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ACPOS

ASSOCIATION OF CHIEF POLICE OFFICERS IN SCOTLAND

# keeping children **safe**

Preventing abuse among young  
children and young people



safer  
scotland  
SCOTTISH GOVERNMENT

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إذا كنت ترغب في الحصول على نسخ إضافية من هذا المستند في تنسيق آخر، الرجاء الاتصال بقوة الشرطة المعنية – تفاصيل الاتصال موجودة على الغلاف الخلفي لهذا المستند.

आपनि यदि अना कोन फर्मेट वा उर्कमार एइ दफिनाटिअर आरुओ कनि छान, अनूग्रह करे प्रामसिक पुलिस कोस – ए वोपावोअर कनुन – एइ दफिलेर लेखन मनाटि वोपावोअर विवरण आव्हा।

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Ma tha sibh ag iarraidh lethbhreacan den sgrìobhainn seo ann an cruthan eile cuiribh fios air an Fheachd Phoileas bhuntainneach – tha fiosrachadh air còmhach cuil na sgrìobhainn seo.

यदि आपको इस दस्तावेज की कॉपियां वैकल्पिक फॉर्मेट में चाहिए, तो कृपया संबंधित पुलिस फोर्स से संपर्क करें - संपर्क विवरण इस दस्तावेज के पीछे के कवर पर दिए गए हैं.

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ਜੇ ਤੁਹਾਨੂੰ ਇਸ ਦਸਤਾਵੇਜ਼ ਦੀਆਂ ਹੋਰ ਕਾਪੀਆਂ ਬਦਲਵੇਂ ਫਾਰਮੈਟਾਂ ਵਿੱਚ ਚਾਹੀਦੀ ਹੋ ਤਾਂ, ਕਿਰਪਾ ਕਰਕੇ ਸਬੰਧਤ ਪੁਲੀਸ ਫੋਰਸ ਨਾਲ ਸੰਪਰਕ ਕਰੋ - ਸੰਪਰਕ ਵੇਰਵੇ ਇਸ ਦਸਤਾਵੇਜ਼ ਦੇ ਪਿਛਲੇ ਕਵਰ ਤੇ ਦਿੱਤੇ ਗਏ ਹਨ।

اگر آپ کو اس دستاویز کی مزید کاپیاں متبادل فارمیٹ میں چاہیے، تو براہ کرم متعلقہ پولس فورس سے رابطہ قائم کریں - رابطہ تفصیلات اس دستاویز کے پیچھے کے گور پر دیئے گئے ہیں۔

# Introduction

As parents and carers, we all want to do the best we can to protect our children, while giving them the freedom they need to develop towards adulthood. Sometimes the world can feel full of risks, some of them understood and others unknown.

In order to strike the right balance between protection and independence for our children, we need the best possible information. This leaflet is for everyone involved in bringing up children. It explains that some children do indeed sexually abuse other children, how we can recognise the warning signs and the action we can take to prevent it.

## Do children sexually abuse other children?

We are becoming increasingly aware of the risk of sexual abuse that some adults present to our children and there is growing understanding that this risk lies mostly within families and communities. But very few people realise that other children can sometimes present a risk. A third of those who have sexually abused a child are themselves under the age of 18.

This is an especially difficult issue to deal with, partly because it is hard for us to think of children doing such things, but also because it is not always easy to tell the difference between normal sexual exploration and abusive behaviour. Children, particularly in the younger age groups, may engage in such behaviour with no knowledge that it is wrong or abusive.

For this reason, it may be more accurate to talk about sexually-harmful behaviour rather than abuse.

It is important that we all have the information we need to recognise the warning signs of harmful sexual behaviour at an early stage and seek help. Every adult who cares about children can take responsibility for preventing abuse and ensuring that those involved have the help they need.

## What is healthy sexual development?

We all know that children pass through different stages of development as they grow, and that their awareness of, and curiosity about, sexual matters change as they pass from infancy into childhood and then through puberty to adolescence.

Each child is an individual and will develop in his or her own way. However, there is a generally accepted range of behaviours linked to the child's age and developmental stage. Sometimes these will involve some exploration with other children of similar age. It can be difficult to tell the difference between age appropriate sexual exploration and warning signs of harmful behaviour. Occasionally, we may need to explain to children why we would prefer them not to continue with a particular behaviour. This is a chance to talk with them about keeping themselves and others safe and to let them know that you are someone who will listen.

Disabled children may develop at different rates, depending on the nature of their disability, and they can be more vulnerable to abuse. Children with learning disabilities, for example, may behave sexually in ways that are out of step with their age. Particular care may be needed in educating such children to understand their sexual development and to ensure that they can communicate effectively about any worries they may have.

It is important to recognise that, while people from different backgrounds have different expectations about what is acceptable behaviour in children, sexual abuse happens across all races and cultures.

## What is age-appropriate sexual behaviour?

### **Pre-school children (0-5 years) commonly:**

- > use childish “sexual” language to talk about body parts;
- > ask how babies are made and where they come from;
- > touch or rub their own genitals; and/or
- > show and look at private body parts.

### **They rarely:**

- > discuss sexual acts or use sexually explicit language;
- > have physical sexual contact with other children; and/or
- > show adult-like sexual behaviour or knowledge.

### **School-age children (6-12 years) commonly:**

- > ask questions about menstruation, pregnancy and sexual behaviour;
- > experiment with other children, often during games, kissing, touching, showing and role-playing, e.g. mums and dads or doctors and nurses; and/or
- > masturbate in private.

Older children in this age range are also more likely than pre-school children to use sexual words and discuss sexual acts, particularly with their friends.

**They rarely:**

- > masturbate in public; and/or
- > show adult-like sexual behaviour or knowledge.

**Adolescents (13-16 years) commonly:**

- > ask questions about relationships and sexual behaviour;
- > use sexual language and talk about sexual acts between themselves;
- > masturbate in private; and/or
- > experiment sexually with adolescents of similar age.

**NB:** About one-third of adolescents have sexual intercourse before the age of 16.

**They rarely:**

- > masturbate in public; or
- > have sexual contact with much younger children or adults.

## What is sexually-harmful behaviour?

Sexually harmful behaviour by children and young people ranges from experimentation that unintentionally goes too far, through to serious sexual assault. It sometimes involves children as young as 4 or 5, although most of those who sexually harm others are adolescents. Usually, but not always, the child or young person causing the harm is older than the victim. Often victims are uncomfortable or confused about what is happening and may feel that they are willingly involved, but not understand that the behaviour is harmful.

It is important to recognise that our children are likely to engage in some forms of sexual exploration with similar age children. However, any child or young person who engages in sex play with a much younger or more vulnerable child, or who uses force, tricks or bribery to involve someone in sexual activity, is a cause for concern and we should seek help or advice.

As well as the activities described above, we also have to be aware of the serious and growing problem of children and young people downloading sexual images of children on the internet. We do not know what effect looking at such material may have on their sexual and emotional development, but repeated viewing of indecent images of children or adults is certainly a cause for concern. In addition, downloading indecent images of children is a criminal offence. Young people who look at this material should be made aware that it is a crime and may need help with their behaviour. It is important that we keep a careful eye on the websites our children are visiting and restrict access as necessary.

Further information is available on the **Stop it Now!** website: [www.stopitnow.org.uk](http://www.stopitnow.org.uk).

Or you can call the helpline on **0808 100 9000**.

The reasons why children sexually harm others are complicated and not always obvious. Some of them have been emotionally, sexually or physically abused themselves, while others may have witnessed physical or emotional violence at home. For some children it may be a passing phase, but the harm they cause to other children can be serious and some will go on to abuse children into adulthood if they do not receive help. For this reason it is vital to seek advice and help as soon as possible.

One of the hardest things for parents to discover is that their child may have sexually harmed or abused another child. In this situation, denial, shock and anger are normal reactions. If it is not responded to quickly and sensitively, the effect on the whole family can be devastating. For this reason it is vital to contact someone for advice about what to do as soon as you suspect that something is wrong. The positive message is that early help for the child or young person and their family can make a real difference.

Evidence suggests that the earlier children get help, the more chance there is of preventing them moving on to more serious behaviour. It is important to be alert to the early warning signs that something is going wrong. If you are in this situation, remember that you are not on your own. Many other parents have been through similar experiences and, as a result, the child and family found the help they needed and were able to rebuild their lives.

The first step is to decide that it would be helpful to talk it over with someone else.

**Do you know a child or adolescent who:**

- > seeks out the company of younger children and spends an unusual amount of time in their company?
- > takes younger children to “secret” places or hideaways or plays “special” games with them (e.g. doctor and patient, removing clothing etc.), especially games unusual for their age?
- > insists on hugging or kissing a child when the child does not want to?
- > tells you they do not want to be alone with a child or becomes anxious when a particular child or young person is coming to visit?
- > frequently uses aggressive sexual language about adults or children?
- > shows sexual material to younger children?
- > makes sexually-abusive telephone calls?
- > shares alcohol or other drugs with younger children or teens?
- > views indecent images of children on the internet or elsewhere?
- > exposes his or her genitals to younger children?
- > forces sex on another adolescent or child?

If you answered yes to any of these questions, you should contact your local police force or social work department regarding your concerns.

The **Stop it Now!** helpline is available to talk over your concerns in confidence and to advise on where to go for further help if this is needed.



## Recognising the signs that your child may be the victim of abuse.

**For many reasons children find it very difficult to tell anyone that they are being abused, whether by an adult or by another child. Nearly three-quarters of them tell no one before they become adults themselves. These are the most common reasons why children do not tell:**

- > People who abuse children may offer a combination of gifts or treats and threats about what will happen if the child says “no” or tells someone. They may make physical threats, but more usually the threat is about what will happen if children tell.
- > In order to keep the abuse secret, abusers will often play on children’s fear, embarrassment or guilt about what is happening, perhaps convincing them that no one will believe them. Sometimes abusers make children believe that they enjoyed it and wanted it to happen.
- > If the abuser is another child or young person, the victim may be confused about his or her feelings and be persuaded that what is happening is OK or that “everyone is doing it”.
- > There are other reasons why children stay silent and do not tell: perhaps they feel they have no one to talk to, or there may be a lack of open communication in the family. Very young or disabled children may not have the words or means of communication to let people know what is going on.

For these reasons, talking with, and listening carefully to, children is the best prevention. Because they often find it so hard to tell us in words, it is also important to be alert to the warning signs that they may be being abused.

### Signs that a child or young person may be being abused include:

- > behaving in an inappropriate sexual way with toys or objects;
- > nightmares and sleeping problems;
- > becoming withdrawn or very clingy;
- > becoming unusually secretive;
- > sudden unexplained personality changes, mood swings and insecurity;
- > regressing to younger behaviours, e.g. bedwetting;
- > unexplained fear of particular places or people;
- > outbursts of anger;
- > appetite loss and sudden changes in eating habits;
- > new, adult words for body parts with no obvious source;
- > talk of a new, older friend and unexplained money or gifts;
- > self-mutilation (cutting or burning) in adolescents;
- > physical signs, e.g. unexplained soreness, pain or bruises around genitals or mouth; sexually-transmitted diseases, pregnancy;
- > running away; and/or
- > not wanting to be alone with a particular child or young person.

NB: Some of these signs may be caused by other factors and changes in a child's life. If you are worried, talk to someone you trust or ring the **Stop it Now!** helpline on **0808 1000 900**.

## Protecting our children.

A positive approach to protecting our children is to establish a good, open relationship with them, through talking about their activities, hopes and worries on an everyday basis. A safe relationship between adults and children is one in which secrets are hard to keep; where a child who is being abused, or a child who is worried about his or her own behaviour, is able to tell someone. The sooner we recognise potentially worrying situations, the better protected children will be.

Sometimes the child or young person who presents a risk is a close family member or the son or daughter of a friend. When that happens it is especially painful for us, as parents and carers, to face the reality and it is even harder for children to tell someone.

There are things we can all do to prevent the sexual abuse of children. Sometimes a person outside the child's immediate family has a clearer view of what is going on than those more closely involved.

### **Here are some things that you can do to help prevent sexually-harmful behaviour between children:**

Make sure you understand the signs contained in this booklet so that you are aware of what to look out for at an early stage. If you think a child you know has a sexual interest in, or may be abusing a child, seek professional help.

### **Don't keep it a secret.**

## **Talk with children, and listen to what they have to say.**

Adults and adolescents who sexually abuse children usually rely on secrecy. They try to silence children and to build trust with adults, counting on them to be silent if they have doubts. The first step to tackling this secrecy is to develop an open and trusting relationship with your children. This means listening carefully to their fears and concerns and letting them know they should not worry about telling you anything. It is important to talk with them about sex, and to be comfortable using the words they may need.

## **Demonstrate to children that it is all right to say “no”.**

Teach children when it is OK to say “no”; for example when they do not want to play, or be tickled, hugged or kissed.

Help them to understand what is unacceptable behaviour and that they must always tell you if someone is behaving in a way which worries them, even if they were unable to say “no” at the time.

## **Set and respect family boundaries.**

Make sure that all members of the family have rights to privacy in dressing, bathing, sleeping and other personal activities. Even young children should be listened to and their preferences respected.

Explain to children the risks associated with using the internet, restrict access to unsuitable sites and ask them to tell you if they receive messages or emails containing sexually explicit material. Check that TV programmes, films and videos are appropriate to their age.

## **Take sensible precautions about who you choose to take care of your children.**

Be careful about who children are left with. Find out as much as you can about babysitters and don't leave your child with anyone you have doubts about. If your child is unhappy about spending time with a particular person, talk to the child about the reasons for this.

## **Encourage children to respect themselves and others.**

Many young people fail to understand the importance of respecting themselves and one another. This is particularly evident in the attitude of some young men towards girls and young women and creates a climate where sexually harmful or abusive behaviour can take place. Encourage children to treat everyone with respect and be prepared to challenge their attitudes to others.

## What can you do if you suspect that your child is sexually harming another child, or thinking about doing so?

It is very disturbing to suspect that your child, or a child you know, may be sexually harming someone. It is so much easier to dismiss such thoughts and put them down to imagination. You may also be worried about the possible consequences of taking action. But help is available and it is better to talk over the situation with someone at the time, rather than to discover later that you were right to be concerned.

And remember, you are not alone.

Thousands of people every year discover that someone in their family or circle of friends has abused a child. Children who are abused and their families need help to recover from their experience and the abuser needs help to stop. Sometimes, in the most serious cases, and depending upon the age of the child or young person involved, this may include legal action and a court hearing. This is a difficult process for everyone involved, but support is available and it may be the best way to prevent further harm.

If you are worried that your son or daughter may be sexually harming another child, or if you suspect that your child is being abused, act now! Action can lead to abuse being prevented, and children who are being abused receiving protection and help to recover.

It can also lead to the abuser getting effective help or treatment to stop abusing and to grow up as a safer member of our community.

We need to get support for ourselves too.

## Support helplines

**If you are concerned that a child is in immediate danger: Call 999**

**If you are concerned about the welfare of a child:**  
Call the **National Child Protection Helpline** on **0800 022 3222** or visit **[www.infoscotland.com/childprotection](http://www.infoscotland.com/childprotection)**

**Stop it Now!** is a confidential freephone helpline for people who might be worried about their own thoughts and feelings towards children or the behaviour of others; parents and carers of young people with sexually worrying behaviour; and professionals needing help with difficult cases. This confidential helpline operates from 9am – 9pm Monday to Thursday and from 9am – 7pm on Friday. The number to call is: **0808 1000 900** or visit the website: **[www.stopitnow.org.uk](http://www.stopitnow.org.uk)**

**For general information about keeping children safe:**  
**CHILDREN 1<sup>st</sup>**, 83 Whitehouse Loan, Edinburgh EH9 1AT  
Tel: **0131 446 2300** / Fax: **0131 446 2339**  
Helpline **0808 800 2222** / Email: **[info@children1st.org.uk](mailto:info@children1st.org.uk)**

**Parents and carers can call the national, free and confidential helpline: ParentLine Scotland on 0808800 2222. ParentLine** opening hours are: Monday, Wednesday and Friday 9am - 5pm; Tuesday and Thursday 9am - 9pm.

**For advice on online and internet safety:**  
The Child Exploitation and Online Protection (CEOP) Centre at **[www.ceop.police.uk](http://www.ceop.police.uk)** provides a range of very useful advice for young people, parents, teachers and other professionals. The information to help parents can be found at **[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**



CEOP also runs the  
'most wanted' service for  
local police forces where  
members of the public can  
work with the police to locate  
some of the UK's most wanted  
child sex offenders.

You can register to receive updates  
about these offenders by visiting  
**[www.ceop.police.uk/wanted](http://www.ceop.police.uk/wanted)**

If you think a child is in immediate danger, call the police on 999.

Contact Fife Constabulary, Central Scotland Police, Grampian Police, Northern Constabulary, Dumfries and Galloway Constabulary, Lothian and Borders Police or Strathclyde Police about community disclosure:

Fife Constabulary  
telephone: **0845 600 5702**  
or visit their website:  
**www.fife.police.uk**

Central Scotland Police  
telephone: **01786 456000**  
or visit their website:  
**www.centralscotland.police.uk**

Grampian Police  
telephone: **0845 600 5700**  
or visit their website:  
**www.grampian.police.uk**

Northern Constabulary  
telephone: **01463 723422**  
or visit their website:  
**www.northern.police.uk**

Dumfries and Galloway Constabulary  
telephone: **0845 600 5701**  
or visit their website:  
**www.dg.police.uk**

Lothian and Borders Police  
telephone: **0131 311 3131**  
or visit their website:  
**www.lbp.police.uk**

Strathclyde Police  
telephone: **0141 427 8118**  
or visit their website:  
**www.strathclyde.police.uk**



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[www.scotland.gov.uk](http://www.scotland.gov.uk)

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