

a presentation  
by Stephen Barry,  
Clinical Team Manager/Lead Clinician



## Restorative Justice

Restore project for "victims  
of hsb"  
Collaboration: Green House,  
Be Safe and Bristol YOT

## Therapeutic Intervention

Individual & family therapy  
Evidence based assessment

# Be Safe

For young people aged **up to 17**  
years old who have displayed  
**Problematic/Harmful  
Sexual Behaviour.**

Consultation, training, assessment  
and therapeutic intervention.

## Children's Programme

Group & family  
intervention  
Ages **7-11** &  
Parents/carers  
Problematic  
Sexual Behaviour

## Circles of Support & Accountability Community

Support  
Ages **10-18**  
years old  
Harmful Sexual  
Behaviour

## Keep Safe

Group & family intervention  
Ages **13 to 17** with mild - moderate **learning  
disability**  
harmful sexual behaviour







# What Is Meant By Harmful Sexual Behaviour ?

When **children and young people** (under 18) engage in sexual discussions or activities that are **inappropriate for their age** or stage of development, often with other individuals who they have **power over** by virtue of age, emotional maturity, gender, physical strength, or intellect and where the victim in this relationship has suffered a **betrayal of trust**. These activities can range from using sexually explicit words and phrases to full penetrative sex with other children or adults.

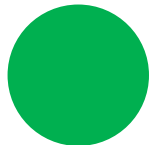
Continuum of behaviours: normative – problematic - harmful



*(Adaptation of definition used by the NSPCC and NICE (Calder, 1999, 2002) from Barnardos, 2016, “Now I know it was wrong”)*

The tool uses a **traffic light system** to categorise the sexual behaviours of young people

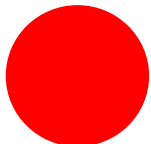
## **SUPPORTING PROFESSIONALS TO . . . .**



Make decisions about safeguarding children and young people



Assess and respond appropriately to sexual behaviour in children and young people



Understand healthy sexual development and distinguish it from harmful behaviour



# Be Safe Statistics

- **42** children and young people received assessment, and/or intervention services at Be Safe in **2018-19**
- Most common reason for referral was sexual touching **35%**
- **25%** of referrals were for sexually inappropriate media use
- **Majority** of children and young people had harmed **5+** people



# Be Safe Statistics

- **81%** male **19%** female
- **79%** white British, **5%** white & black Caribbean, **5%** white and black African, **2%** Caribbean, **5%** other
- **6%** ASC, **11%** learning difficulties, **13%** ADHD, **13%** learning disability
- **29%** fostered, **12%** living with other family, **52%** parents, **2%** adopted, **5%** other,





# What stats tell us

**We're supporting very complex and vulnerable children and young people**

- 83% known victims of **abuse**
- Significant minority with **additional needs**
- Excluded/at risk of **exclusion from school**
- Often present with **trauma** symptoms
- 46% **other care arrangements** (not with parents)

**Therefore require an approach that doesn't just address their harmful sexual behaviour but the systemic and psychological factors that maybe driving it.**



# Sexual Experiences Between Siblings

~Chaffin

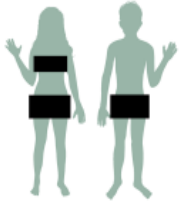
- Sibling system is thought to be most important and enduring relationship in the family
- Most common form of intrafamilial sexual experience
- Least reported, least investigated
- Limited research available
- Background paper and guidance being developed
- <https://www.csacentre.org.uk/>
- The Support for Victims and Survivors of Child Sexual Abuse (SVSCSA) fund – Home Office – Sibling Sexual Abuse Initiative



## Sexual Behaviour Rules



It is NOT OK to look at other people's private parts in real life or online



It is NOT OK to show other people your private parts in real life or online



It is NOT OK to touch other people's private parts



It is OK to touch your own private parts as long as you are in private and do not take too much time



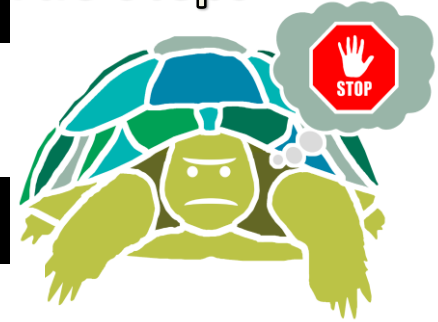
It is NOT OK to use sexual language in real life or online



It is NOT OK to make other people uncomfortable with your sexual behaviour

## The Turtle Steps

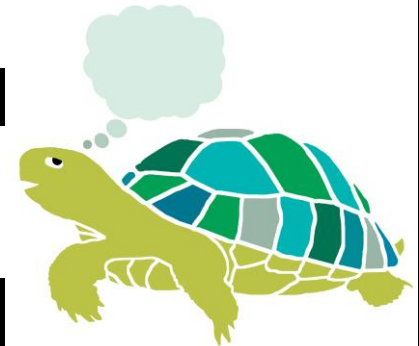
**STOP**  
and say how  
you are feeling...



Go in your  
shell and  
**RELAX...**

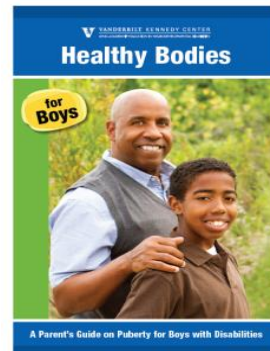


**THINK**  
of something better  
to do...



Come out of  
your shell and  
**DO IT!**

# RESOURCES



## RELAXATION: Mindful Breathing



Allow 10 to 12 minutes for this meditation.

This relaxation makes us more aware of our breathing patterns and puts us more in touch with ourselves and the world around us.

Say the following sentences to yourself whilst consciously breathing:

## The BIG RULES of Sex

1. You **both** need to be **16 years or older**.



2. **Consent:** You both need to agree. You have to stop if the other person says 'no'.



3. It needs to be in a **private place**.



4. You are **not allowed** to have sex with a person in your family.



5. It is **OK** to touch your private parts so long as you are in a private place.



6. It is **NOT OK** to make others feel uncomfortable with your sexual language or sexual behaviour.



7. Make sure you have **safe sex** using a condom, which prevents pregnancy and sexually transmitted diseases (STD).



Protecting children from sexual abuse

## Child's play? Preventing abuse among children and young people

FREEPHONE HELPLINE 0808 1000 900

**stop it now!** UK & Ireland

Family

contact a family  
for families with disabled children

## Growing up, sex and relationships

A guide to support parents of young disabled people





# Guidance

## **BSCB (KBSP) Protocol: Children who Display Harmful Sexual Behaviour, 2018**

<https://bristolsafeguarding.org/media/19870/final-hsb-protocol.pdf>

## **Harmful sexual behaviour among children and young people - NICE guideline [NG55] : September 2016**

<https://www.nice.org.uk/guidance/ng55>

## **Guidance for schools, 2018**

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>



Bristol Safeguarding  
Children Board

making safeguarding everybody's business

**NICE**

National Institute for  
Health and Care Excellence



# Beyond Referrals



- This new tool supports schools to self-assess their response to harmful sexual behaviour. The toolkit includes a traffic-light table, self assessment scorecard and five webinars on how to carry out the assessment.

# Publications

- Parent perspectives on the parent-child relationship following their child's engagement in harmful sexual behaviour

<https://www.tandfonline.com/eprint/NGJ8DDPJFQKT3NQAAZY3/full?target=10.1080/13552600.2019.1649479>

- The children's programme: a description of a group and family intervention for children who have engaged in problematic and harmful sexual behaviour and their parents/carers

<https://www.tandfonline.com/eprint/GbHDFY288AIYEqqq2aEf/full?target=10.1080/13552600.2019.1589002>



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<http://cchp.nhs.uk/cchp/explore-cchp/be-safe>

