

Case Study: Inform Plus Tackling online child sexual abuse



Stop It Now!


UK & IRELAND

Helping prevent
child sexual abuse

Inform Plus

Inform Plus is a psycho-educational programme for men who are under investigation for, or have been arrested, cautioned or convicted of accessing sexual images of children online. The programme helps men to understand their behaviour and put in place strategies to avoid reoffending in the future.

Inform Plus can be delivered as a group or individual programme of work, which is mostly self-funded by the participants with some subsidised places for those in financial hardship.



98% of Inform Plus participants reported making good or maximum progress on their ability to reduce their risk of reoffending.



Case Study

Hector's story

Hector, 38, is married with three children and works full time in the finance industry. He was recently arrested for having accessed sexual images of children online. After his arrest, Hector attempted suicide and was admitted to a psychiatric hospital for a short period. He contacted our Stop It Now! helpline for advice and support after being given our details by the police.

Hector told the helpline that his childhood had included many damaging experiences including sexual abuse within the family, early exposure to adult pornography and neglect. He told us that as an adult, he would binge watch pornography and "lose time" accessing sexual content online. He referred to this behaviour as "an addiction".

Hector said he had made many attempts to desist in his illegal online behaviour but all eventually ended in failure. He stated he didn't know how to stop and stay stopped.

Helpline advice and Inform Plus

He followed the advice provided by the helpline advisors, including reading "The Porn Trap", working through the modules on our online self-directed intervention 'Stop It Now! Get Help', alongside accessing help from other support services including Sex Addicts Anonymous and the local mental health team. As Hector was struggling with his mental health and continuing to have suicidal thoughts, we agreed that he should focus on these aspects before undertaking the Inform Plus course.

Four months later, Hector attended Inform Plus. He was keen to develop and rehearse the skills necessary to ensure that he did not reoffend in the future. Through the course, Hector said he gained a deeper understanding of how the behaviour had begun and how it had escalated over time. He also explored methods to manage his behaviour in the future and recognised how building a healthier lifestyle would support his desistance. He said he had found the victim empathy session particularly helpful, providing a very different perspective on the harm to children from taking and using their sexual images and helping consolidate his determination not to re-offend.

During this period his wife, Jessica, also engaged with the helpline and attended the Inform programme as she wanted to understand more about her husband's offending behaviour and potential risk to their children. Hector is currently allowed only supervised contact with his children.

Hector and Jessica were advised to keep in touch with the helpline in the future.

Find out more about our work to protect children at:
lucyfaithfull.org.uk

Visit our Stop It Now! campaign and helpline at:
stopitnow.org.uk

Stop It Now! Scotland:
stopitnow.org.uk/scotland

Stop It Now! Wales
stopitnow.org.uk/wales

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Confidential freephone helpline: **0808 1000 900**

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Names of case studies have been changed to protect anonymity.

**THE
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FOUNDATION**

Working to protect children