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## 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](http://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](http://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/>

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## Child Protection at The Rowans - Important contacts

### Designated Safeguarding Lead

F May: Head Teacher

[fiona.may@therowansap.co.uk](mailto:fiona.may@therowansap.co.uk)

G Webb: SENCO

[gwen.webb@therowansap.co.uk](mailto:gwen.webb@therowansap.co.uk)

### Deputy Designated Safeguarding Leads

Becky Jones: Welfare and Attendance Lead

[rebecca.jones@therowansap.co.uk](mailto:rebecca.jones@therowansap.co.uk)

Jo Skinner: Inclusions, Interventions and Mental Health Lead

[Joanne.skinner@therowansap.co.uk](mailto:Joanne.skinner@therowansap.co.uk)

Charlotte Harris: Assistant SENCO

[Charlotte.harris@therowansap.co.uk](mailto:Charlotte.harris@therowansap.co.uk)

Lee Ketcher: Enrichment and Cultural Capital Lead

[Lee.ketcher@therowansap.co.uk](mailto:Lee.ketcher@therowansap.co.uk)

### Trustee for Safeguarding

Susan Greenfield

[susan.greenfield@therowansap.co.uk](mailto: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>

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# 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](mailto:office@therowansap.co.uk)



[www.therowans.org](http://www.therowans.org)

@TherowansAP

The Rowans AP Academy

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## **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:**

### **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

### **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