

KNOW YOUR LOCAL RESOURCES & AGENCIES AND HOW TO ACCESS THEM

Stop it Now! UK and Ireland

www.stopitnow.org.uk

Helpline - **0808 1000 900**

Email help@stopitnow.org.uk

Stop it Now! UK and Ireland is a useful website for anyone with concerns about child sexual abuse. The Stop it Now! campaign operates a confidential Freephone helpline for any adult with concerns including those worried about the sexual behaviour of another adult towards children, those worried about their own thoughts or behaviour towards children and those concerned about the worrying sexual behaviour of a child or young person (0808 100 900 or help@stopitnow.org.uk).

Child Exploitation and Online Protection (CEOP) Centre

www.ceop.police.uk

The CEOP Centre is the UK's national police agency set up to tackle child sexual abuse and exploitation. If you are worried about someone's behaviour towards a child, either online or offline, you can report this at www.ceop.police.uk.

Childnet International

www.childnet-int.org

Childnet International is a non-profit organisation working with others to help make the Internet a positive and safe environment for children.

Internet Matters

www.internetmatters.org

An internet portal which aims to direct parents and carers to credible information on how to keep children safe online.

Childline

www.childline.org.uk

0800 1111

Get help and advice about a wide range of issues, talk to a counsellor online. You can also send ChildLine an email or post on the message boards.

Comparitech

[A useful guide](#) to help parents, carers and educationalists to protect children's privacy online.

Parentline Plus

www.parentlineplus.org.uk

Helpline: **0808 800 2222**

Parentline Plus is a national charity that works for, and with, parents. It works to offer help and support through an innovative range of free, flexible, responsive services - shaped by parents for parents.

NSPCC Helpline

www.nspcc.org.uk

NSPCC Child Protection Helpline - **0808 800 5000**

The NSPCC is a UK charity dedicated to stopping child abuse. You can call their child protection helpline or contact them via email at help@nspcc.org.uk.

Samaritans

www.samaritans.org.uk

08457 90 90 90

Samaritans provides confidential emotional support 24/7 to those experiencing despair, distress or suicidal feelings.

Victim Support

www.victimsupport.org.uk

Supportline: **0845 30 30 900**

Victim Support is the national charity for victims of crime in England and Wales.

Citizen's Advice Guide

www.adviceguide.org.uk

Adviceguide provides information on your rights, including benefits, housing, family matters and employment, and on debt, consumer and legal issues. Produced by Citizens Advice, you can get information for all four UK countries - England, Northern Ireland, Scotland and Wales.

www.chatdanger.com

<http://www.childnet.com/young-people/secondary>

A site all about the potential dangers of interactive services online like chat, IM (instant messaging), online games, email and on mobiles.

Kid Smart

www.kidsmart.org.uk

Teaches children and adults about the internet and being a SMART surfer.

Barnardo's

www.barnardos.org.uk

A children's charity working to improve the lives of children.

Action for Children

www.actionforchildren.org.uk

A children's charity that supports and speaks out for the UK's most vulnerable and neglected children and young people.

The Lucy Faithfull Foundation

www.lucyfaithfull.org.uk

The Lucy Faithfull Foundation (LFF) is the only UK-wide child protection charity committed solely to reducing the risk of children being sexually abused. LFF's staff work with all those affected by abuse including adult male and female sexual abusers; young people with inappropriate sexual behaviours; victims of abuse and other family members.

The Home Office Disclosure Scheme (Sarah's Law)

Keeping children safe: your right to ask for a police check

www.direct.gov.uk/en/Parents/Yourchildshealthandsafety/WorriedAbout/DG_189569?CID=Parents&PLA=url_mon&CRE=keepingchildrensafe

If you are worried about someone in your child's life, you can get them checked by the police to see if they have a record of child sexual offences. You can access the above to find out what you need to do to get someone checked.

MOSAC (Mothers of Sexually Abused Children)

www.mosac.org.uk

MOSAC is a voluntary organisation supporting all non-abusing parents and carers whose children have been sexually abused. They provide advocacy, advice and information, befriending, counselling, play therapy and support groups following alleged child sexual abuse. Visit their website or call their national helpline on 0800 980 1958.

NAPAC

www.napac.org.uk/

NAPAC is the National Association for People Abused in Childhood. It is a registered charity providing support and information for people abused in childhood.

SURVIVORS UK

www.survivorsuk.org/

Helpline: **0845 1221201**.

Survivors UK provides information, support and counselling for men who have been raped or sexually abused. Thousands of men contact them each year.

The Internet Watch Foundation

You can report child sexual abuse images hosted anywhere in the world, criminally obscene adult content hosted in the UK and non-photographic child sexual abuse images hosted in the UK, to the Internet Watch Foundation at www.iwf.org.uk.

Parent Port

www.parentport.org.uk

Parent Port is a website that has been set up to help parents, grandparents, guardians and carers make their voices heard in relation to media content they find inappropriate for children.

Parents Against Child Sexual Exploitation (Pace)

www.paceuk.info

Parents Against Child Sexual Exploitation (Pace) works alongside parents and carers whose children are or are at risk of being sexually exploited by perpetrators external to the family. They also offer guidance and training to professionals on how child sexual exploitation affects the whole family. They were formerly known as CROP.

Lifecentre

www.lifecentre.uk.com/

Lifecentre is a UK based charity that supports survivors of rape & sexual abuse. It offers a national helpline and a counselling team based in Sussex, England.

CCPAS

<http://www.ccpas.co.uk/>

CCPAS (The Churches' Child Protection Advisory Service) is the only independent Christian safeguarding charity which provides a 24 hour confidential helpline; Safeguarding policies; Professional training and advice; Disclosure checks; Breaking news updates and Support and resources. CCPAS exist to safeguard both children and vulnerable adults throughout the UK. They work to help those throughout the UK who are, or have been, affected by child abuse and similar issues. They also produce literature for parents. Subjects include the development of children's personal safety skills and helping children who have been abused. For more information and to see their range of free downloadable leaflets visit: <https://www.ccpas.co.uk/info/help>.

British Association for Counselling and Psychotherapy

www.bacp.co.uk

Provides a list of counsellors and psychotherapists and professional bodies offering therapy.

The Blast Project

<https://www.mesmac.co.uk/projects/blast>

The Blast project is the UK's leading male only sexual exploitation project supporting and advocating for boys and young men. They deliver 1:1 emotional and practical support: group work in educational settings, and training and support for professionals. They also offer an anonymous reporting mechanism on their website for anyone concerned about a boy being sexually exploited. In addition to online and phone support, face to face contact is available in Leeds and Bradford and other services are available nationally. More information is available on their [website](#).