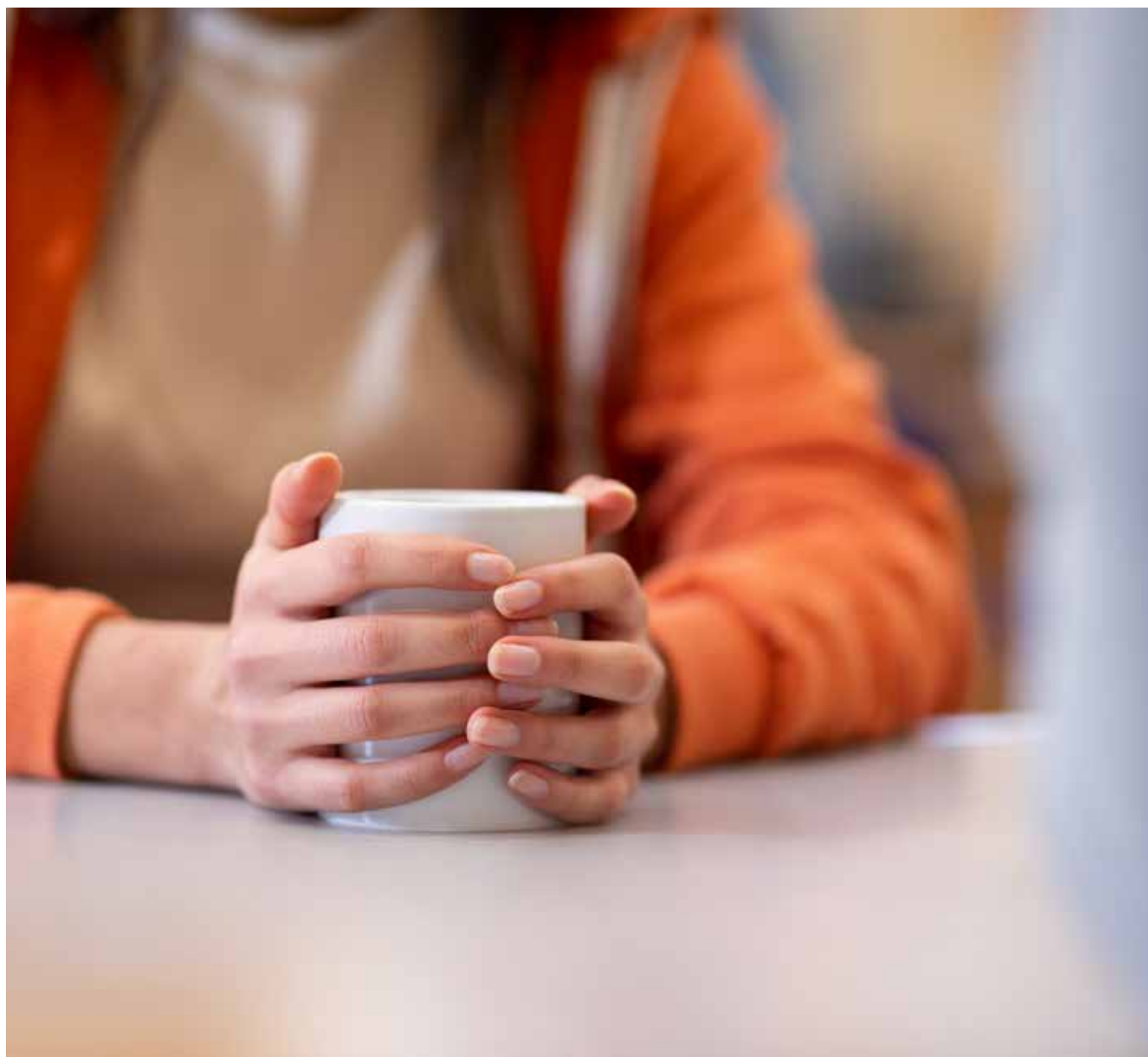


**LUCY
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Scotland | Alba

Year in review Scotland 2022/23



Formerly Stop It Now! Scotland



Welcome from our Director, Stuart Allardyce



I was in a very dark place, in shock and did not know where to turn or what to do. I was advised to contact Stop It Now, and from the very first phone call, I could tell it was the right thing to do.

It was not easy to discuss what had happened, but you were there to help and support me both emotionally and practically. We had many one-to-one sessions where you helped me understand where I had been and what I needed to do to move forward with my life.

Your insight and experience showed throughout this time. You clearly knew the right balance of helping me face up to and deal with the past, along with equipping me with the tools to develop my future in a positive, healthy way.

Overall, I would not be where I am today without the work done by the team at Stop It Now. I will always be grateful for their help and support.



Inform Plus participant

Around 15% of girls and 5% of boys in Scotland are estimated to have experienced some form of sexual abuse before the age of 16.

Many of these cases go unknown to statutory services and abuse often remains undisclosed until adulthood, if disclosed at all. The emotional toll on the many thousands of survivors is huge, often impacting mental health and well-being significantly throughout their lives.

Our charity's focus is exclusively on preventing child sexual abuse in Scotland. Better identification of children who have experienced harm is vital, as is prosecuting and rehabilitating perpetrators. But it is far better to proactively safeguard children from harm before it occurs.

How do we achieve this? We do two things.

Firstly, we work with those who present a sexual risk of harm to children, both online and offline, who cannot access statutory services — those individuals who 'fall between the cracks' in child protection.

Secondly, we take the learning from our work and turn it into advice, support, and resources everyone can use to better protect children from harm. We see child protection as everyone's business. That may be helping parents or carers be better guardians of their children online and offline. It might be ensuring that someone worried about their sexual thoughts and feelings towards children has the right support so they do not offend in the first place. Or it might be ensuring that social workers and professionals in children's services have the right resources to pre-empt abuse by reinforcing protective factors when working with families.

What did we learn in 2022/23? We saw a significant increase in referrals of under 18s who were involved in online harmful sexual behaviour. And we started exploring the learning from our work with schools and across the education sector – young people need more support and direction in schools through the relationships, sexual health and parenthood curriculum if sexual violence perpetrated by young people themselves is to be tackled.

We also learned an immense amount from working with child-facing agencies exploring how we can use evidence about how sexual abuse occurs in organisations to develop place-based prevention initiatives. The early findings are incredibly positive, and we need to continue supporting organisations as they pivot safeguarding processes to address prevention as well as their responses after harm has occurred.

I continue to be energised by our team's incredible efforts and the impact they have in protecting children from harm across Scotland every day.

Lastly, let me finish with some exciting news. In December 2023, we changed our name. We became Lucy Faithfull Foundation Scotland and are no longer Stop It Now! Scotland. We are more than our Stop It Now services in Scotland, a brand that refers only to our helpline in England and Wales.

This 'Year in Review' is designed in our new brand, which aligns us more with the UK-wide Lucy Faithfull Foundation charity.

For the purposes of reporting, however, we call ourselves Stop It Now! Scotland throughout this document.

I am excited for 2024 and the opportunities our new name will create in advocating for a public health approach to child sexual abuse.

Telephone and online support

We help thousands of people each year who call, email or access our online self-guided intervention programmes or information on how to protect children against sexual abuse.

Helpline

People in Scotland can call either our confidential and anonymous UK Stop It Now helpline or the Scotland office directly for help and advice.

Stop It Now helpline

934

The UK helpline helped 162 people from Scotland who made 709 contacts between them (calls and chats). The Scotland team helped 96 people from Scotland who made 225 calls.

This is a total of 934 calls.

“**The resources on the Stop It Now website are excellent. Working through the online course allowed me to engage at my own pace. I could use these resources on my own for reflection as well as discussing them with you, before I joined the group sessions.**

”
Offender we supported

Our online self-guided interventions

Get Help

10,045 people in Scotland (4% increase) used Get Help, our self-help online programme, for people worried about their own or someone else's online sexual behaviour towards children

Get Support

2,587 people in Scotland (7% decrease) used Get Support, our self-help online programme, for people worried about their own or someone else's sexual thoughts or behaviour towards children.

Upstream resources

Our Upstream Project, an online and practical resource, is dedicated to helping parents, carers and professionals in Scotland prevent child sexual abuse before it happens and keep children safe.

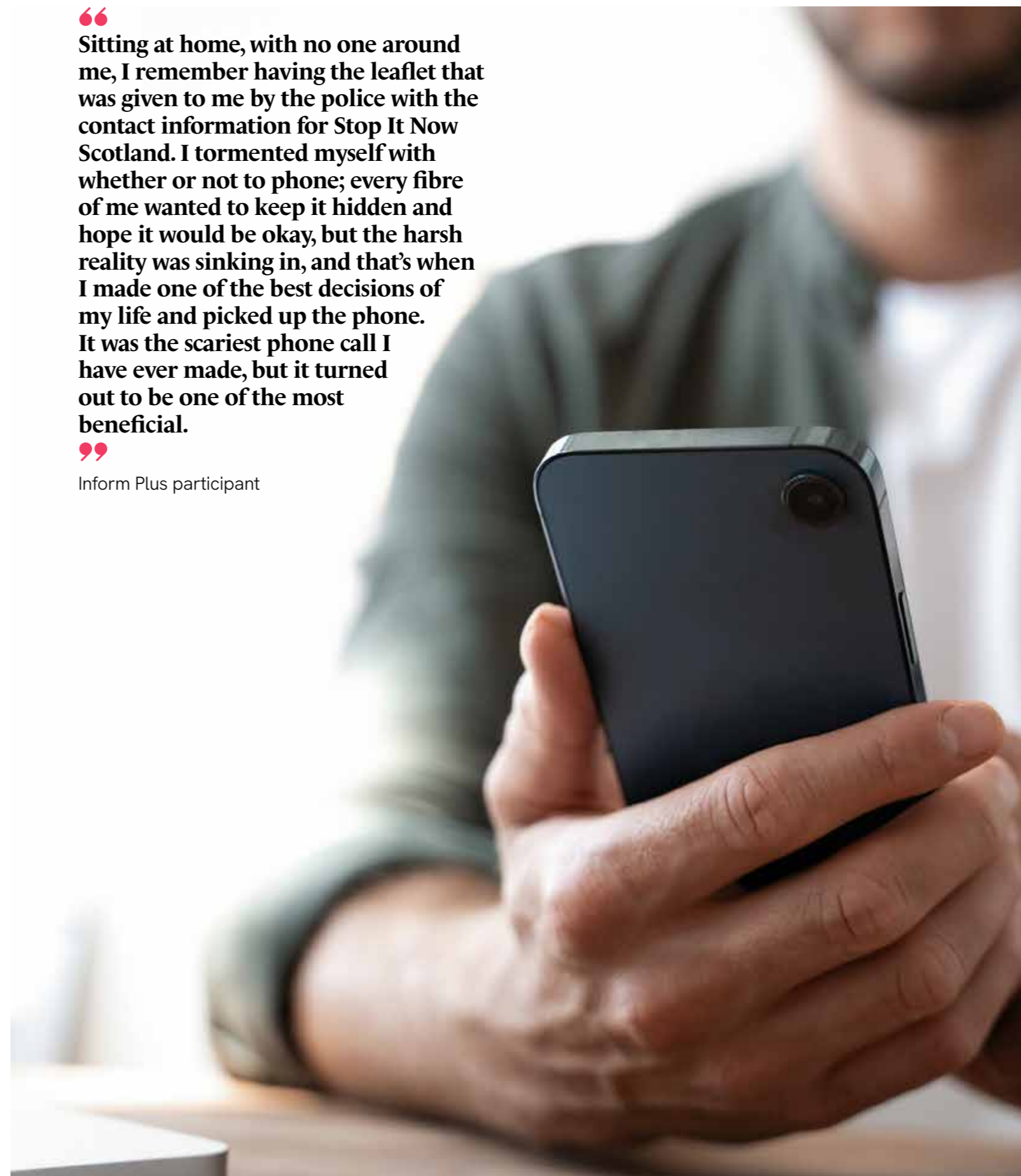
In 2022/23, **8,741 users**, twice as many as the previous year (4,291), visited the website. In total, it had **27,683 page views** - a 68% increase compared to last year (16,526).

“

Sitting at home, with no one around me, I remember having the leaflet that was given to me by the police with the contact information for Stop It Now Scotland. I tormented myself with whether or not to phone; every fibre of me wanted to keep it hidden and hope it would be okay, but the harsh reality was sinking in, and that's when I made one of the best decisions of my life and picked up the phone. It was the scariest phone call I have ever made, but it turned out to be one of the most beneficial.

”

Inform Plus participant



Direct work to protect children

Working with individuals who present a risk of harm to children who cannot access statutory support is at the heart of our work. We provide direct support and group programmes to help them desist from offending and achieve positive change.

Inform Plus

Our Inform Plus programme is for men who have been arrested for viewing sexual images of children or for having sexual conversations with children online. It is offered to adults under investigation for online sexual offences who have not yet been convicted. It is delivered as a group over ten weeks, and it helps men understand their behaviour while putting in place strategies to avoid reoffending in the future. All participants who completed evaluation forms described an average of a 40% reduction in suicidal thoughts, a 20% improvement in managing problematic behaviour, and a 70% improvement in seeing a positive future.

Breaking the Links

This programme is an adapted version of our Inform Plus. It is for men who have been arrested for online offences, but have also experienced trauma. Some of the men we support will be survivors of child sexual abuse. All participants reported an average 85% increase in knowing how to manage their emotions, a 30% increase in understanding why they had offended, and a 30% increase in understanding how trauma had impacted them.

Counselling and 1-1 service

We provide one-to-one sessions with our counselling psychologist, forensic psychologist or one of our practitioners. This is for men who do not fit the criteria for groupwork, including individuals who had not offended but who were worried about their behaviours, thoughts and feelings towards children.

Work to protect children

95

We ran five Inform Plus group programmes which 50 people attended.

Nine people attended our Breaking the Links programme (two were held during the year).

Seven people received a regular counselling service from our counselling psychologist, a further 25 people received one-to-one sessions with our forensic psychologist, and four others received cognitive behavioural therapy-based sessions from our postgraduate student on placement.

This is a total of 95 people helped.

Case study

Mark's story

Mark, 50, received our help and advice and attended Inform Plus, two years ago. He got in touch with us again following his sentencing, to thank us for the support he received. He kindly shared his story.

The arrest

When I was arrested, my life fell apart. I had been charged with accessing indecent images online and was facing the certain prospect of losing everything - my career, my marriage, my relationship with my unborn child (my wife was pregnant at the time), my friends, my house and everything else I had worked for and built over my adult life. I was in a tailspin. My offending had taken place one year before my arrest, and having done everything I could at the time to put it in a box and move on, I was now faced with the horrible reality of my actions once again. I hated myself and what I had done and couldn't understand how or why I had gone there. Two days after my arrest, I tried to take my own life, and I spent three days in hospital as a result, feeling confused and numb.

At the time of my arrest, the Police had given me the leaflet about Stop It Now Scotland, but it was only after my release from the hospital that I was able to properly read the words and take them in. I called the UK helpline. The instant support and understanding I received brought me back from the edge.

The support I received

I spoke regularly with the UK helpline before being referred to the local office in Edinburgh. My

caseworker and I had caught up often via phone, video call, and in person. He helped me to begin to understand my offending pathway, as well as deal with the substantial personal fallout of my arrest and future conviction in a way I could not have achieved on my own.

I was signposted to the **self-help modules** on the Stop It Now website and further read about problematic pornography use and internet offending. I decided to undertake this work with everything I could muster as I saw it as my chance to get help and rebuild a future for myself and my family.

I then took part in an Inform Plus group programme. The programme was invaluable for me as it gave me a safe space to explore my offending and talk in complete honesty with experienced facilitators and a group of people in a similar situation to me. We were able to have difficult conversations without fear of judgment, and we were also able to question and challenge one another in a constructive way. During this time, I was able to take steps to rebuild my life - I gained new employment, was able to navigate a marriage breakdown and also progressed my relationship with my first child, who had since been born, whilst working with Children and Family Social Work services.

The outcome

Three years after offending, two years after arrest and one year after a custodial sentence, I have now been able to rebuild my life and move forward. I have secure employment, a supportive family, a good relationship with my child, a far better understanding of my own mental health, and the prospect of a new future without offending. My engagement with Stop It Now has been instrumental in helping me to achieve this.

Working with families

The effect on families when a loved one is arrested for online sexual offences can be extremely traumatic. Our services are a vital lifeline for families at a point of crisis in their lives. We provide them with emotional support to help alleviate stress and isolation; and empower them to aid in their recovery.

Inform

Our Inform programme is for partners, adult family members or friends of people who have been arrested for online offending. It provides a much-needed safe space for people to talk about what they are going through and gain support from others. It can be delivered as a group or individual programme of work.

During the year, we started a variation of the programme to support family members in managing their heightened anxiety after a court case is announced for their loved ones' offending. Currently, loved ones are waiting two years for their court dates. We ran two of these groups, called 'maintenance groups', which were attended by 17 family members. These family members would have previously either gone through the Inform group programme or received one-to-one support.

Support for children

About half of the family members we support are parents. We provide parents with the advice to discuss the arrest of a loved one for an online offence with their children in an age-appropriate way. We can also provide dedicated support to children, by working through a one-to-one trauma-informed programme. In total, we worked with **four young people directly and supported 56 children indirectly** last year.

Family members

74

In total, 74 people were helped.

34 family members attended five Inform groups.

40 family members received individualised support or went through a one-to-one Inform programme.

“**Being with others in the same situation has been invaluable. The only place I feel totally relaxed. Sometimes hearing scary stuff is hard, but seeing other people who have survived it all keeps me going. Stop it Now really helped me manage [my life] through this.**”

Inform participant

Case study

Sue's story

Sue, 38, contacted Stop It Now Scotland after the police arrived one morning and arrested her husband, Chris, for downloading child abuse images.

Up to this point, they had been happily married for 13 years. Both worked full-time and had no children. Sue would have described their relationship as strong and healthy.

When they met, Chris told Sue that he had a previous offence for viewing indecent images of children. He was not on the sex offenders register and had not had any statutory interventions when they first met. Sue knew that Chris was a young man at the time of the offence, and Chris told her it was a mistake which he would never repeat.

However, during lockdown, Chris became withdrawn and spent a lot of time online gaming. Sue and Chris started to drift apart. Initially, she discovered that he had built up a huge amount of debt, but what was to follow was worse than dealing with the financial issues.

She described that period as wanting her life to end.

What we did

She contacted Stop It Now Scotland soon after Chris's arrest and spoke to our family coordinator to access support for herself. Chris also called us to get support. The initial call was one of reassurance that Sue had come to the right place. All practitioners are trained in managing trauma. Given Sue's state of mind, our family coordinator advised her to see her GP, as well as provided useful strategies on how to look after herself during those initial days when she was in shock.

Both Sue and Chris came into the Edinburgh office and were seen face-to-face. Sue was initially provided with individual weekly support before joining our Inform group programme.

Chris also received weekly support and attended the Inform Plus group programme.

Sue said: **“I want to thank you for all of your support. These past few months would have been so much worse without you to talk to, and I'm really grateful for your help and advice... Also, getting to meet others in the group who are going through the same thing as me has been really helpful in making me feel less alone. I do not know what the future holds for me, but I know I am in a better place having received your support.”**

The outcome

Sue continues to get monthly support from Stop It Now. She is aware that around the time of the court case, she will need additional support to manage her anxiety and fears. She has worries about the future and media reporting.

Sue is supportive of Chris but unsure as to where the relationship will go.

However, since the arrest, Sue feels that she and Chris have better communication and an improved understanding of each other. She now understands why this behaviour can happen.

Creating safer environments

During the year, our focus was on empowering employees and volunteers across various organisations to create safer environments. With the generous support of RS Macdonald Charitable Trust, we introduced and delivered a new type of training called ‘Preventing child sexual abuse in organisational settings’.

Understanding the issue

Tragically, children can be sexually abused in school settings, youth clubs, sports coaching environments, and religious spaces.

Organisations where staff and volunteers interact with children, carry out checks to stop people who are known to present a risk of harm gain access to children. Many will also have safeguarding policies to manage situations when they arise. However, there is much more that organisations can do to protect children.

Overview of training

Our training explored the dynamics of sexual abuse within organisational contexts and through scenario planning, participants considered potential challenges within their respective places of work. Using the principles of situational crime prevention, we helped them to create tailored place-based prevention plans.

Impact and commitment

The training reached diverse sectors, including youth work settings, sports and leisure facilities, faith and belief communities, army cadets, primary and high schools and health settings.

We observed the organisations proactively consider changes to their policies, processes, and their environments, all geared towards enhancing

child safeguarding measures. For now, we are providing technical support to some organisations in relation to the implementation of their action plans.

This success has reinforced our commitment to embedding this training as a core aspect of our business.



9

prevention training sessions delivered

7

organisations engaged

126

employees and volunteers participated in the training sessions

“**Training was excellent and the opportunity to network/discuss with others very beneficial.**”

Training participant

Case study

Training Edinburgh Leisure

We delivered training on preventing child sexual abuse to safeguarding leads at Edinburgh Leisure in November 2022.

Edinburgh Leisure provides municipal gyms, swimming pools, golf courses, tennis courts, soft play centres and many sports coaching opportunities. In total, the organisation employs over 800 staff and has venues across 30 locations, providing services to thousands of children and adults every week. Their leisure facilities also host many sports clubs and activities for children delivered by external agencies.

The training

The training was carefully planned and included us reviewing an anonymised list of all safeguarding referrals made over the last two years, and sharing our training materials in advance. We co-delivered the training with representatives from the local Police Scotland Sex Offender Policing Unit and the Social Work Sex and Violent Offender Liaison Office.

The training covered:

- characteristics of the children served
- the organisation’s physical environment, for example, were there elements of the layout, building design, or other features that would make it easier for grooming behaviour to go undetected or abuse to occur?
- the organisation’s routine activities, for example, was there anything in the organisation’s day-to-day activities that influenced the risk and protection of children from harm?
- established policies and a workplace culture that prioritises protecting children

It allowed the 18 managers attending to consider how they could further reduce the risk of child sexual abuse across its 14 sites.

Some of their suggestions were:

- use of a safe code word to raise concerns about suspicious behaviour
- zero-tolerance policy in terms of anti-social behaviour
- using real-life scenarios within training
- locking down areas not in use
- greater and regular staff presence within each building to act as a deterrent

Since the training, we have stayed in contact with the team at Edinburgh Leisure. They are in the process of finalising a ‘situation prevention’ action plan. Enhancements initiated by Edinburgh Leisure already include: updating internal procedures and e-learning modules, and conducting focused sessions within teams.

“**Working in groups to brainstorm ideas allowed our 18 managers the opportunity to network, share and explore new ideas. The Stop It Now training has been very helpful in further consolidating our managers’ knowledge of our already robust safeguarding practices, but as a result, we are updating some of our training using examples from the course.**”

Lesley Millar, Quality Assurance Officer, Edinburgh Leisure

Ongoing support

We continue to be here to support Edinburgh Leisure in implementing its action plan and maintain an ongoing commitment to provide further training, aligned with their evolving safeguarding needs.

Preventing harmful sexual behaviour

Young people engaging in harmful sexual behaviour is an increasing problem. Recent Police Scotland crime data tells us that you are more likely to be charged for an online sexual offence between the ages of 16 and 19 than at any other stage in one's life.

Inform Young People

Our Inform Young People programme is for under-21s (or 25 where there are additional support needs) who have displayed illegal, harmful or concerning sexual behaviour online. It helps them understand the consequences of their actions and supports them to make safer choices in the future. Each young person we work with attends the programme on a one-to-one basis. In addition, we also provided one-to-one support to their parents or carers.

All those who completed evaluations said they were more confident in using the internet safely and responsibly in the future, and all said they understood what online behaviours are illegal.

Inform Young People

29

This year we worked with 29 young people, the highest we have ever worked with in one year.

Working with others

Preventing and responding to harmful sexual behaviour involves supporting others who work with children and young people. During the year, we developed a three-year strategy for our work with children and young people who have displayed harmful sexual behaviour. This was based on our insights from our ROSA project (see below). From 2023/24, we will focus our work with high schools to prevent harmful sexual behaviour, working with young people, parents and staff to pilot and evaluate effective prevention strategies.

Key highlights

Publishing a **Faithfull Paper*** on the findings from our Reducing Online Sexual Abuse (ROSA) project (2018-21) in Glasgow and which was launched at an online conference dedicated to preventing technology-assisted harmful sexual behaviour (TA-HSB) in June 2022.

And winning the PSHE (Personal, social, health and economic) Education Award at the CYP (Children and Young People) Now Awards in November 2022 for our ROSA project.

*Our Faithfull Papers are a series of reports showcasing our understanding of what works to protect children to the widest possible audience



We were delighted in 2022/23 to win the PSHE Education category at the CYP Now Awards. Pictured (L-R): Rachel Haynes, Senior Practitioner (Young People) for Lucy Faithfull Foundation, Annamarie Hassell, Chief Executive of Nasen, and one of the CYP Now Awards judges, Lindsay Mullen, Harmful Sexual Behaviour Lead for Lucy Faithfull Foundation Scotland.

Case study

Stuart's story

Stuart, 15, was caught sharing illegal images involving children with his friends at school.

After the incident, Stuart's mum went through his phone and found some images which she described as 'very concerning' and removed Stuart's internet access.

She then called Stop It Now Scotland for help and advice.

As part of the referral, we learnt that teachers had noticed that Stuart's attitudes towards female peers and women had become more derogatory and misogynistic in nature. They had also noticed Stuart struggling to engage in classes.

However, prior to this, Stuart had been meeting all of his developmental milestones in school.

What we did

When we first met Stuart, we spoke about the referral as he had shown some reluctance in working with our service.

He told us he had been accessing pornography, and the content had veered away from mainstream sites. Stuart said he had talked to strangers online via chat threads, and assumed they were adult males. The language he had heard (and to an extent copied) was then used in school.

Stuart explained he had downloaded images on his phone from a thread on a social media site.

We worked with Stuart over several months. In our sessions, we talked about how he had accessed these chat threads. We spoke about safe and unsafe spaces online, healthy relationships and consent and dispelled some of the myths around pornography. We also discussed the laws in Scotland about sexual behaviour online and developed an internet safety plan with him.

The outcome

His mum said, **'Today, things are much better'**. Stuart has a better understanding of what is problematic sexual behaviour and how it may occur. He is more confident in how to use the internet safely and responsibly.

His mum is also thankful for the safe place we provided for her to confide in how she was feeling.

She and Stuart now talk more openly with each other and have strategies in place to prevent the reoccurrence or escalation of his previous online behaviour.

We continue to be here for Stuart if he requires support or guidance.

Communications, our identity

In 2022/23, our parent charity, Lucy Faithfull Foundation, initiated a review of how all our brands were working together and how we presented ourselves to ensure people who need our help can easily access our services.

They commissioned an agency to carry out research and plan a way forward. Through interviews and surveys, hundreds of our beneficiaries, stakeholders and staff fed back their views on the opportunities and challenges for the charity. This led to a proposal for a new structure of our brands and a refreshed tone of voice.

The project was completed in Autumn 2023 and our refreshed branding is used in this Year in Review.

New name, same mission

The change in our name - from Stop It Now! Scotland to Lucy Faithfull Foundation Scotland - aligns us now more closely with our parent charity's values and its vision to create a world in which every child's right to live free from sexual abuse and exploitation is a reality.

Our recognised and successful Stop It Now brand still exists but now clearly encompasses a set of services: the UK helpline, our online self-help resources and our intervention programmes. There are no longer any national variations of the Stop It Now brand.

Repositioning our services

In 2024, we will roll out our new brand more widely across all of our communications.

It will take some time to update and communicate the change, but it will provide us with the opportunity to reposition ourselves in Scotland and truly champion the need for better protection of children from child sexual abuse.

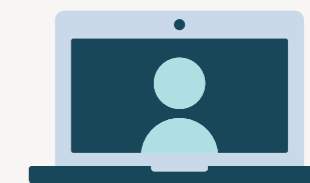
We plan to streamline our websites and bring them in line with our new brand guidelines and tone of voice. This will help us expand our reach and impact in Scotland. We will also start to provide commissioned assessments, interventions, consultations and training on request.

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Stop it now

Before it happens



LFF
Scotland

Advocacy and policy

One of the main barriers to tackling child sexual abuse is that statutory services typically focus on abuse after it has been identified. We are advocating for a national strategy to tackle child sexual abuse that focuses on prevention to make the country a safer place to grow up in.

In addition to presenting evidence at committees, chairing groups and networks, and presenting at conferences, we provide consultation and advice.

We work collaboratively with statutory services, such as Scottish Government, police, social services and education, and other charities, in our pursuit to ensure children can grow up safe from sexual harm. We are part of the Police Scotland's Multi- Agency Online Child Sexual Abuse and Exploitation Group, the Scottish Government's Gender-Based Violence in Education Working Group and its Harmful Sexual Behaviour Delivery Group.

Key highlights over the year included:

- Contributing to the Scottish Child Abuse Inquiry report **'Preventing Abuse of Children in Care: The Psychology of Offenders'**.
- Chairing the National Child Sexual Abuse Prevention Network to facilitate shared learning for better child protection. Members include Police Scotland, Education Scotland and a range of survivor agencies, ensuring that survivors' voices are central to the prevention of child sexual abuse.
- Chairing the Scottish Government's assessment and intervention workstream in relation to adolescent harmful sexual behaviour and co-chairing the Scottish Contextual Safeguarding Core Group.

- Promoting reform by initiating a short-life working group to understand more fully what services are required to support partners and family members impacted by the arrest of a loved one for online sexual offences. Membership includes police, social workers and survivors of child sexual abuse. The group reports directly to Police Scotland's Multi-Agency Online Child Sexual Abuse and Exploitation Group.
- Continuing to be a member of the Adult Survivors of Childhood Sexual Abuse Parliamentary Cross-Party Group. In January 2023, the group hosted an event titled 'Sibling Sexual Abuse: Improving outcomes for those affected by sexual harm'. We spoke at the event on the current evidence of the nature and scale of the issue, and outlined the service gaps in Scotland for children affected, families, and adult survivors.
- Meeting with the Lord Advocate to look at outcomes for under-18-year-olds and adults with autism who commit online sexual offences.
- Providing evidence to the Scottish Parliament Justice Committee on preventing online sexual exploitation of children (May 2022).
- Hosting an event called 'Public Health Approaches to Preventing Child Sexual Abuse in March 2023 (see opposite).



In partnership with Fulton MacGregor MSP, Chair of the Cross-Party Group for Adult Child Sexual Abuse Survivors and NSPCC Scotland, we hosted an event called 'Public Health Approaches to Preventing Child Sexual Abuse' in March 2023. Speakers included leading expert Professor Elizabeth Letourneau (centre) from the Moore Centre for the Prevention of Child Sexual Abuse, Johns Hopkins University, Stuart Allardyce, director for Stop It Now Scotland (right), and Pat Brannigan from NSPCC (left).

Finance Overview

During the 2022/23 financial year, Stop It Now Scotland’s total expenditure amounted to £394,062.

While facing staffing gaps at times, our team entered 2023/24 with a complete staff complement.

Gratitude and acknowledgement

We extend our heartfelt thanks to the numerous organisations, charitable trusts (both large and small), statutory agencies, and individuals whose generous contributions supported Stop It Now Scotland in 2022/23. Your contributions were vital in enabling us to provide support to our beneficiaries and do all we can to protect children from sexual abuse.

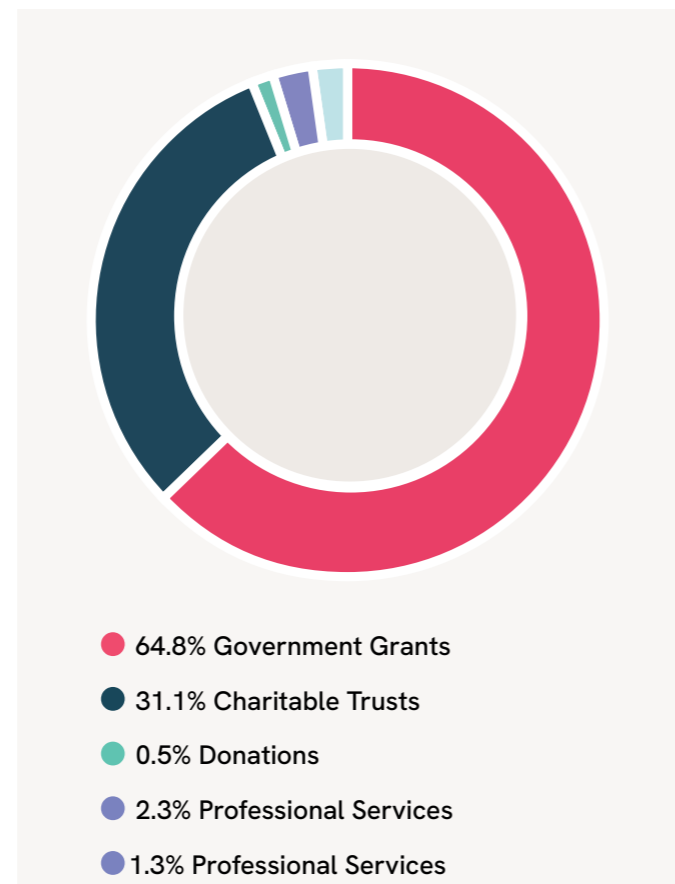
Sixty-five per cent of our funding is provided by the Scottish Government, and we are exceptionally grateful for their continued support of our work.

Our key supporters were:

- Anonymous Trust
- Anonymous Giving Group
- The A B Charitable Trust
- Baillie Gifford
- The Barcapel Foundation
- Perth and Kinross Council
- The Robertson Trust
- The RS Macdonald Charitable Trust
- The Scottish Government
- The Volant Charitable Trust

Expenditure for Stop It Now Scotland services in 2022/23 has been funded as follows:

Government Grants	£255,362
Charitable Trusts	£122,426
Donations	£2,037
Professional Services	£8,947
Secondment income	£5,290
Total	£394,062



Full audited accounts are available on the [Lucy Faithfull Foundation website](#).

“Working with Stop It Now has really helped with my issues. Their kind staff and supportive nature helps people at the lowest point capture life again, give them reason to live again. When I went into Stop It Now, I was ashamed and pointless, now I feel I can contribute to society again, and function.”

A young person we have supported

Find out more about our work to protect children:

lucyfaithfull.org.uk

Visit our Stop It Now campaign and helpline:

stopitnow.org.uk

Lucy Faithfull Foundation Scotland:

stopitnow.org.uk/scotland

Information and support for parents and carers:

theupstreamproject.org.uk



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[LinkedIn: the-lucy-faithfull-foundation](https://www.linkedin.com/company/the-lucy-faithfull-foundation)

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Important note: All images within this document are for illustrative purposes only. Names of case studies have been changed to protect anonymity.