



Primary, secondary or tertiary

Primary & Secondary

Ref

Staying safe

Target population

The programme is aimed at children and young people between the ages of 5-18, who have a parent, relative or carer who attends or has attended the Essex Partners' Programme. By association it is therefore aimed at children who are living in a family affected by sexual abuse by an adult male.

Delivery organisation

The Lucy Faithfull Foundation is a child protection charity operating throughout the United Kingdom that specialises in safeguarding children from sexual abuse. It provides a range of services which include assessment and treatment for adults and children who have perpetrated or been affected by child sexual abuse; the provision of an Expert Witness Service; the development of treatment programmes for adults and young offenders; and consultancy and training to professionals from Social Services, the Prison and Probation Services, Health Providers, voluntary agencies, the Police and professionals working within the family and criminal court arenas. In addition the Foundation makes contributions to research, legislation and policy and procedure reviews and manages the prevention campaign Stop it Now! UK & Ireland and its Helpline.

Mode and context of delivery

The method of work on the Children's Programme is primarily educational, helping to provide the child and parent(s) with information about key issues relating to sexual abuse. This provides a basis for helping improve the conditions whereby the child and parent(s) can begin the process of healing as well as repairing wider related issues within the family.

It is recognised that work with the child and family may be taking place in any number of different contexts in terms of how long ago the abuse took place, where everyone is living, contact arrangements, whether or not there are any legal proceedings in the criminal or family courts, etc.

Level/Nature of staff expertise required

It is envisaged that facilitators delivering the Children's Programme should be experienced in undertaking direct work with children and young people and have some knowledge of (i) the dynamics of sexual abuse; (ii) the effects of trauma and sexual abuse upon children, non-offending carers and other family members; (iii) child development; and (iv) safeguarding / child protection procedures and practice.

Intensity/extent of engagement with target group(s)

Dependant on the age of the child and circumstances

Description of intervention

The programme is divided into a series of modules with each one designed to build upon the last. Each module contains a rationale for the work, aims and learning objectives and ideas for activities to use to help achieve these. The modules have distinct themes but should not be seen as single sessions. Whilst some might be completed in one session, other modules might require more time and some modules can be amalgamated in the same session. Progress through the modules will vary from child to child and whilst they are designed to be sequential some children might need to return to earlier modules or require additional work before being able to move onto a new module. Whilst each module contains ideas for specific activities and exercises to use with children, these should not be regarded as obligatory. Facilitators are encouraged to utilise their own activities, resources and direct-work methods in working through the modules as long as these adhere to the identified goals and learning outcomes.

The first session – setting the scene

Staying safe during sessions

All about me

My emotions and feelings

About difficult feelings

Me and my world

Me and my family now

My life story

My personal space

Learning about trust and safety

Secrets, surprises and privacy

Being in charge of my body

What is abuse?

The effects of sexual abuse

Coping with difficult memories & feelings

How does sexual abuse happen?

How did he do that to me and my family?

Keeping secrets & telling about abuse

What happened to me

It's not my fault

The effects on my family

The future

Evaluation

Evaluation information not available

Contact details

Sue Lancaster

Programme lead

Tabor House
5 Coggeshall Road, Braintree,
Essex, CM7 9DB
Tel: 01376 555415
Mob: 07786 125335

E-mail: Sue.Lancaster@essex.gov.uk

RATING: Pioneering