



Encouraging children and young people to tell

- You told us providing information so you can contact services when you are ready, makes young people feel more in control. You said we could have info cards in schools or public places, like the back of a door in the toilet
- You want to make sure children and young people know they can get help without the police investigating what happened
- A positive response makes children feel listened to and believed – and hearing about positive experiences from other young people can build confidence to report
- Most people don't listen to talks in assembly – you said teachers could talk about sexual abuse in PSHE lessons or young people could come into school to talk to you about sex and relationships.

Helping access to services

- Some of you who had experienced services said you felt 'passed from one service to another' – you asked us put our services together in one place with one person to help you
- Going to an adult service for sexual health follow up made you feel uncomfortable – you asked us to offer this at Dewberry House
- Some of you were worried you might know the staff or that you wouldn't get a choice if you didn't get on with them
- You asked if counselling could be in school as it is easier to access help in a familiar place.



Feeling valued and listened to

- Choice and options make you feel valued
- People going the extra mile makes a difference – like good quality snacks, going to fast food restaurants to talk, or moving sessions outside on a nice day
- You asked staff to respect you by not cancelling appointments or turning up a school unannounced
- You asked staff to really listen – checking in how you are feeling during the conversation and recapping
- Confidentiality is important to you but you want staff to communicate with each other so you don't have to repeat yourself
- You want us to offer more group work so you can support each other and share ideas for self help.





Creating safety

- You told us reporting to the police is difficult because it feels like once you start you can't stop the process
- Social media can mean you are bullied for speaking out
- Awareness raising should be targeted at boys and not just girls.

Where should help be accessed?

- You asked for all the staff to be together in one place that you can get to easily and feels private and secure
- Inside the building should be homely, colourful, have an outside space and maybe separate areas for counselling and being examined
- Services should not be in a hospital or a plain room with two chairs
- You asked for a space to take a break during or after sessions, with fidget toys or other distractions to help with distress.



And so over the next three years we will:

Prevent and identify sexual abuse:

- Find better ways to tell children and young people in school about sexual abuse
- Help the public know how to spot the signs of sexual abuse
- Train professionals, including those that work in charities, churches, care homes, taxi drivers and sports clubs
- Get better at identifying and helping young people that are criminally exploited
- Support young people that harm others sexually.

Make the criminal justice process investigations better for child and young person:

- Help children and young people feel more confident to report sexual abuse
- Reduce the number of times children and young people need to talk about their abuse/exploitation
- Make sure emotional support is available, including when a police investigation is ongoing
- Get better at sharing information between agencies.

Help children and young people recover after sexual abuse:

- Create a new service in one safe space to support children, young people and parent/carers
- Offer a variety of types of counselling and creative therapies for as long as is needed for children or young people; as well as support for siblings and parent/carers
- Support staff who do this work
- Check we know if our help is working
- Create survivor networks
- Make sure there is funding to continue the services.