 15-18 identify the key features of online blackmail, understand the impact it can have and access support. Access the presentation and resource pack on this, by selecting this [link](#).



### 'Just a Joke?' toolkit

Resources to support practitioners tackle the issue of peer-on-peer online sexual harassment with 9-12 year olds in an appropriate and engaging way. The pack includes a film and leaflets aimed at parents and carers. Access the toolkit [here](#).



### Step Up, Speak Up

The '**Step Up, Speak Up**' toolkit is also available bilingually to address the issue of online sexual harassment amongst young people 13-17 years old.



### Keeping Safe Online

Welsh Government's '**Keeping Safe Online**' area has been designed and developed to support online safety in education across Wales. It provides an extensive suite of up-to-date bilingual resources, Welsh Government guidance and links to further sources of support on a range of online safety issues.



## Child Sexual Abuse

### Stop it Now!

Stop it Now! has produced a guide which provides practical information for parents and carers about what will happen if there is an investigation about their child being sexually abused. Access this guide [here](#).

### Parents Protect Learning Programme

Stop it Now! has a 12-part child sexual abuse learning programme that aims to answer questions and give adults the information, advice and support to help them:

- understand potential risks
- recognise the warnings signs of abuse in children and adults
- build the confidence to prevent abuse
- realise why children don't talk about abuse
- know where they can go for support if they have concerns

To access this programme, please select this [link](#).

### Keeping Children Safe in Sports

The NSPCC Child Protection in Sport Unit (CPSU) has produced a **Keeping Children Safe in Sports - A Parent's Charter** which provides advice on how parents can check that their child is attending a sporting activity which has safeguarding measures in place.

### What we all need to know to protect our children

With funding from Welsh Government, Stop It Now!, in conjunction with **Ethnic Minorities and Youth Support (EYST)**, **Learning Disability Wales (LDW)**, and **Stonewall Cymru**, has produced a number of leaflets for parents, carers and other family members to provide the information we all need to put in place preventative measures, recognise the warning signs of child sexual abuse - and to build the confidence to do something about it.

- LGBTQ+ child [Download leaflet](#)
- Learning disability [Download leaflet](#)
- Easy Read English [Download leaflet](#)
- Children with learning disability [Download leaflet](#)
- Ethnic minority [Download leaflet](#)

### A Guide for Non-Abusing Parents

A resource has been developed for non-abusing parent/carers on the process related to the investigation of child sexual abuse, child sexual exploitation and harmful sexual behaviour, on the best ways to support children and on sources of help and support for non-abusing parents/carers.

### Child Sexual Abuse Investigations – A Guide for Non-Abusing Parents.

### 'Talk Pants'

The NSPCC's 'Talk Pants' campaign helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

Select this [link](#) to view and download information on this campaign, including guides for parents and guides for children.

### SchoolBeat.org

SchoolBeat.org is a website from the All Wales School Liaison Core Programme and includes information on unsafe relationships for parents. [Information on unsafe relationships for parents](#).

## Child Sexual Exploitation

Barnardo's Cymru has developed a Guide for Parents and Carers Providing Care, Support and Protection to children at risk of or who have been harmed by Child Sexual Exploitation. This guide can be accessed by selecting this [link](#).

## | Children and Young People

### Child Sexual Exploitation

Youth friendly and easy-read versions of information on keeping children safe from child sexual exploitation have been produced and can be accessed through the links below:

- **Keeping children safe from sexual exploitation – Easy read**
- **Keeping children safe from sexual exploitation – Youth friendly**

### Child Sexual Abuse

#### Child Sex Offender Disclosure Scheme

A poster campaign was developed by VAWDASV on unhealthy relationships for children and parent/carers.

- **Healthy Relationships**
- **Relationships Online (Consent)**
- **Relationships That Hurt**
- **Getting Through a Tough Time**
- **Checking Up or Checking In**

#### Resources for children on what will happen if they tell an adult they are being abused

The Welsh Government commissioned the NSPCC/Childline to develop information for children and young people to support disclosure and let them know what will happen if they tell an adult they have been/are being abused.

- **Under 12s**
- **Over 12s**

### Online Safety

The Welsh Government's 'Keeping Safe Online area' has an information and advice section for children and young people on online issues and worries. Access this [here](#).

## | General Public

### Harmful Sexual Behaviour

Barnardo's Cymru has developed an online learning session on **harmful sexual behaviour**, a guide for practitioners and information for parents/carers. Access this [here](#).

### Child Sexual Abuse

#### Stop It Now! Wales

**Stop It Now! Wales** is a child sexual abuse prevention project that works across the country to ensure that parents, carers and professionals are as best placed as they can be to protect children from sexual abuse and exploitation.

They believe that child sexual abuse is preventable and that all adults have a role to play in protecting children from sexual harm. This can be best achieved when adults are alert to the signs of child sexual abuse, including the behaviour that someone who might pose a risk to children can display, and knowing where they can seek help and advice.

They work closely with local authorities, LSCBs, police, the Welsh government, the voluntary sector, families and communities.

Stop It Now! Wales is run by the child protection charity **The Lucy Faithfull Foundation**.

## **Child Sexual Abuse** (continued)

### **'Child Sexual Abuse Prevention – It's Time We Talked About It'**

Stop It Now! Wales has developed a campaign to raise awareness of child sexual abuse, including where the risks lie and that sexual abuse can happen to any child. It aims to make people aware that perpetrators take advantage of the fact that sexual abuse is a taboo subject to abuse children and to silence them. That means that by being aware that sexual abuse can and does happen, everyone in the community can help to keep children safe.

The campaign also aims to encourage individuals across communities to talk about child sexual abuse in a safe way which is supportive of victims, and to encourage the public to report any concerns they have that a child is at risk.

A public information leaflet has been produced and can be accessed by selecting this [link](#).

---

### **Child Sex Offender Disclosure Scheme**

The Home Office has produced information on the **Child Sex Offender Disclosure Scheme** which includes information for parents and for practitioners on the scheme which lets those who care for young people find out if a person has a record for child sexual offences.

---

### **SchoolBeat.Org**

**SchoolBeat.Org** is a bilingual site from the All Wales School Liaison Core Programme, providing information and resources for pupils, teachers, parents and partners to reinforce the key messages delivered by our School Community Police Officers in primary and secondary schools as well as alternative educational settings.

The site also has information about the themed lessons that the All Wales School Liaison Core Programme offers including for example '**Griff's Story**', a Year 6 lesson designed to educate pupils about the issue of Child Sexual Abuse and Exploitation.

'**Risky Pics**' is a secondary school lesson about the social and emotional consequences of sexting and discover what the law says. The site includes resources on healthy relationships.

# **Survivors of Sexual Abuse**

## **Getting help to recover from abuse is possible at any stage of life**

Sometimes it can take us a while to understand that we have been abused. Sometimes we're just not ready to talk about it. It can be hard to know where to go for help.

It's normal to be worried about who to talk to and what will happen.

But you're not alone. There is support out there to help you.

Reach out when you're ready - it's never too late. There are services for adults as well as young people and children, and they will help you no matter when the abuse happened

Find out more [here](#).

---

## **New campaign launches to support survivors of sexual assault and abuse**

A powerful **animation** have been released describing the services and support provided by sexual assault referral centres SARCs in Wales.

SARCs offer specialist practical, medical, and emotional support for victims and survivors of rape, sexual assault and abuse, regardless of whether they choose to involve the police or not.

If you have been raped, sexually assaulted or abused and don't know where to turn, visit [collaborative.nhs.wales /SARCs](https://collaborative.nhs.wales/SARCs) to find your nearest sexual assault referral centre.