

# Child Sexual Abuse (CSA)

## Resources and information for professionals

### ➤ Introduction

This document contains links to useful resources, materials, and relevant training. Starting with useful websites which cover a range of topics and guidance within CSA, we have then grouped specific resources in to five sections:

- **Awareness**
- **Prevention**
- **Protection – initial response**
- **Protection – effective assessment**
- **CSA Recovery Support (intervention)**

In this document you will find information from a variety of sources to support your knowledge, understanding and practice skills. They should be used with professional judgement as to what resources are appropriate. Research, development and services change over time. Therefore, this resources document is advisory in nature, reflecting current best practice at the date of publication, and may not reflect all recent legal or best practice developments arising from any unforeseen or recent updates in practice, development or services, and may not apply to the specific facts and circumstances encountered by you.

Links included may take you to an external website which is not affiliated with the NSPCC.

### What is CSA?

Child Sexual Abuse (CSA) 'Involves forcing or enticing a child or young person to take part in sexual activities, not necessarily involving a high level of violence, whether or not the child is aware of what is happening.' ([Working together to safeguard children, 2018](#)) There is no standard definition of 'child sexual abuse'. The government within each country defines 'child sexual abuse' within its child protection guidelines, please refer to the relevant country definition as appropriate.

Child sexual abuse can involve contact abuse and non-contact abuse.

For more general information about CSA, visit NSPCC Learning **Protecting Children from Sexual Abuse** pages: <https://learning.nspcc.org.uk/child-abuse-and-neglect/child-sexual-abuse>

Further information on the statistics and learning from case reviews can be found here:

- NSPCC (2020) [Definitions and signs of child abuse](#)
- NSPCC (2020) [Child Sexual Abuse: Learning from case reviews.](#)
- NSPCC (2021) [Child Sexual Abuse: Statistics briefing](#)

## Useful websites and practice guidance

- **Independent Inquiry into Child Sexual Abuse (IICSA):** <https://www.iicsa.org.uk/>
  - [Summary of the Independent Inquiry into Child Sexual Abuse's \(IICSA's\) final report \(NSPCC\)](#)
  - [IICSA \(2017\) The impacts of child sexual abuse: A rapid evidence assessment](#)
  - [Truth Project: IICSA Independent Inquiry into Child Sexual Abuse](#)
- **Home Office (2021)** [Tackling Child Sexual Abuse Strategy.](#)
- **Centre of expertise on child sexual abuse (CSA Centre):** <https://www.csacentre.org.uk/>
- **Child exploitation and online protection (CEOP):** <https://www.ceop.police.uk/Safety-Centre/>
- **Research in Practice:** <https://www.researchinpractice.org.uk/children/topics/child-sexual-abuse/>
- **Contextual Safeguarding Network:** <https://contextualsafeguarding.org.uk/>
- **Department for Education (DfE) (2022):** [Keeping children safe in education \(2022\): statutory guidance for schools and colleges.](#)
- **Ofsted (2021)** [Review of sexual abuse in schools and colleges.](#)
- **JTAIS (2020)** [Multi-agency response to child sexual abuse in the family environment: joint targeted area inspections \(JTAs\) - GOV.UK \(www.gov.uk\)](#)

## ➤ Awareness

### System-wide CSA Snapshot (provided by NSPCC)

The System-wide CSA snapshot is designed to help local areas understand the strength of their current CSA service provision. We help facilitate multi-agency discussions that identify good practice, gaps and opportunities across your local CSA offer, and produce a detailed report with relevant recommendations to improve local responses and support children, their family and

wider community/society. The snapshot helps bring teams and conversations together in increase shared understanding and consistency in improving CSA services. Please email [csaawareness@nspcc.org.uk](mailto:csaawareness@nspcc.org.uk) to find out more information and the opportunity for limited funding.

## Developing an Understanding of CSA Training (provided by NSPCC)

This 2-day training provided by the NSPCC provides professionals working with children and families with a solid base-level understanding of their roles and responsibilities in recognising and responding to CSA. The training generates a shared understanding of CSA and need for recovery services. Professionals are supported to increase their knowledge and confidence in recognising abuse, responding, reporting and recording, whilst also looking at the impact of CSA on the young person, the family and wider community/society.

Please contact: [CSAawareness@nspcc.org.uk](mailto:CSAawareness@nspcc.org.uk)

## Harmful Sexual Behaviour framework and training (provided by NSPCC)

Harmful Sexual Behaviour (HSB) is a type of CSA. An NSPCC-developed, evidence-informed framework for children and young people displaying harmful sexual behaviours

[‘Harmful sexual behaviour framework NSPCC - webpage’](#)

[‘Harmful sexual behaviour framework pdf’](#)

[‘National Institute of Clinical Excellence \(NICE\) HSB guidelines 2016 - webpage’](#)

## Harmful Sexual Behaviour

[‘Understanding sexualised behaviour in children – NSPCC’](#)

[‘Children and young people who engage in technology-assisted harmful sexual behaviour - NSPCC’](#)

## Protecting Children from Child Sexual Exploitation

Child sexual exploitation (CSE) is a type of CSA. More information and links can be found on the NSPCC learning webpages: [‘Protecting children from sexual exploitation - NSPCC webpage’](#)

## Local campaigns to support communities (NSPCC)

NSPCC work together with communities across the UK to develop and deliver local campaigns and initiatives that help protect children and young people from abuse and neglect.

[‘Local campaigns to support communities - NSPCC’](#)

## “Everyone deserves to be happy and safe” (NSPCC)

A mixed methods study exploring how online and offline child sexual abuse impact young people and how professionals respond to it.

[“Everyone deserves to be happy and safe”: a mixed methods study exploring how online and offline child sexual abuse impact young people and how professionals respond to it \(NSPCC pdf\)](#)

## Keeping our children safe

Raising awareness of safeguarding children who come from Black, Asian and minoritised ethnic communities

['Keeping our children safe - NSPCC'](#)

['Children's Commissioner for England: Protecting children from harm'](#)

['I was shocked: it doesn't feel like we've moved on from the nineties - CSA Centre'](#)

['I Never Spoke About It'...Supporting sexually exploited boys and young men - Barnados'](#)

['Protective Behaviours - PBPeople and the Protective Behaviours Association'](#)

## Sexual abuse of boys continues to be missed: what social workers can do (Community Care)

An article explaining why barriers to male CSA being recognised or disclosed are especially high and suggests changes individuals and organisations can make.

['Sexual abuse of boys continues to be missed: what social workers can do - Community Care website'](#)

## Warning signs in adults

['Warning signs in adults - Finkelhor Model: Lucy Faithfull'](#)

## Impact of child sexual abuse on children and young people

['Childhood Trauma and the Brain - UKTC'](#)

['Building Resilience: Tipping the scales'](#)

['The Effects of Trauma on a Child's Brain: Family and Child Therapy'](#)

## National Crime Agency

NCA on publication of annual threat assessment

['Online is the new frontline in fight against organised crime: National Crime Agency'](#)

## Pat Branigan CSE HSB overview – YouTube

[https://www.youtube.com/watch?v=CSBbPw\\_OmSI](https://www.youtube.com/watch?v=CSBbPw_OmSI)

## ➤ Prevention

### 'Talk PANTS' (NSPCC)

With help from our friendly dinosaur Pantosaurus, 'Talk PANTS' has been designed to help professionals, and parents, talk to children and young people about how to stay safe from abuse.

['Talk PANTS – NSPCC website'](#)

### 'Talk Relationships' (NSPCC)

Talk Relationships is a service to ensure secondary school-aged young people can learn about sex and relationships in a safe education environment that recognises, responds to, and prevents abuse.

['Talk Relationships: delivering sex and relationships education – NSPCC website'](#)

### Stop It Now UK & Ireland (Lucy Faithfull Foundation)

This child sexual abuse prevention campaign and helpline (0808 1000 900) aims to:

- assist adults who are worried about the sexual behaviour of other adults or children and young people,
- those worried about their own sexual thoughts or behaviour towards children, including those with concerns about their online behaviour,
- friends and relatives of people arrested for sexual offending, including internet offending
- any other adult with a concern about child sexual abuse - including survivors and professionals

['Stop It Now - website'](#)

## Upstream

Upstream is an online resource that enables adults in Scotland to prevent CSA and to protect the next child.

['The Upstream Project - Stop It Now! Scotland website'](#)

## Parents Protect

This child sexual abuse awareness and prevention website was created by the child sexual abuse prevention campaign, Stop it Now! UK and Ireland and The Lucy Faithfull Foundation (LFF). **Helpline:** 0808 1000 900.

['Parents Protect - website'](#)

## Prevention Programme (The Children's Society)

The Children's Society work across England and Wales to improve responses and prevent exploitation and abuse.

[Partnering with Prevention - The Children's Society \(childrensociety.org.uk\)](#)

## Peer-on-peer sexual abuse in education (NSPCC)

Explore our range of resources on healthy relationships and harmful sexual behaviour, including peer-on-peer and child-on-child sexual abuse. These can be used by anyone who works or volunteers with children and young people.

['Resources on peer-on-peer sexual abuse in education and healthy relationships - NSPCC website'](#)

## Preventing the sexual abuse of disabled children

['Podcast: preventing the sexual abuse of disabled children - NSPCC website'](#)

## Think U Know

CEOP's 'Thinkuknow' website and toolkit provides information for young people, parents and professionals including training and educational materials on keeping safe online. They also have a tool for reporting online abuse.

['Thinkuknow website \(provided by CEOP\)'](#)

['Thinkuknow toolkit'](#)

## Internet Watch Foundation (IWF)

The IWF work to stop the repeated victimisation of people abused in childhood and make the internet a safer place, by identifying & removing global online child sexual abuse imagery.

['Eliminating Child Sexual Abuse Online – Internet Watch Foundation website'](#)

## UK Safer Internet Centre

The Professionals Online Safety Helpline (POSH) was set up in 2011 to help all members of the community working with or for children in the UK, with any online safety issues they, or children and young people in their care, may face. **Helpline:** 0344 381 4772

['UK Safer Internet Centre – website and helpline'](#)

## UK Council for Internet Safety (UKCIS)

The UK Council for Internet Safety (UKCIS) is a collaborative forum through which government, the tech community and the third sector work together to ensure the UK is the safest place in the world to be online.

['UK Council for Internet Safety \(UKIS\) – \(hosted by gov.uk\)'](#)

## Childnet International Teaching Toolkit

The 'Step Up, Speak Up!' Teaching Toolkit is a free practical, interactive; and scenario-based resource which addresses the issue of online sexual harassment amongst 13–17-year-olds.

['Step Up, Speak Up Teaching Toolkit \(provided by Childnet\)'](#)

## Getting through a tough time – Childline website

Support for young people who have experienced trauma.

['Getting through a tough time – Childline website'](#)

## Healthy and Unhealthy relationships

Information, support and advice on consent and abuse within relationships.

['Healthy and unhealthy relationships – Childline website'](#)

## Sex and Relationships

Information and advice covering; knowing when you're ready, consent, preparing to have sex and masturbation.

### ['Sex and relationships – Childline website'](#)

## Tea and Consent

A video made by Thames Valley Police about consent

### ['Tea and consent – Youtube video from Thames Valley Police'](#)

## Sexting and Sending Nudes

Advice and support for young people who have sent an explicit image, and those being pressured to start sexting.

### ['Sexting and sending nudes – Childline website'](#)

## Brook – Healthy Lives for Young People

Free and confidential sexual health & wellbeing advice for under 25's.

### ['Brook website'](#)

## Peer-on-Peer Abuse Toolkit – Farrer and Co

Guidance and template on Peer-on Peer abuse policy

### ['Peer-on-peer abuse toolkit – Farrer & Co website'](#)

## Disrespect NoBody

Advice/video clips for young people about healthy relationships, covering topics such as consent and sexting.

### ['Disrespect NoBody website'](#)

## Cool Not Cool

An online quiz about friends and relationships.

### ['Cool Not Cool website'](#)

## ➤ Protection: initial response

Signs and Indicators template (CSA Centre)



The CSA Centre's Signs and Indicators Template helps professionals to gather the wider signs and indicators of sexual abuse and build a picture of their concerns. Using the Signs and Indicators Template professionals are able to note what they have observed directly into the template, using practical evidence-based guidance. The template is designed to provide a common language amongst professionals to discuss, record and share concerns that a child is being, or has been sexually abused.

['Signs & Indicators Template - CSA Centre website'](#)

['Don't wait for them to tell us: recognising and responding to signs of child sexual abuse - CSA Centre'](#)

## Responding to children (NSPCC)

The NSPCC have created evidence-informed resources to help adults ensure children always feel listened to.

['Let children know you're listening - NSPCC website'](#)

['No one noticed, no one heard - NSPCC website'](#)

[Listen up, Speak up - NSPCC Website](#)

## Protecting children from harm (The Children's Commissioner)

A critical assessment of child sexual abuse in the family network in England and priorities for action from the office of the Children's Commissioner, 2015

[Protecting children from harm | Children's Commissioner for England - \(childrenscommissioner.gov.uk website\)](#)

## Responding to CSA (CSA Centre)

Below you will find a guide that brings together research, practice guidance to help give professionals the knowledge and confidence to act. In addition, useful links to key messages from research on identifying and responding to disclosures of child sexual abuse.

## [Communicating with Children Guide - CSA Centre](#)

[‘Key messages from research on identifying and responding to disclosures of child sexual abuse - CSA Centre website’](#)

[‘Don't wait for them to tell us: recognising and responding to signs of child sexual abuse - CSA Centre website’](#)

[‘Improving responses to the sexual abuse of Black, Asian and minority ethnic children - CSA Centre website’](#)

[‘Key messages from research on child sexual abuse perpetrated by adults’](#)

## Supporting sexually exploited boys and young men (Barnardo's)

[‘I Never Spoke About It’...Supporting sexually exploited boys and young men in Wales July 2016 \(PDF\).pdf \(barnardos.org.uk\)](#)

## Consideration of language used (useful articles)

[Our language matters – Why we should stop using the term ‘Disclosure’ in child protection - Association of Child Protection Professionals website](#)

[Disclosure, allegations and why language matters – The Transparency Project](#)

[Our Language Matters: AOCPP](#)

[Why Language Matters: NSPCC](#)

<https://www.childrensociety.org.uk/information/professionals/resources/child-exploitation-language-guide>

## Supporting Parents and Carers (CSA Centre)

The CSA Centre have produced a guide that helps professionals provide a confident, supportive response when concerns about the sexual abuse of a parent or carer's child have been raised or identified. They also have an article around effectively working with non-abusing parents

## [Supporting Parents and Carers Guide - CSA Centre](#)

## ["But they must have known!" Effectively working with non-abusing parents - CSA Centre](#)

### ➤ **Protection: effective assessment**

#### **Child Abuse and Neglect: NICE Guideline**

This guideline covers recognising and responding to abuse and neglect in children and young people aged under 18. It covers physical, sexual and emotional abuse, and neglect. The guideline aims to help anyone whose work brings them into contact with children and young people to spot signs of abuse and neglect and to know how to respond. It also supports practitioners who carry out assessments and provide early help and interventions to children, young people, parents and carers.

#### [NICE Guidance: Child abuse and neglect - NICE](#)

#### **Anne Bannister's Regenerative Model**

NSPCC's Letting the Future In CSA Recovery Service (see below) builds upon principles and approaches from the work of Anne Bannister and her Regenerative model (Bannister, 2003) but has been revised to make it more specific to sexual abuse; **Bannister, A. (2003) Creative therapies with Traumatized Children. UK: Jessica Kingsley Publishers**

### ➤ **CSA Recovery Support (intervention)**

#### **Letting The Future In (CSA Recovery Service)**

Letting the Future In (LTFI) is designed to help children and young people who have experienced sexual abuse rebuild their lives. Find out more about how we can help you deliver LTFI in your area, please email us on [\*\*lettingthefuturein@nspcc.org.uk\*\*](mailto:lettingthefuturein@nspcc.org.uk) .

#### [Letting the Future In \(LTFI\) - NSPCC Learning](#)