

Parental Guidelines for Identifying and Managing the Issues Created by the "Grooming" and Sexual Abuse of Children Under the Age of Sixteen.

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This booklet has been produced as an education tool for children and all those who have responsibility for the care of children. Our aim is to educate and to set up support groups for those caught in the loop of grooming and abuse, who have been through the legal system and are now in need of fellowship and support.

We are unable to provide group support before a court case as this could contaminate evidence.

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Foreword by Julie Walters, Patron, Enough Abuse

I was massively impressed from the moment I read about Marilyn Hawes the Founder of Enough Abuse and the way in which she challenged the courts with the individual paedophile case involving a friend who was Headmaster.

Her results have been amazing and I continue to be amazed at what she is doing for the benefit of helping children and their parents through the trauma of a family affected in this way.

I applaud the vision of Enough Abuse and believe the work to be vitally important for families.

I am delighted to support Marilyn and the team and know they will make a positive difference for the wellbeing of our children.

Enough Abuse promotes understanding and education to parents and children in how to recognise the early signs of grooming before abuse occurs. The aim is prevention, not to scare, enabling everyone to become more aware and protect themselves.

Introduction

Please take time to read and digest the facts written in this booklet. For every sensible reason we all want to do our best to protect children from sexual abuse. Enough Abuse is not a disclosing agency. We raise awareness through consultancy and strong debate. We empower victims of abuse enabling them to move on. However, if you wish to make a disclosure the NSPCC helpline accept calls on our behalf – 0808 800 5000, Enough Abuse will support you through the process.

The Enough Abuse team hold seminars, no matter how small the group is and regardless of age range, based on discussion, to inform and educate, raising awareness to better protect our children.

The team of Enough Abuse believe, for whatever reason, parents and carers are still kept "in the dark" regarding information on how best to protect children. We hope, having read this booklet, you are equipped with greater knowledge than is currently made accessible to the public.

It is every parent and carers right to have as much information as possible on hand and readily available for reference. Child sex abuse is nothing new. It is a classless crime. How it works and the damage it creates has not aged with time.

Marilyn has written a book, "Never Take No for an Answer". She tells the story of how she was groomed by her friend and boss, before he groomed and abused her sons. This can be purchased from www.nielsenbooknet.com and is published by The Book Guild. ISBN: 1-85776-883-3

With media support, since January 2004, the team of Enough Abuse has successfully campaigned and petitioned for tougher sentencing laws for child sex abusers. We have met with Lord Falconer, The Attorney General, Ministers of State and many MPs to lobby for better education regarding the prevention of child sexual abuse, fairer rights for victims and their families.

We meet specialists, doctors and researchers who deal with the abused and the abuser. We contact police, child protection officers and associated academics to keep our information up to date.

We believe specialist counselling should be accessible to support victims and families, together with the setting up of support groups.

Our organisation may be small in number, however, we powerfully voice our beliefs and the results have been of enormous benefit for society.

Marilyn Hawes, Founder of Enough Abuse

Marilyn@enoughabuse.co.uk www.enoughabuse.co.uk

Who are the Abusers?

THE ABUSER IS INVARIABLY NOT A STRANGER; THE DIRTY OLD MAN STEREOTYPE IS INACCURATE.

An "opportunist" stranger will probably abuse a child once and perhaps continue to abuse other children. This type of abuser has severe sexual problems. Some are shocked by their actions of impulse and consequently severely harm the child. Approximately 1% of sexual abusers are in this category.

FACT: Only 2% of child sex abusers are diagnosed with mental health problems. What does that say about the other 98%?

People who abuse often choose to work with young people. Paedophiles are attracted to places, professions and activities which allow them access to children. They may act alone or in groups and can hold respected and powerful positions in the community.

The majority of abuse is someone trusted by the child and family. They often come across as "kind and respectable people", warm and approachable, enabling them to get close to the child.

A common remark, "he is so good with children" or "children seek his company and love to be around him".

THIS APPROACH REQUIRES A GREAT DEAL OF EFFORT ON THE PART OF THE ABUSER AND IS CALLED **GROOMING.**

What is Grooming?

Grooming is a carefully prepared planning process, like courtship, delivered over time where both a child and its family are targeted. The sexual abuser establishes a false

trust and a "special" friendship is established between the three parties.

Both the manipulation of trust and the distortion of secrets enable the abuser to rely on the integrity of the targeted child not to release any information concerning the eventual sexual activities.

Most cases of abuse are established through "grooming". Parents and carers are often groomed to gain the trust **before** the child is groomed.

Below, the words of one young victim who was successfully groomed for years along with his family.

"How could I have said 'no'? I didn't know I had said 'yes'! I thought he was my best friend. I never had a friend like him before and nobody had ever made me feel that special! It didn't feel like abuse. Only when I was older did I understand what had been happening."

Chief Executive, Childline, May 2004 quotes, "Newspapers send confusing messages to children. Media coverage of paedophilia has meant children and adults have created an image of an abuser and the person abusing is "not that person, it could not possibly be!"

What Behaviour Should Alert Us?

Sexual abuse begins with grooming, covert friendship and establishing trust BEFORE it becomes touching or progresses to anything of a sexual nature.

Sexual abusers will often carefully introduce grooming the child into a sexual abuse relationship. Careful preparation is the key to its success!

Sexual abusers often test the child to see if it tells. They play on the child's natural fear, embarrassment or guilt about what is happening to them, perhaps convincing them no one will believe them and sometimes using threats and punishment to prevent a child from telling.

Some sexual abusers may also be having a sexual relationship with adults.

Some sexual abusers may be abusing their own children or stepchildren.

Some sexual abusers use pornography.

Some sexual abusers use the internet.

Sexual abusers tell the child lies about their parents in order to keep the secret.

Sexual abusers seek opportunities to be alone with a child.

Sexual abusers can be extremely plausible and parents become convinced the interest in their child is very innocent.

To assist understanding more clearly, grooming can be compared to an old fashioned courtship. Slowly paced and thought through, it's more than friendship; it has a well-planned end goal!

As parents and carers, we should be teaching our children to protect their private space. For instance, "You don't have to sit on someone's lap if you do not wish to do so or kiss them or be hugged."

Some sexual abusers use bribes, favours or gifts.

ALL sexual abusers use force; the misuse of power of authority over a child.

Some sexual abusers lead the child into "fun games" which appear to be "innocent" tickling or cuddling, encouraging children to sit on their laps which may turn into UNWANTED physical touching or masturbation. This may progress into sexual intercourse.

Sexual abusers tell the child that what is happening is not wrong!

Sexual abusers distort the power of secrets!

Sexual abusers are well organised, very patient, manipulative and sophisticated in the ways they attach to a family.

How do Abusers Think?

Donald Findlater, Stop It Now says -

Sex abusers go through 4 hurdles of mental gymnastics before offending:

- Motivated to offend
- 2. Overcome internal inhibitors conscience
- 3. Overcome external inhibitors other people namely those in the family and social network surrounding the targeted child
- 4. Overcome victim resistance the abuser needs to know he/she has executed effective grooming to ensure the child's trust, confidence and ability to stay silent with "their little secret".

Criminal Record Bureau (CRB) checks only prove you have NOT been caught and can be unreliable. Most adults abusing have NO criminal record. Most paedophiles are thinking about and begin abusing at the age of fourteen. Most abuse is never reported.

Some Police forces admit to having "lost" abusers who are being monitored as the abuser fails to register correct addresses and they move on or even abroad.

For more information about this see the section Abusers Methods to Maintain Control.

Never be Complacent

Certain types of sexual abusers see nothing wrong in wanting and having sex with children, even the very young. It does not matter to them that the children cannot verbally consent.

FACT: Studies show a sexual abuser can be male, female, even couples and children.

These statistics below are from **reported and proven** crimes. However, it is thought the figures for women abusers are quite possibly higher.

95% are male, 1% women, and 4% other i.e. children.

Respective studies may vary. However, our figures are produced using PROVEN Police methodology and PROVEN Police Investigations following reported abuse.

When do they Strike?

Sexual abusers may often target hard-pressed families who are facing difficulties. Single parent families are particularly at risk. Mums and Dads working long hours are at risk. Mortgages and bills have to be paid and the fathers sometimes have jobs which take them away from home.

Families facing emotional difficulties such as death, redundancy and divorce are also a target. The abuser will appear helpful to these families to alleviate their stress zones.

BE AWARE: There are paedophiles working within their own families; grandfathers, uncles, cousins, brothers, fathers and stepfathers.

Gradually, the abuser may start to offer help with money or time caring for the children, giving parents a break with trips and outings. They can "worm" their way into

a situation for years, lurking and waiting for their moment.

They offer the child gifts, toys or favours. Beware of adults who are overly keen at placing children on their laps, watch how they do so! Lap sitting should be discouraged, particularly as the child grows beyond a young infant!

PAEDOPHILES ARE PATIENT: they take their time, years in some cases, to prepare the child with touch and nudity, expressing feelings of love and "specialness."

They may target only one child within a family.

Be aware of anybody showing an ongoing, exaggerated interest in a child; it may not be as innocent as it seems.

Statistics from Metropolitan Police Paedophile Unit May 2004 of PROVEN and REPORTED crime states:

60% of abused children are abused by blood relatives

30% by friends and neighbours

10% by strangers

90% of children who are sexually abused knew their abuser!

Which Children are Most at Risk?

NSPCC Quotes: "Most sexual abuse happens within the family home or familiar surroundings and carried out by someone well known to the child."

Sexual abusers rarely pick children at random. They are skilled at identifying children who may be vulnerable to their approach. They may choose a child who is:

- Too trusting
- Lacking love and affection
- Lonely or bereaved
- Lacking in confidence
- Bullied
- Disabled or unable to communicate well
- In care or away from home
- Already a victim of abuse

Eager to succeed in activities such as sport, school or other interests which
may allow the child to be manipulated by the abuser.

Sexual abusers may prefer children of a particular age, sex, ethnic background or physique.

Why Abuse Children?

The causes are very complex and vary from person to person. In general, it is thought to be the result of a range of emotional, psychological or social problems and combinations of those.

Most people who have been sexually abused as a child do **NOT** continue the cycle of abuse. The Institute of Health estimates 1 in 8 recycle the abuse.

What is Child Sexual Abuse?

Child sexual abuse is the use of children for the sexual pleasure and gratification of an adult. However, child sexual abusers can be children themselves, such as cousins or siblings. They operate from the start of their personal sexual awareness.

As Parents and Carers - What Can We Do?

DO NOT BELIEVE YOUR CHILD WILL TELL YOU! IT IS A HIGHLY DEVIOUS CRIME WHERE THE CHILD IS MADE TO FEEL GUILTY AND ASHAMED.

WE MUST TEACH CHILDREN TO PROTECT THEIR "PERSONAL SPACE."

Remember "if only" is difficult to live with forever.

Be aware Criminal Record (CRB) Checks only prove we have not been arrested or charged with an offence.

The abuser induces fear into the mind of the abused. "Who will believe you? You didn't stop me, you enjoyed it! It is your fault!"

The abuser affects your ability to respond to your natural instinct by grooming you.

Failure of a child to disclose their abuse or even an adult, abused as a child, is not the weakness of the abused but proves the strength of the manipulation.

The abuser uses a game of power and control. It is a mind game as well as sexual act. The family is under a similar control or spell, based on their trust.

For some victims, what the abuser does to the mind of the abused is far more devastating than their body. It is almost impossible to eradicate what, for years in some cases, they have been told and the fear created and built by the abuser. The longer the period of control the worse the damage to the mind.

The more difficult we make it for abusers to come between children, parents and carers, the better protected children will be.

Explain good and bad secrets.

Talk to children - and LISTEN!

Touching; when is it OK?

Tell them they do not **HAVE** to be hugged or touched.

Tell them with whom they can talk.

Choose childcare sensibly.

If a child is unhappy about whom we choose to care for our child, or not relaxed about one-to-one tuition for example, **ASK WHY.**

Set and respect family boundaries.

Check out anyone showing exaggerated interest in a child. Check refusal to allow a child privacy. A child is allowed their personal space.

Check on anyone insisting on time alone with a child with no interruptions.

Check on those who insist on physical affection.

Check on anyone showing extra interest in a child's sexual development.

Respond to your instinct as animals do with predators - stay away!

Don't allow logic to block your actions.

Check on those who spend more time with children having little or no interest within their own age peer group.

USE AND RESPOND TO YOUR NATURAL INSTINCT

ACT IN THE SAME WAY AS ANIMALS DO TO AVOID THEIR PREDATORS!

DO NOT BE COMPLACENT!

Could **YOU** and your family be a target? If the police arrive at your door with the news of sexual abuse, the damage is done; there is no going back to life as it once was.

CHILD SEXUAL ABUSE CAN HAPPEN TO ANY FAMILY.

Common Warning Signs of Abuse

- Lack of trust in adults
- Fear of a particular adult
- Withdrawal/introversion
- Running away
- Girls take on mothering roles
- Truancy/school problems i.e. a fall in standard of work or inability to concentrate
- Low self-esteem
- Stealing
- Drug/alcohol/solvent abuse
- Displays of sexual awareness beyond actual age
- Physical and mental signs of abuse
- Bruises/scratches/bite mark
- Suicide attempts/depression
- Anorexia/Eating disorders
- Difficulty in walking/sitting
- Pregnancy
- Recurring urinary/vaginal infections
- Venereal disease
- Itching/soreness.

Behavioural Signs of Abuse

- Nightmares/sleeping problems
- Withdrawal and clingy
- Insecure
- Regressing into younger behaviour e.g. bed wetting
- Outbursts of anger/violence
- Changing in eating habits and eating disorders
- Secretive
- Nervous complaints regular illness, tummy aches, etc.
- Socially withdrawn
- Unaccountable fear of particular places or people
- Self-harming
- Question any radical changes previously unnoticed in a child's behaviour.

Internet and Technology

Technology is NOT abusive. It has NOT created more abusers – it has just made life easier for them!

The abusers choose to use it as a hidden shield for their abuse.

Technology has enabled and facilitated the abuser to network and accesses his/her prey and other abusers more easily.

The internet is a great educational tool and chat rooms are fun. Mobile phones allow easy communication between friends and family. Digital cameras allow easier sharing of photographs. Social networking sites can be fun however, in the wrong hands people with ill intent; it can create a devastating effect.

Technology allows abusers to explore their "sexual curiosity" more easily.

Research now appears to show Internet Sex Offenders (ISO) are not merely the "same

old" sexual predator using a new medium. Personality profiles appear to be different to that of the direct contact abuser. Many ISOs begin with adult pornography and proceed to child pornography – because "it is there."

July 2011 - NSPCC, Jon Brown, Head of Strategy and Development says:

"Trying to stop the terrible trade in these dreadful images is a huge task. It should not be seen in isolation. It is part of a much bigger sex abuse problem. Toddlers under 2 years of age and babies are being raped and seriously sexually assaulted by adults in order to produce the images for the websites. We need better understanding of the links between possessing these pictures and contact sex offences if we are to prevent more children being abused in such an appalling way."

Make no mistake - the internet is a place where people find, groom and abuse children.

AVOID CHAT ROOMS THAT DONT HAVE A MODERATOR – THE CHAT ROOM WILL STATE WHETHER OR NOT IT HAS THIS FACILITY WHEN YOU LOG ON.

February 2012 – DCI Kay Wallace West Midlands Police Chief for Online Safety Team says:

"The most important question to ask children is "Do you REALLY know with whom you are communicating? " – the REALITY is – you lose control <u>THE MINUTE</u> the internet is used to post information and images of yourself for the world to see forever!"

BE WARY OF WHAT INFORMATION YOU PUT ON SOCIAL NETWORK SITES – OTHERS VIEWING MAY HAVE A DIFFERENT AGENDA!

Stay in control -

- NEVER use your real name
- NEVER give out your family name
- NEVER give out your mobile phone, home address, phone number or where you attend school
- NEVER send anyone a photo of yourself
- NEVER agree to meet an online friend without a trusted adult with you.

<u>WARNING</u>: REMEMBER – other people will also be using nicknames and false identities.

"Hi, I'm Jane. I am aged 13. I like sports and socialising and I am living in Bristol"

REALITY MAY BE - "Hi, I'm John; I am aged 40, like to groom and abuse and am living in your street"

Parents

We have a moral responsibility to safeguard the future of our children from abuse. Ensure you have an overview of your child's home use of the internet. Monitor it.

Police advise against children under 16 years of age having their own personal laptop or computer with personal internet access in their own rooms.

Ask yourself why your child should need total privacy on the internet. Make your presence known. You could and SHOULD interrupt your child's use of the computer, unannounced, at any time.

Check out the subject matter of computer games. Monitor the use of webcams - who is your child contacting? See section "websites with advice to protect children online."

Teen Online behaviour from Net ID

- 61% of 13-17 year olds have a personal profile on a social networking site
- 71% have received messages online from someone they don't know
- 45% have been asked for personal information by someone they don't know
- 30% have considered meeting someone they've only talked to online
- 14% have actually met a person face-to-face they have only spoken to online
- 20% report that it is safe to share personal information on a public blog or social networking site.

Facts

The abuser manipulates through technology in much the same way as the old age "hands on" grooming and abuse as we now know it.

The police paedophile units now have very sophisticated methods and equipment to patrol cyber space. NEVERTHLESS, it is a game of "cat and mouse." Paedophiles are clever; they regularly change their language and phrases between themselves, attempting to stay ahead of the police.

It is against the law to show images of sex with children on the internet. You MUST report it at once if you discover such an activity. Contact Internet Watch Foundation (IWF) Helpline on 01223 237700 or www.iwf.org.uk.

Pornographic sites may target your email address. You may find you can't close off such sites by pressing the back button or Escape. If so, turn the computer off and, if necessary, contact the police.

Research shows that the number of children currently being abused by technology is increasing. The child's online friend is secret and any meetings in the "real world" may remain that way and their whereabouts undetected.

Digital Cameras and Mobile Phones

In the wrong hands, emailed photographs and film are easily sent to others for cutting and pasting. Many child abuse images are "created" and airbrushed appearing to be the "real thing". If photographs of children are to be used for brochures or websites - be sure not to show the full clear face or body of a child.

Special care should be taken by organisations using photographs of children for printed literature i.e. school prospectuses, group photographs school groups, sports teams etc. You have no idea to whom you may be emailing photographs and how that person may choose to use them.

Paedophiles and their contacts make it their business to trawl through websites and booklets for their "ideal" prey. Large amounts of money are exchanged for those who secure certain desired profiles.

NEVER put a child's name in any printed literature – it is easy for that child to be

contacted and traced by those of ill intent.

Policing the Internet

VIRTUAL GLOBAL TASK FORCE – VGTF: An International Law Enforcement Agency. Police Officers are able to gather evidence which can be used if a prosecution is made.

If youngsters and parents are worried abusers might be trying to make contact. Visit www.virtualglobaltaskforce.com and click on the Virtual Taskforce logo – shaped like an eye.

You will be told to obtain the IP address and user name of the person who is causing concern. Police will use the contents of the online dialogues as evidence.

People accessing the internet by mobile phone are also able to click on the logo of the **VGTF.**

CEOP - CHILD EXPLOITATION AND ONLINE PROTECTION

CEOP is an agency launched in April 2006 to tackle child abuse and indecent images on the internet launched by the Home Office. The unit, staffed by Police, computer technicians and child welfare specialists, also offers advice to parents/adults/carers and potential victims. **CEOP can be accessed 24 hours a day.**

CEOP is affiliated to the Serious Organised Crime Agency and works with international police forces. **CEOP** is linked to VGTF.

CEOP contact details—33 Vauxhall Bridge Road, London SW1V 2WG. **Tel — 0870 000 3344.**

CEOP have produced excellent training videos and materials—for example, www. thinkuknow.co.uk/teachers show children the video of the real threat of danger if they do not use the internet and mobile phones with caution. www.thinkuknow.co.uk/parents.

We Suspect or are Told of Abuse, What Should we do?

WE MUST ACT! Have the courage to do so! It is our duty!

CHECK, ALWAYS CHECK: Do not justify your observations and instincts as "but he/she

is such a good person."

Everyone in this country has a legal responsibility and duty of care to report child sex abuse. There is no place for confidentiality. The sexual abuse of children is illegal!

There is no such thing as a confidential disclosure; the child needs help, **NOW!** They will **NOT** be the only one!

DO: Contact the local police, Child Protection Unit or local Social Services at once. **IF IN DOUBT, DO SO ANONYMOUSLY.**

The Police are the ONLY investigating authority.

POLICE DO NOT KNOCK ON DOORS AND MAKE AN IMMEDIATE ARREST. TO ACCUSE SOMEONE OF SUSPECTED ABUSE IS HIGHLY SENSITIVE AND A SERIOUS MATTER. THE POLICE TAKE TIME TO CAREFULLY INVESTIGATE FOR ALL CONCERNED.

DO NOT: Interrogate the child; it will damage the case in court.

DO NOT: Indulge in vigilante or confrontational acts with the alleged abuser. It may prejudice any legal investigation.

DO NOT: Openly discuss with others, details of a case that is being investigated by the police.

DO: Ensure the child is safe.

DO: Believe what you are being told. It is very unlikely the child is lying.

Abusers' Methods to Maintain Control

A - Abuser

V - Victim

A – I bought you a present.

V - I am special.

Truth – Victims may feel special **BUT** they are being **MANIPULATED.**

A – You kept the present.

V − I owe you something in return.

Truth - VICTIMS ARE MANIPULATED to feel like that.

A - You did "it" for nothing.

V - I must have enjoyed "it."

Truth - VICTIMS ARE MANIPULATED, feeling afraid to refuse.

A – You shouldn't be so attractive.

V – I am asking for it.

Truth - VICTIMS ARE MANIPULATED to feel responsible for their looks.

A - You didn't refuse me.

V – That's right - I didn't – but when did I allow "it" to begin?

Truth – VICTIMS ARE MANIPULATED to feel guilty and trapped.

A – It's good to see you again.

V – You are pleased to see me.

Truth – **VICTIMS ARE MANIPULATED** so may feel confusion about their feelings.

A - You kept our secret.

V – It can't be wrong, I didn't tell.

Truth - VICTIMS ARE MANIPULATED to think nobody will believe them.

A – I don't like to upset you.

V - You care about me.

Truth – VICTIMS ARE MANIPULATED to feel they will upset or anger the abuser.

A - You stayed so you must like it.

V - I didn't leave so I must like it.

Truth – **VICTIMS ARE MANIPULATED,** made to feel special, so it doesn't always feel like abuse.

A – Only I love you this much.

V – I have "special" love, which feels kind and good.

Truth – VICTIMS ARE MANIPULATED to feel responsible for the abusers feelings.

Facts - Grooming

A – THINKS: I have a game plan for the future. I am going to **MANIPULATE** my targeted victim.

V – THINKS: This person is fun to be around; I really like their company and treats.

VICTIM IS BEING MANIPULATED.

Truth – The victim has been MANIPULATED from the start.

It doesn't feel like abuse at the beginning stage.

Truth – The "grooming" MANIPULATION is devious, clever and duplicitous.

Truth – Do NOT believe the MANIPULATION to be obvious or easily recognised.

Truth – MANIPULATION whilst "grooming" is time consuming. The anticipation of the "waiting game" creates a level of excitement for the abuser.

Facts - Abuse

A – THINKS: You are now immersed in my game. There is no escape. My **MANIPULATION** is a success.

V – THINKS: My parents and carers always told me to say "No!" When did I say "Yes?" When and how did "it" start? Will "it" ever end and how?

Truth - The MANIPULATION has been a success, the abuser has won. Game Over!

RESULT: Irrevocable damage to an innocent victim and their family!

MANIPULATION RESULTS IN PERMANENT DAMAGE TO THE MINDS OF MOST VICTIMS!

Ray Wyre, Sexual Crime Consultant, produced the concept of this "conversation". Survivors of abuse known to us added the wording in the "Truth" sentence.

Parents as an Adult, Having been Abused as a Child

"Adults who experienced sexual abuse as children are 12 times more likely to commit suicide" - American Journal.

If a parent has been abused as a child, this may affect how they raise their own children:

- 1. Unwillingness to let your child be cared for by anyone but yourself
- 2. Over-anxiety as to the health and wellbeing of the child
- 3. Reluctance to involve other family members in simple tasks such as changing nappies or bathing
- 4. Severe separation anxiety when the child reaches the age of going to school
- 5. Preferring to allow your child to have friends to your home rather than let your child go to theirs. Fear of your child having contact with adults you do

not personally know

- Feeling uncomfortable when your child displays the natural behaviour of running around with nothing on whilst bathing or getting ready for bed.
 Fighting the knowledge that it is natural and you must not make them feel otherwise uncomfortable with their bodies
- Buying your children swimming costumes to cover every single part of the torso, and refusing to allow them to wear clothes that are too short or, in your eyes, too revealing
- 8. Questioning the motives of every other person other than yourself when they have any physical contact with your child. You imagine the worst-case scenario before accepting that your child has a right to receive love from more than just their immediate family
- 9. Dreading the moment when your child reaches the age of physical awareness, wanting them to keep them innocent and safe when, in fact, you know that they have a right to maturity and all you are doing is passing on your own fears which will not benefit them in later life
- 10. Knowing in your heart that your behaviour is paranoid and relates to your own experience, but being unable to change running the risk of damaging your relationship with your child because they cannot understand and you cannot explain
- 11. Severe anxiety of letting your children go off into town when aged about 11 or 12 with friends for the day. Having no control over who they are with or where they are
- 12. Overly worrying to extremes when the child is not home on time
- Any occasions, where the parent has no supervision outside the home or school causes severe anxiety
- 14. Doctors who suggest the child is being sexually abused because it has nappy rash, for example. A comment such as this, can bring on horrifying flash backs and create emotional turmoil of enormous proportion to the parents as they begin to reference their own abuse
- Anxiety when you see your grandchildren running around semi naked or simply not wearing pants
- Anxiety when a babysitter is caring for grandchildren, perhaps your own child
 is having a weekend break, because of distance you are unable to assist.
 Having less control as a grandparent causes great fear.

This is a summary written by two victims of child abuse – one a mother of young children, the other now a grandmother. The grandmother agrees with points 1-10 and adds 11-16.

One can clearly see the fear never goes away – child sex abuse lives with you for life and skews your view.

Behaviour of Adults Sexually Abused as a Child

Adults who have been sexually abused, as children are likely to display the following signs:

- Rapid mood swings
- Difficulties with emotions
- Difficulties with anger
- Impulsive behaviour
- Chronic feeling of emptiness
- Self-harming
- Difficulties knowing who you are
- Chaotic relationships
- Efforts to avoid real or imagined abandonment
- Black or white thinking style
- Paranoia
- Blanking, numbing or dissociating events.

Having at least 5 of the 12 signs suggests a borderline personality disorder.

This is often caused by the inability to face or acknowledge, to oneself or another, sexual abuse suffered as a child. The result is suppressing memories and thoughts for years, occasionally having recall and flashbacks.

APPROPRIATE ACTION

Adults who find themselves able to disclose their history are very fragile. Their journey to becoming a survivor will be commencing requiring great sensitivity with the space to work it through at their own pace, controlling their journey at every stage.

An abuser controlled their childhood therefore having control at this stage is key to their wellbeing. They require special counselling. They must not be pressurised but encouraged gently to reveal as and when they feel able. However, it is common for the abused to overflow with information as it wells up inside. Once the revelations begin, it can take over. This is normal and part of the healing process.

OTHER ISSUES

Adults abused as children may well often experience difficulty with sexual intimacy.

Sensations such as touch, smells, tastes, situations can trigger fear and flashbacks.

The abused requires love, understanding, communication and patience to manage their issues. You may both require counselling to move forward as a couple.

Protection From False Allegations

Always adopt safe working practices with children.

Always seek permission and explain any physical contact such as administering first aid or comforting a distressed child.

Always inform and demonstrate to parents/carers of children with special needs what physical contact may be necessary whilst being cared for.

For sport music or drama:

Always inform parents/carers about the type of physical contact required to instruct. If necessary demonstrate the techniques to be used before the work commences. For example Judo/musical tuition/swimming tuition.

Always inform your Child Protection Team of what appropriate touch may be required to teach your subject i.e. – music/PE etc.

Always inform parents, carers and children of any changes of need for physical contact.

Always ensure there is a clear window in the classroom door for observation.

Always be sensitive to heritage, culture or faiths.

DO NOT:

- Kiss or cuddle a young person
- Tickle or engage in other games involving physical contact
- Touch a child below the shoulder unless there is a justifiable reason
- Do anything of a personal nature for children that they can do for themselves. If the child is disabled then gain written parental consent
- Force into a position or place
- Encourage "favourites". All children are in class to be taught equally
- Give pupils a lift alone in the car.

Disabled or children with learning difficulties and/or emotional difficulties are particularly vulnerable. Parental consent is required and you must make appropriate checks with the parents. Care must be taken at all times.

SCHOOL TRIPS

Always be sure of the waiting and collecting rules.

Always gain consent from parents.

Who else (adults) is attending the building/venue?

Is the ratio of adult/children sufficient?

Always secure contact details.

Always provide assistance to bathrooms and toilets with adult supervision, according to child age group.

What if a Child Pushes the Boundaries in Relation to Touch?

Gently but firmly disengage yourself.

Create distance between yourself and the child.

Explain it is inappropriate to be so close.

Distract the child's attention to a neutral topic or activity.

Do not humiliate the child.

Every adult should take responsibility and examine their behaviour around children, in order to protect oneself from false allegations. Any accusation could lose you a relationship, career and friendships. What may be genuine fun and games or being helpful could be misconstrued.

This thought may be difficult to embrace, but **DO NOT** take a risk. The activity and supporting statistics regarding grooming behaviour are now researched proven fact.

In order to prevent abuse, we must be aware of the messages we are expressing to children.

We <u>cannot</u> ignore a child's thinking. One person who innocently spends time alone with a child on days out and treats, who plays safe, physical fun and games, might not be true of another. A child will therefore, assume it always to be a safe exercise and may potentially be caught out. A young child's instinct is undeveloped and innocent, unable to differentiate.

Independent Schools

The Department of Education and Skills requires:

"The proprietors of independent schools have a duty under Section 157 of the Education Act 2002 to safeguard and promote welfare of children who are pupils at their school. They are also required to have regards to the guidance issued by the Secretary of State about Child Protection arrangements."

The Role of School Governors

School Governors are legally responsible for the running of the school and recruiting/appointing of staff.

CRB checks only prove you have not been caught.

Always ensure they are aware of new courses and up to date information.

Always keep up to date with new legislation. Do not take chances.

As a member of staff, if you notice inappropriate behaviour, question it and then report it. Do not hesitate as you have a duty of care.

Include and define in the school Child Protection Policy and employment contract what appropriate/inappropriate touch is.

Remember it is acceptable to check anonymously with Child Protection Police Officers or Social Services who can provide advice.

Prompt action for damage limitation is needed in dealing with a suspicion or actual allegation and will reduce a blame culture in the school.

If there is suspicion regarding a member of staff, **ALWAYS** discuss the concerns with a Child Protection Police Officer.

Unless a child is currently at risk of real danger, the suspected offender will not be immediately arrested. Substantial surveillance and investigation takes place behind the scenes beforehand to protect innocent people from malicious accusations.

Sexual abuse is a very serious accusation and offence and the police do all in their power to ensure the facts are accurate before making any move towards an arrest.

REFERENCES

Dizzy Ducks Day Nursery – Essex Business Award Winners 2006

"Marilyn gave a seminar at my day nursery which was the single most successful course we have ever run as a nursery school. Marilyn captured the audience and drew them right into her presentation. The seminar content really hammered home the importance of Child Protection and how we are currently failing our children. ALL staff said it was relevant to them and that over 80% of the course content was "new" to them even though they all hold NVQ qualifications and Foundation Degrees in Childcare. I will be promoting and recommending Marilyn's work, her seminars and publications to all my contacts in the local area."

Mrs Sian Nisbett – Dizzy Ducks Nursery, Billericay, Essex Email – sian.nisbett@dizzyducks.co.uk

St Monica Infant School Southampton (LEA Status)

"Marilyn from Enough Abuse delivered a staff meeting on child abuse and the signs to look for. It was great to have a speaker who was so obviously passionate and extremely knowledgeable about her work. She delivered the information in a fun way but extremely sensitive was that kept us focused and captivated by her talk. She made us much more aware of child abuse and hopefully we will be able to protect our children even more than we currently do. I would wholeheartedly recommend her talk to all school staff nationally."

Mrs Chris Frith Rogers - Head Teacher, St Monica Infant School, Southampton

Pennthorpe School, Rudgwick, West Sussex (IAPS member – Independent Association of Preparatory Schools)

"Thank you so much for coming over last night and giving such a wonderful presentation 'straight from the heart'. I will certainly be singing your praises to colleagues in the area.

'Enough Abuse' gave a quite excellent presentation to our staff and parents, bringing the real horrors of child abuse right into the room. It was a real eye-opener for all of us and we would not hesitate to recommend them to anybody with even the slightest interest in the safety of children.

'Enough Abuse' gave us a fascinating insight into the frightening world of the abused and the abuser. They should be invited into every school, Church group and Club in the land to make their excellent presentation."

James Garrow, Head Teacher, Pennthorpe School, Rudgwick, West Sussex Email – j.garrow@pennthorpe.com

Southampton University PGCE Students

"Marilyn gave a very heartfelt and informative lecture to our Primary PGCE trainees. She successfully raised the profile of some very relevant child protection issues and gave us plenty of food for thought. Her work with other bodies (particularly the police) in this area offered us different perspective and provided some thought provoking statistics."

Alex Woodgate-Jones, School of Education at Southampton University

NCH Greenleys Family Centre, Milton Keynes

"The training was given to an audience largely made up of parents. Marilyn provided a powerful and personal account of her families' story and how she and her children were taken in and groomed by a highly respected member of their community. Marilyn

talked about the grooming process and provided strong messages and advice about keeping children safe. Although the content of the training was in parts shocking and disturbing, Marilyn engaged the audience and everyone found it most informative and our levels of awareness regarding offending behaviour and personal safety were considerably raised."

John Walsh – Family Support Worker, NCH Greenleys Family Centre, Milton Keynes Email – john.walsh@nch.org.uk

Exeter School (Independent School)

"I am writing to thank Lisa very much for her INSET presentation to Exeter School staff. The feedback from her presentation to the whole staff was excellent and she provided clear messages on the subject of child abuse. The Junior School staff also found the session extremely useful. I will certainly recommend 'Enough Abuse' to other schools that are looking for presenters on this topic, and I hope we can welcome Lisa back to school for further INSET in the future."

John Davidson – Director of Administration of Exeter School Email – jwd@exeterschool.org.uk

Welsh Independent Schools Council – June 2006

"I cannot thank you too much for your talk to my head teachers yesterday. They have been full of praise for the content and, as important, your presentation of such a difficult subject.

Your willingness to let everyone know what you now know and your extensive and personal involvement is evident in all that you have to say. I have no hesitation in recommending you to any group involved with children and indeed, as was suggested yesterday, your role play and explanation would be extremely good for children to witness.

I honestly cannot think of any group whether it be teachers, governors or parents who would not benefit enormously from listening to you. I am happy to be contacted by e-mail, or phone, by anyone thinking of booking you. Once again, my grateful thanks."

11th October 2006 - SHMIS (Society of Heads of Independent Schools)

"Marilyn gave an excellent presentation to our Autumn Members' meeting. This was a powerful session and I would recommend it for those working in schools of all kinds."

David Richardson Email – gensec@shmis.org.uk

17th January 2007 – Howells School, Llandaff, Cardiff (GSA and GDST Member school)

"The management and staff would absolutely recommend this seminar and will be doing so within the GDST membership. The messages were hard hitting and the personal nature of the presentation made us all listen and take notice. This cannot be an easy course to deliver. However, Marilyn's punchy, passionate delivery style made the presentation very powerful, covering a wealth of useful and well researched information. Thank you."

Natalie Chyba – Head of College, Howells School, Llandaff, Cardiff Email – mail@how.gdst.net

13th December 2006 – Westbourne School, Penarth (Member school of WISC)

"Initial contact with Marilyn was easy and professional; discussions were conducted efficiently and

Marilyn's flexible approach and willingness to accommodate meant that I was able to

negotiate a programme which was designed specifically to meet my school's needs.

The presentation was informative, engaging (despite the subject material), dramatic and effective.

Marilyn not only spoke out of her personal experience with conviction but also added an authority to her words by means of diligent and in-depth research. One senior member of staff, who had attended many Child Protection Meetings, commented Marilyn's presentation was the best she had ever experienced. The amount of new information that was delivered, particularly about the "grooming" process, was surprising to all who attended. However, the detail empowered the staff so they feel far more confident and secure in this area as a direct result of Marilyn's time with us.

As well as the presentation, Marilyn took time to discuss matters with staff and to answer questions sensitively and practically. The whole experience has been tremendously useful and this subject area is of fundamental importance to all professionals who have contact with children. For this, I am extremely grateful and I have no hesitation in recommending Marilyn's services."

Mr Ken Underhill – Head Teacher, Westbourne School, Penarth Wales Email – headmaster@westbourneschool.com

Charles Fortt – Expert witness and Consultant on Sexual Crime and Domestic Violence and Director of Family Risk Assessment Ltd

I have known Marilyn Hawes of Enough Abuse for a number of years and we have maintained contact to exchange information concerning child sexual abuse and child protection policy. Enough Abuse has produced the best teaching materials I have ever seen for child protection education for parents and teachers, in the form of a DVD and learning booklet, and I regularly recommend them to parents and social workers in the course of my work as an expert witness.

Statements From Respected Professionals

DR ANDREW COYLE – DIRECTOR OF PRISON STUDIES AT KINGS COLLEGE LONDON

One fifth of offenders are reconvicted.

Sexual offenders re-offend more than any other crime.

25% of sex offenders once released from ALL restrictions re-offend 4 or more times.

INSTITUTE OF HEALTH

Institute of Health have researched and found that only 1 in 8 continue the cycle of sexual abuse. However, all abusers have experienced some kind of abuse in their childhood.

JUDY WHEATON OF LASA-LEAGUE AGAINST SADISTIC ABUSE.

Most LASA children have been abused by their father. Taken to locations where invited adults rape and humiliate their own child and in turn rape another's child. Most LASA children are from comfortable middle-class homes with no financial hardship or unemployment.

RAY WYRE – FORMER DIRECTOR OF RAY WYRE ASSOCIATES AND SEXUAL CRIME CONSULTANT

The abuser will imply the child is "special" and will distort the power of secrets. "I won't tell if you don't tell."

Religious offenders use Spiritual Abuse with messages:

Good versus Evil

God implicated

The evil abuse not the good

The rights of individuals

Fellowship

Vision and creativity

Other adults don't understand

People who abuse often choose to work with young people.

CHILDLINE

87% of calls in 2001/2 were regarding child sexual abuse from a family member or close friend of the family.

NATIONAL COMMISSION INTO PREVENTION OF CHILD ABUSE – OCTOBER 1996

One million children are abused in some way in the UK every year.

50% of those abused as children, now adults, never report the offence.

In 67% of cases, the abuse began before the age of 11 years old.

In 50% of cases, the abuse lasted from 2 to 18 years old.

NSPCC – FEBRUARY 2012

Receives approximately 23,000 calls a year reporting child sexual abuse within the family.

USEFUL CONTACTS

Many respected, professional contacts and researchers within the field of Child Sexual Abuse know our organisation and we are widely acknowledged by the media.

DON'T FORGET: These people are always available to talk to:

- Police Child Protection Officers
- Your doctor/health visitor
- School nurse or teacher
- Local Social Services
- Friends and family.

ACAL: 020 8390 4701

Association of Child Abuse Lawyers www.childabuselawyers.com

BACP: 0870 443 5252

British Association of Counselling and Psychotherapy will provide a list of counsellors

etc. in your area. www.bacp.co.uk

Survivors Trust: 01 788 550554

Counselling and support services for victims and survivors of sexual abuse and rape.

www.thesurvivorstrust.org

Family Matters: 01 474 537392

 $\label{thm:conselling} \mbox{Counselling service for children and adult victims and survivors of sexual abuse and}$

rape.

www.familymattersuk.org

CEOP - Child exploitation On line Protection

Tel - 0870 000 3344

Email - through the CEOP website - easily found on Google

MOSAC: 0800 980 1958

Mothers of Sexually Abused Children

www.mosac.org.uk

Parent Line Plus: 0808 800 2222 -24 hour helpline

www.parentlineplus.org.uk

Email - contact@parentlineplus.org.uk

NSPCC: 0808 800 5000 www.nspcc.org.uk

NCH: 0845 762 6579 www.nch.org.uk/itok

John Carr of NCH – "Children, Mobile phones and the Internet: the Mobile Internet and Children", proceedings of the experts' meeting in the Tokyo, Japan in March 2003. Available on www.nchafc.org.uk

Childline: 0800 1111 www.childline.org.uk

The Samaritans: 08457 909090

www.samaritans.org.uk

NAPAC: 0800 085 3330

National Association for People Abused as Children

www.napac.org.uk

CCPAS: 0845 120 45 50

Churches Child Protection Advisory Service

Professional child protection charity working across churches and organisations

throughout the UK. www.ccpas.co.uk

Email: info@ccpas.co.uk

Lucy Faithfull Foundation: 01527 591922

www.lucyfaithfull.co.uk

Kidscape: - 0845 120 5205

National charity publishing booklets and information on self-protection skills for children and how to keep children safe.

www.kidscape.org.uk

Victim Support: 0845 3030 900

Stop It Now: Helpline – 0808 1000 900 – their website features an alphabetical A – Z

lists of useful links and help groups.

www.stopitnow.org.uk

Barnardos: 020 8550 8822 www.barnardosorg.uk

BECTA: BECTA is the Government's lead agency for ICT in Education, working to support the development of ICT in education throughout the UK. BECTA's unique contribution is to combine knowledge of the needs of education with an

understanding of the power of technology.

BECTA has a selection of Superhighway Safety websites for Internet safety for schools: Call BECTA - 024 7641 6994 www.becta.org

Government and other Publications on Child Protection:

Matters2Me - using Enough Abuse research and data, voice over by Julie Walters - a DVD and booklet purchased online.

"A must have DVD for every parent, teacher and child carer" Julie Walters www.matters2me.org - for less than £10.

"What to do if you're worried a child is abused"

Call 08701 555455 or

www.publications.doh.gov.uk/safeguardingchidren

Child protection Guidance/Arrangements for the Education service to be issued in June 2004:

www.dfes.gov.uk/consultations

<u>Directorate for Dept of Education and Skills Child Protection Education Policy Division:</u>

Call 0870 0012345

Email: info@dfes.gsi.gov.uk

www.dfes.gov.uk

The Survivors Directory

Support Services for survivors of Abuse in UK and Ireland

ISBN - 1861200714

Tel - 0161 277 7000

Email: incoming.orders@bss.org

Broadcasting Support Services

Unit 24

Piccadilly Trading Estate

Manchester

M12NP

<u>DABS – Directory and Book Services – self-help book specialist -</u>Service for people who have been sexually abused.

Marie Collins Foundation – Meeting the needs of children abused "on line" www.mariecollinsfoundation.org.uk – CEO Tink Palmer – 01677 460168

Case Study Testimonies

These testimonies are true stories offered by those we have helped through their trauma and ordeal. For obvious reasons their names have been withheld. We thank them for their contribution and courage. They are now SURVIVORS of abuse.

"Over 45 years ago, between the ages of 11 and 16 my uncle abused me. I learnt to live with the secret. I felt unable to tell anyone about the abuse for over 30 years. He told me, I would not be believed and it would kill my Mother if she knew.

One day, when I was 40 years old, I took my young 3 year old to the doctor. The doctor was a locum and unknown to me; she wrongly diagnosed my daughter as being sexually abused. This immediately rekindled my thoughts of my own abuse, and once again, I began experiencing flashbacks.

I decided to speak out to my family and the Police in May 2004. Since then I no longer have any reliance on medication and counselling and I no longer experience feelings of suicide.

I have gained confidence. My advice to anyone is SPEAK OUT."

Aged 58 - Hampshire - July 2005

"He was my headmaster. If children had been good during gym lessons, he would give away chocolates, which he kept in his office. He would tell jokes in assembly and play silly little games, tickling games to make us laugh. He was great fun. In Year 5 and 6 we were allowed to sit on his lap and drive his car with him behind the wheel, around the playground. He would take some of us lads swimming after school if we had been having a tough week.

He made me feel the favourite of my brothers and very special, I enjoyed all the attention he gave me. He encouraged me to stay for tea and weekends at his house to give my parents a break.

"Things" that happened at his house only happened there. I remember thinking why did nobody else have a friend like him? I dismissed anything sinister because he was great fun and a lovely, caring man. He was very good to my parents."

Aged 16 - Berkshire - 2003

"I was a child boarder at a boys' prep school and sexually abused on numerous occasions by the then headmaster and head of sport.

My parents worked hard to send me to the school. They lived abroad, thought the world of the headmaster and made him my legal guardian.

I felt different to the others and knew I was small, alone, strange and separate. However, I was good at team sport, especially rugby and was singled out and therefore "special" to my abuser.

To this day, I can still smell him. I continue to have problems with authority figures, family, emotions, anger, mood swings, chronic feelings of emptiness; self-abuse though relationships, alcohol and drugs. I have chaotic relationships and mental health problems.

My abuser stole the childhood I should have enjoyed. I tried to tell my family, but they were always too busy.

I pray this testimony helps someone to be understood and others to have some understanding of the horrific, ongoing effect of child sex abuse."

Aged 52 - Buckinghamshire - Sept 2004

"As I write this today, the sun is streaming though my kitchen windows. It's incredible warmth highlights memories of hot summer days during my childhood in Scotland. The pony my uncle bought me as part of his "grooming" process would swish its flowing tail endlessly, dispersing persistent flies. Today, the continual buzz still rings in my ears, along with the unique smell of a sweating horse. I was abused between the ages of 5 and 10 years. However, I am thankful the power of forgiveness really works, allowing me to live a life of freedom, rather than being disturbed adult, haunted by agitating memories."

Aged 61 - West Sussex - June 2005

"As recently as last year, a grandmother in her 70s, I discovered the awful secret within my family. Not understanding over the years the emotional issues in my grandchildren, I was told the carefree days of my husband of 22 years, taking us on picnics and outings, always rolling in the grass and playing around with the children had a sinister motive. I genuinely never suspected a thing, children adored him and he enjoyed their

company. Last year my whole family and I attended a court case where he was found guilty of child sex abuse crimes on my grandchildren and jailed for 13 years. The pain of the betrayal, the guilt of not seeing "it", will haunt me for the few remaining years I have left – my grandchildren's' lives are ruined – what a way to end my life".

Aged 74 - London - May 2005

"Imagine as an adult being unable to stomach the smell of furniture polish, the sight of a man wearing grey slip-on shoes, unable to sit at a highly polished mahogany dining table without being transported back to a time of terror and fear. That is the legacy adults abused in childhood have to face daily, whatever memories of their abuse, a simple trigger sends emotions and thoughts into a downward spiral that, however illogical, make normal life a fight for survival.

How do you explain to other people why you cannot stand the smell of certain aftershave, why does a certain make of car make your stomach churn? All these questions have only one answer; childhood sexual abuse. The memory of this abuse will only leave you when your last breath has left your body. Thousands of innocent children and adults live the inflicted legacy every single day!"

Jo - aged 40 - West Sussex - June 2005

"At the age of 8, I became the victim of sexual abuse. The offender was a trusted member of the family. Although the abuse stopped at the age of 11, I was left struggling throughout my teenage years and early twenties. I hated myself and my body and suffered anorexia in my teens and my first serious relationship was with a man who physically and mentally abused me. Now aged 33, I have become a survivor of sexual abuse. After receiving intensive counselling and taking my abuser to court, I have been able to move on with my life. I am happily married with two children and am now in the position where my experiences can enlighten others and make people aware of the various risks and destruction caused by abuse."

Lisa Hooper - aged 35 - Consultant of Enough Abuse

"He was my best friend for 21 years, headmaster to my children; I worked as Head of Music and Vice Chair of Governors within the same school. I was divorced and alone with 4 children, working all hours. This man, so I thought, was a saint; he helped me in so many ways, as I was immensely stressed at that time.

Then the emotions kicked in of denial, anger, fear, betrayal, guilt, broken trust,

realisation of the truth, confusion, how to carry on? I wanted to kill him and I wanted to die. It made sense – how could I live with myself? I had not seemingly protected my children, I had handed them over into the hands of an abuser, would they ever forgive me? Would I ever forgive myself?

I could not go out the house, I did not want to meet anybody, I could not eat, sleep or function. I failed to envisage a time when I would ever feel happy, smile or laugh again.

I am happy to say today in 2012 I now feel peace and healing, pleased to help those caught in this horrendous activity."

Marilyn - aged 58 - Founder of Enough Abuse - Aug 2006

WE HOPE THIS BOOKLET HELPS YOU PROTECT YOUR CHILDREN AND FAMILIES.

MAYBE IF YOU HAVE SADLY BEEN THE VICTIM OF ABUSE THIS BOOKLET HAS HELPED YOU UNDERSTAND SOME ISSUES.

PLEASE CONTACT US THROUGH OUR WEBSITE AT ANYTIME

www.enoughabuse.co.uk

STAY ALERT AND STAY SAFE!

IF YOU HAVE BEEN A VICTIM OF ABUSE AND NEVER REPORTED IT – READ ON AND BECOME A SURVIVOR –

BREAK THE SPELL AND TELL!

www.enoughabuse.co.uk

Stay Alert And Stay Safe! If You Have Been A Victim Of Abuse And Never Reported It

Break The Spell And Tell!



