

What to do if you're unhappy

We hope that your child likes coming to the NSPCC and finds it helpful.

Our Letting the Future In workers will try to help in a way that feels OK for you. If you're worried about something it's best to talk to the person who's working with your child – they'll listen and try to sort things out quickly. If you're still unhappy tell the person you spoke to and they'll arrange for you to see their manager. We will do all we can to put things right as soon as possible.

Who we are

We're the only charity fighting to end child abuse in the UK and Channel Islands. We help children who've been abused to rebuild their lives, we protect children at risk, and we find the best ways of preventing child abuse from ever happening.

TO FIND OUT MORE
VISIT [NSPCC.ORG.UK](https://www.nspcc.org.uk)



A GUIDE FOR
PARENTS AND CARERS

Letting the Future In

We have many different projects across the country that support children and families. This leaflet tells you about our Letting the Future In (LTFI) service and what you and your child can expect.

What is Letting the Future In?

Letting the Future In provides children and young people who have been sexually abused with the therapy they need to help them recover.

Sexual abuse can affect children and young people in all kinds of ways. Many have told us they feel confused and upset about what's happened to them. But they also told us that having the chance to talk about their feelings really helps.

We also know that parents and carers can play an important role in helping their child overcome the effects of sexual abuse.

We'll provide you with individual support and some joint sessions with your child. For most families, this lasts about a year.

What happens when my child comes to the NSPCC?

During the first few sessions a Letting the Future In worker will get to know your child and work out how best to help them. They'll also meet with you separately to talk about what you think the problems are.

After three to six sessions you and your child will meet with the worker together. Together, we'll decide if your child needs continued support and what we should focus on during our sessions. After that

there will be regular reviews so you can talk about how your child is progressing. It also gives you the chance to ask any questions you might have.

What will happen in the sessions?

Your child's worker will use a wide range of approaches, including counselling, art and play therapy techniques. Your child will do things like messy play, writing, painting and storytelling to express their feelings.

Will my child have to talk about what happened?

Many children and young people don't want to talk in detail about what happened to them. Instead they talk to us about the effect abuse had on them and how it's making them feel. Your child doesn't have to talk about anything they don't feel comfortable with.



Will I know what my child's been talking about in their sessions?

Your child's worker will treat everything your child talks about in their sessions in confidence. However, if your child tells their worker something that suggests they, or anyone else, is at risk this will be passed on.

You might find that your child doesn't want to talk with you about what happened during their sessions. If this is the case, try not to worry. It's important that you respect their feelings. You'll have the opportunity during the review sessions to hear about their progress and there will be an agreement about confidentiality made between your child and their worker.

How we use play

What is play?

During your child's sessions we use therapeutic techniques and different types of play therapy to help them to overcome trauma, such as abuse. Play involves different activities, like art, imaginative play, music, and writing.

Why play?

Talking about abuse can be very difficult. Play therapy is a safe way for children to explore their experiences without reliving trauma.

How does it help?

Your child's worker creates a positive and hopeful atmosphere where children can recover at their own pace. Over time, children feel less afraid, more able to cope, and hopeful for the future.