NSPCC Learning

Everyone who comes into contact with children and young people has a responsibility to keep them safe. At NSPCC Learning, we help individuals and organisations to do this.

We keep you up-to-date with the latest child protection policy, practice and research. We deliver expert elearning courses and face-to-face training for your organisation. And we provide bespoke consultancy, sharing our knowledge of what works to help you deliver services for children and families.

With your support, working together, we can protect more children right across the UK.

nspcc.org.uk/learning

› To make a referral or to find out more about anything in this booklet, please get in touch.

Email **Peterborough@nspcc.org.uk**

Call **01733 207620**

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NSPCC Learning

Peterborough service centre

Information for professionals





Our solution-focused model offers children and young people help and support to deal with problems affecting their life, happiness or wellbeing.

The service helps to improve the young person's confidence, skills and strengths, so they're better prepared to cope with any future problems. It can help address a range of problems which could be affecting their life, including:

- problems with relationships
- peer pressure, bullying or problems with friends
- family issues
- coping with feelings like anger, sadness or rejection
- low self-confidence
- issues at school
- managing anxiety.

Who is the service for?
The solution-focused model provides support and advice to:

- children and young people aged between 7 and 18 (young people can be referred up to their 19th birthday.) Younger children may be considered, depending on the individual
- children and young people living with their parents or in care
- children in need
- children subject of child protection planning.

How it works
The solution focused model helps young people deal with any problem(s) and set their own goal(s) for the future. During the sessions, we'll help young people work out how they can achieve their goals by:

- talking about what they want to change in their life
- helping them to work out what needs to happen to make things better
- giving them the control over the support they receive, including where and when the sessions will happen
- working out if they would like anyone to help support them during the sessions.





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Solution-focused model

Working together to support children

Our Peterborough service centre is a hub for supporting children and young people who have experienced or are at risk of child abuse or have been subjected to or at are at risk of child sexual exploitation.

We offer a range of services including group work and one-to-one support for children and young people as well as additional support for their parents and carers.

If you know a child or family you think will benefit from one of our services you can make a referral. See the back of this leaflet to find out how.

Support for young people who have displayed harmful sexual behaviour

Turn the Page helps children and young people overcome feelings that have made them display harmful sexual behaviour (HSB). It aims to help young people increase their socially acceptable behaviour and refrain from sexually harmful behaviour. It also helps them improve their psychological functioning, optimism about the future and their sense of wellbeing.

Who is the service for?
Turn the Page is open to children and young people aged 5 to 18 with evidence of harmful sexual behaviour and safeguarding issues. Before we start delivering the service, we make an assessment with the child or young person to determine their needs and suitability. If the young person has already been assessed in this way, you can supply the assessment to us.





How it works
Over 30 weekly sessions with two practitioners children and young people will address individual issues and will take part in activities like playing games and storytelling. We talk to children and young people about their strengths, to help them feel better about themselves and learn to handle problems positively.

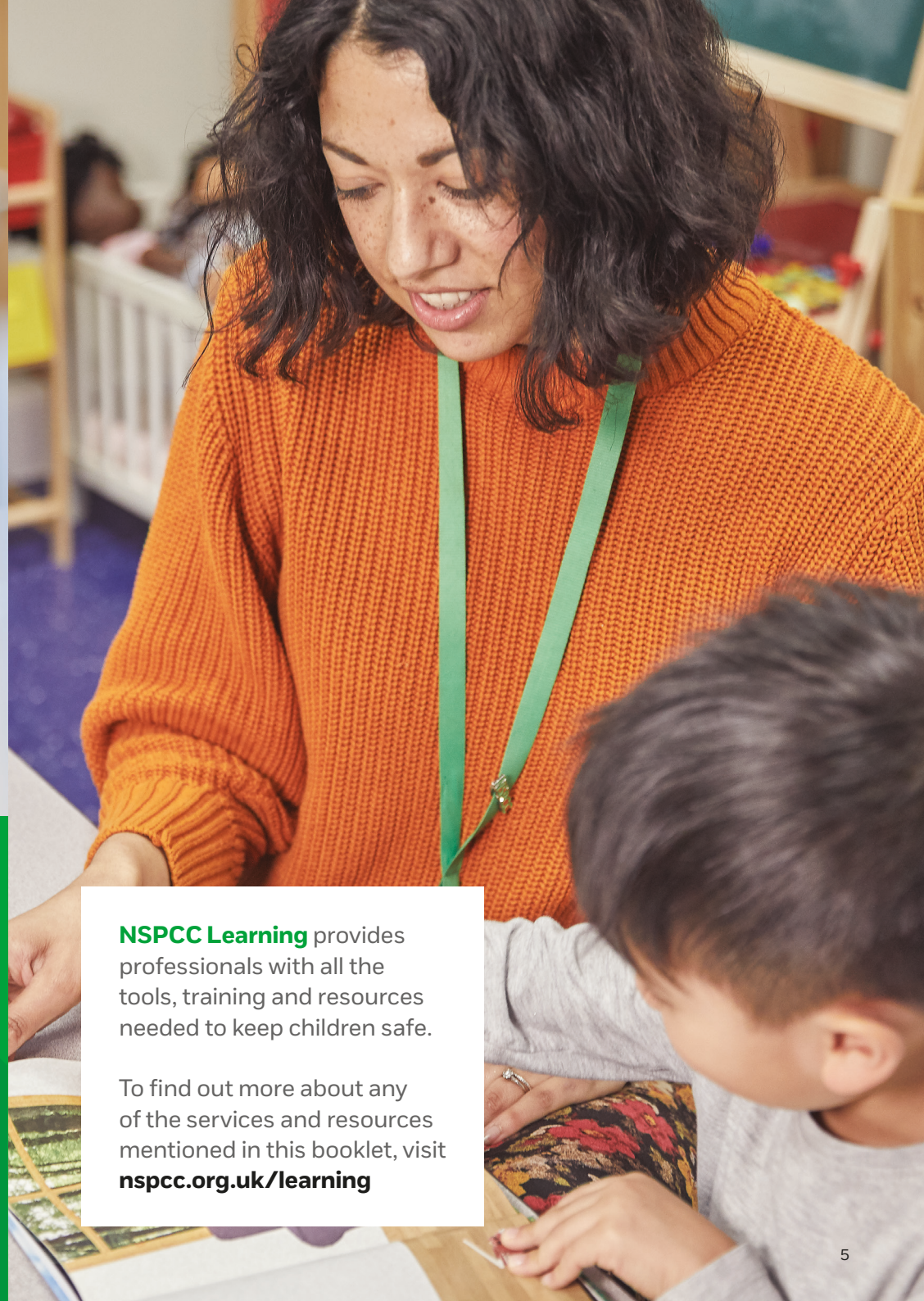
The sessions cover four main modules:

- engagement
- relationships
- self-regulation
- road map for the future.

There are also projects for young people to complete at home between sessions and we work with their parent or carer to help them move on from the HSB together.



Turn the Page



NSPCC Learning provides professionals with all the tools, training and resources needed to keep children safe.

To find out more about any of the services and resources mentioned in this booklet, visit **nspcc.org.uk/learning**



Protect and Respect

Group work

Letting the Future In (LTFI) is a face-to-face therapeutic service that helps children who've been sexually abused to recover and rebuild their lives.

This service is for children who:

- are aged 4 to 17 and have been sexually abused
- are living with a carer who has been identified as safe
- are in a foster home with no planned moves.

We can't deliver LTFI if the young person is living with the alleged adult perpetrator.

How it works

Children and young people are invited into special play therapy rooms. They do things like messy play, writing, storytelling and art to help express feelings that they can't put into words.

The programme begins with three or four weekly sessions for practitioners to assess the child's needs and select appropriate interventions from a practice guide.

We work with each child for about a year. We support them to recover from the impact of the abuse and work on strengthening the important supportive relationship between the child and their carers.

Parents and carers are offered up to eight individual support sessions and joint sessions with their child towards the end of the programme to help them play a role in helping their child recover.

We know it works

Before starting LTFI, 73 per cent of children aged eight and over had severe emotional difficulties. After six months of support from LTFI this dropped to less than half (46 per cent)



Letting the Future In

For children with learning disabilities

Disabled children are over three times more likely to be abused than non-disabled children. That's why we have also developed an adapted version of Letting the Future In for children and young people aged 4 to 19 with mild or moderate learning disabilities who have been sexually abused.



Letting the Future In

Protect and Respect group work gives children and young people a safe and reflective space to learn about healthy relationships and consent. It's also an opportunity for parents and professionals to learn more about the pressures on young people and increase their confidence to support them.

Who is the service for?
It's suitable for children and young people aged between 11-19 where there is low level exposure to situational risks. It's also for young people who have some positive or protective factors to support their engagement in the group experience.

Our group work is not designed to support young people who are currently being subjected to exploitation or who are experiencing significant complex trauma because of their experiences. See the following page for information on our one-to-one support or speak to us about other support available.

How it works
This six-session group work programme is delivered by our experienced practitioners and offers a safe space for discussion and reflection. Over the six weeks young people will cover:

- healthy relationships
- consent
- internet safety
- sexual imagery involving young people
- exploitation
- self esteem and body image.





Protect and Respect

One-to-one

Our Protect and Respect one-to-one service provides tailored support for young people and their parent or carer when there are concerns about sexual exploitation or it is known to have happened.

Who is the service for?
Any child or young person, from any background can be affected by sexual exploitation. The Protect and Respect one-to-one service is for young people aged between 11-19 who are:

- at heightened risk of child sexual exploitation
- suspected of being sexual exploited
- currently being sexually exploited
- known to have been subjected to sexual exploitation.





How it works
Young people work with one of our experienced practitioners. They carry out a strengths-based assessment with each child and use this to co-develop a bespoke support plan. Our practitioners build a trusting relationship with each child using a variety of trauma-informed approaches to improve wellbeing and promote resilience.

- **For children and young people**
  The service focuses on matters which are important to the young person. We offer up to six months of intensive support, which can be extended to 12 months based on the young person's support needs.

- **For parents and carers**
  A separate practitioner can also work directly with parents and carers. This can involve up to ten direct sessions and ongoing support if required. If a parent or carer does not want this support, it does not affect the offer for the young person.