

Services and Support:

NSPCC helpline:

Support for young people, no matter what their worry.
Mon to Fri 8am – 10pm and Sat & Sun 9am – 6pm.

<https://www.nspcc.org.uk/keeping-children-safe/our-services/nspcc-helpline/>

Helpline: 0808 800 5000

Childline:

Online / telephone counselling for young people under the age of 19.

www.childline.org.uk

Helpline: 0800 1111

Mosac:

Mosac provides supportive services for non-abusing parents and carers whose children have been sexually abused.

www.mosac.org.uk

Helpline: 0800 980 1958

Look Closer :

Raise awareness of Child Exploitation

<https://www.childrenssociety.org.uk/look-closer>

<https://www.theclewerinitiative.org/safecarwash>

Family Matters:

Rape and sexual abuse support services by qualified professionals

<https://www.familymattersuk.org/>

Helpline 0808 1000 900

Survivors:

If you want to talk about male rape or sexual abuse, we've had over twenty years of listening and helping.

0845 122 1201

<https://www.survivorsuk.org/>

Child Protection at The Rowans - Important contacts

Designated Safeguarding Lead

F May: Head Teacher

fiona.may@therowansap.co.uk

Deputy Designated Safeguarding Leads

G Webb: SENCO

gwen.webb@therowansap.co.uk

Becky Jones: Welfare and Attendance Lead

rebecca.jones@therowansap.co.uk

Jo Skinner: Inclusions, Interventions and Mental Health Lead

Joanne.skinner@therowansap.co.uk

Charlotte Harris: Assistant SENCO

Charlotte.harris@therowansap.co.uk

Lee Ketcher: Enrichment and Cultural Capital Lead

Lee.ketcher@therowansap.co.uk

Trustee for Safeguarding

Susan Greenfield

susan.greenfield@therowansap.co.uk

The school's safeguarding and child protection policy is available on our website:

<https://www.therowans.org/policies-and-info/policies>



The Rowans AP Academy

Understanding Sexual Abuse.



Please take a leaflet and seek support from us

Silverbank, Churchill Avenue

Chatham, Kent ME5 0LB

01634 33 8803

Email – office@therowansap.co.uk



www.therowans.org

@TherowansAP

The Rowans AP Academy



What is Sexual Abuse and Sexual Harassment?

Sexual abuse is sexual behaviour that the victim is forced or coerced into. It can take many forms, and can include assault by penetration, non penetrative acts, looking at indecent images, creating or sharing indecent images, watching sexual activities, exploitation, degrading or humiliating remarks, and propositions of a sexual nature. Sexual abuse and harassment can take place in person or online. It is important to remember the perpetrator can be an adult of either sex or another child.

Facts about Sexual Abuse:

- Any child is at risk of being sexual abused. It's important to remember that both boys and girls can be sexually abused
- Most children who have been sexually abused were abused by someone they know. This could be a family member, a friend or someone who has targeted them
- Children who are sexually abused online could be abused by someone they know or a stranger. This could be a one-off act or someone who builds a relationship with them
- Some children are more at risk of sexual abuse. Children with disabilities are more likely to be sexually abused
- Some abusers target children who are isolated or being neglected by their parents or carers.
- 1 in 3 girls have experienced sexual violence from a partner before they are 18
- 4 in 10 girls have experienced sexual coercion between the ages of 13 and 17
- Boys are particularly at risk in game chat rooms.
- Two thirds of sexual abuse experienced by children aged 17 or under was committed by someone who was also under the age of 17.

If You Have Concerns

If you have any concerns about a young person's safety or wellbeing, you should:

- Act quickly and share the information with the Designated Safeguarding Leads or the Deputy Safeguarding Leads. If a member of the Safeguarding team is not available then you should speak to the school's senior leadership team
- Make a note of what you have seen, heard or been told
- Do not question the child
- Do not physically examine the child

You should not assume a colleague or another professional will take action and share information that might be critical in keeping children safe so it is important that you share the information to the relevant people in a timely manner. The designated safeguarding lead will generally lead on next steps, including who else, if anyone, should be informed and whether to pass a concern on to the police or children's social care assessment process.

Why Is This Important – The effects of Sexual Abuse:

It is important for children to receive the right help at the right time to address risks and prevent issues escalating.

- Anxiety and depression
- Self-harm
- Suicidal thoughts
- Sexually transmitted infections
- Pregnancy
- Feelings of shame and guilt
- Drug and alcohol problems
- Relationship problems with family and friends
- Difficulty coping with stress
- Post – traumatic stress

Emotional and behavioural signs:

- Avoiding being alone with or frightened of people or a person they know
- Language or sexual behavior you wouldn't expect them to know
- Having nightmares or bed-wetting
- Alcohol or drug misuse
- Self-harm
- Changes in eating habits
- Changes in their mood, feeling irritable and angry, or anything out of the ordinary

Physical Signs:

- Bruises
- Bleeding, discharge, pains or soreness in their genital or anal area
- Sexually transmitted infections
- Pregnancy

Signs a child is being sexually abused online:

- Spending a lot more or a lot less time than usual online, texting, gaming or using social media
- Seems distant, upset or angry after using the internet or texting
- Being secretive about who they are talking to and what they are doing online or on their mobile phone
- Having lots of new phone number or texts.