

## Sexualised behaviour – useful resources

To explore further the following links can be helpful to use or share (e.g. with parents, children and young people, other agencies). Either click the links below or enter the title and organisation into a search engine to find the resource and the web address.

### Resources to support discussions with children/young people about sex and relationships

- 'The Mix' - 'Essential support for under 25s - to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to us via online, social or our free, confidential helpline'. Information on consent, sexting, porn, sexuality. <https://www.themix.org.uk/>
- 'Bish' - Information for young people on relationships, sex, sexuality, bodies, porn etc. Including 'Planet Porn – making it easier to talk about porn' (payable) <https://www.bishuk.com/>
- 'My Body! What I Say Goes!' - [My Body: What I Say Goes! - YouTube](#) video of skills taught in this book will help children to protect their bodies from inappropriate touch.
- [It's Always the Right Time to Talk | Talk With Your Kids](#) (Talk With Your Kids)
- [RSE Hub | Home](#)
- [Parenting advice and family support - Family Lives](#)
- [Parents - amaze / USA](#)
- [Careageous Kids: Keeping your Body Safe; Colouring Workbook - Free Social Work Tools and Resources: SocialWorkersToolbox.com](#)
- [My body is mine - A coloring & read-with-me book for safety smart kids - Free Social Work Tools and Resources: SocialWorkersToolbox.com](#)

### Sexual behaviour and development

- [Worried about a young person or child's sexual behaviour - Stop It Now](#) (Stop it Now!)
- [Healthy sexual behaviour, Sexual development and behaviour in children | NSPCC Learning](#) (NSPCC)
- [Healthy and unhealthy relationships](#) (Childline)
- [PANTS sexual harm prevention resources](#) for conversations and work with children (NSPCC)
- [It's Always the Right Time to Talk | Talk With Your Kids](#) (Talk With Your Kids)

### Sexual development of SEND children and young people

- [Growing up, sex and relationships – a guide for young disabled people](#) and [a guide to support parents of young disabled people](#) (Contact)
- ['Healthy relationships, sexuality and disability' resource guide, including talking tips for parents - https://www.mass.gov/files/documents/2016/07/xs/hrhs-sexuality-and-disability-resource-guide.pdf](#)

### Online safety and pornography (also see 'sexting/nudes' section below)

- [What's the problem? A guide for parents of children and young people who have got in trouble online](#) (Parents Protect)
- [Think U Know – Parents, Children and young people, professionals](#)
- [Keeping children in care safe online](#) (Think U Know)
- [Keeping children safe - Online porn](#) (NSPCC)
- [Keeping children safe - Online safety](#) advice for parents (NSPCC)

- [Your guide to social networks your kids use](#) (NSPCC)
- [Information, Advice and Support to Keep Children Safe Online \(internetmatters.org\)](#) - From age-specific online safety checklists to guides on how to set parental controls on a range of devices, you'll find a host of practical tips to help children get the most out of their digital world.
- 'Internet Matters' - Step-by-step guides will help you to set up the right controls and privacy settings on the networks, gadgets, apps, and sites they use to give them a safer online experience. Useful resources around teaching internet safety.  
<https://www.internetmatters.org/parental-controls/>
- Games aged at certain age groups where you are an animated character and answer questions about online safety along the way.

[4-7s | CEOP Education \(thinkuknow.co.uk\)](#)

[8-10s: About \(thinkuknow.co.uk\)](#)

- Information about stalking, socialising online, sending nudes, online safety

[11-18s | CEOP Education \(thinkuknow.co.uk\)](#)

- A resource for parents and education staff supporting primary aged children

[Undressed \(lgfl.net\)](#)

- Zipit App - An app developed by Childline that contains loads of gifs and pictures that a young person can send if they are being asked for naked pictures of themselves. It uses funny pictures as a way of young people feeling more comfortable to say 'no' if they are being asked for them. Free to download and send. <https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/sexting/zipit-app/>
- Get Safe Online - This website had lots of useful information on a wide range of topics from grooming, parental blocks, radicalisation and generally staying safe online. Tailored information for different age groups. <https://www.getsafeonline.org/smartphones-tablets/mobile-apps/>

## Consent

- [Sexual Consent: Do you get it? - Pause, Play, Stop](#) – resource from SARSAS (quiz, the law, facts, resources)
- 'Tea and Consent' YouTube video – analogy explaining consent (reminder – be mindful about using this resource with young people who may struggle to understand analogies, this may include yp with Autistic Spectrum Conditions, learning difficulties).  
[Tea and Consent - YouTube](#)

## Sexting/nudes

- [Sexting in schools and colleges: Responding to incidents and safeguarding young people](#) (UK Council for Child Internet Safety)
- [Keeping children safe - Sexting](#) (NSPCC)
- [Nude selfies – a parents' guide](#) (Think U Know)
- [Report Remove: Remove a nude image shared online | Childline](#)

## NICE Guidance for professionals

[NICE Guidance on harmful sexual behaviour](#) includes recommendations on:

- [multi-agency approach](#) and [universal services](#)
- [early help assessment](#)
- [risk assessment for children and young people referred to harmful sexual behaviour services](#)
- [engaging with families and carers before an intervention begins](#)
- [developing and managing a care plan for children and young people displaying harmful sexual behaviour](#)
- [developing interventions for children and young people displaying harmful sexual behaviour](#)
- [supporting a return to the community for 'accommodated' children and young people](#)

[South West Child Protection Procedures \(SWCPP\)](#) are a joint set of procedures agreed by safeguarding partnerships in the south west. They include information and guidance on all aspects of safeguarding and child protection based on current legislation, national policy and research, including a section on Harmful Sexual Behaviour.

### **Be Safe**

Be Safe is a multi-agency partnership service working with children and young people with problematic/harmful sexual behaviour in Bristol (commissioning available for outside Bristol area).

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

### **The Lucy Faithfull Foundation – working to protect children**

A service providing risk assessments & intervention, expert training, specialist consultancy and the Stop in Now! Helpline. Their mission is to prevent the sexual abuse of children and young people by working with protective adults, those affected by abuse those carrying out these behaviours it, including young people with harmful sexual behaviour.

<https://www.lucyfaithfull.org.uk/>