

If you or someone you know has been accessing indecent images of children online what can you do?



www.lucyfaithfull.org

www.stopitnow.org.uk

Are you still reeling?

When confronted with this behaviour, most people initially feel anger, shock and confusion - or just numbness. This is quickly followed by urgent questions about how this will affect their family, their relationships, their job - and how they are going to cope with the legal process, the possible media interest and the potential stigma. Almost everyone has a need to know what is likely to happen next.

You can talk to us

Knowing who you can talk to is the first step in getting the right help and support at this difficult time. The Lucy Faithfull Foundation (LFF) is a leading children's charity working to prevent the sexual abuse of children. We work with people who have sexually harmed or fear they may harm a child, including those who commit offences on the Internet. We also work with members of their family to help them to address the questions and issues the behaviour of their loved one has raised.

The Stop it Now! Helpline is one of our projects. Our experienced staff offer confidential and impartial advice, by phone or email. They will help you to explore options, including managing future behaviour. Our services are available to anyone who has been arrested, cautioned or convicted for accessing indecent images of children online, their partners, relatives and friends.



Advice for those arrested
for an internet offence



Support for
relatives and friends

Your first steps to getting
the right support and advice

“ I don't know what to do...
I am so worried. ”

If you've been accessing indecent images of children online, you probably feel there is no one you can talk to about it.

But you **can** pick up the phone

After your arrest, you will be shocked and distressed - but you may also feel a sense of relief that what you have been doing is no longer a secret

Now is an opportunity to get help.

You may be keen to start this process straight away but find yourself on bail for a lengthy period when all you can do is wait.

This can be a very stressful time for you and for your family, as everyone struggles to cope not only with what has happened, but with anxieties about the future.

- You may want to start exploring why and how you came to commit the offences
- You might be worried about your children and the involvement of Children's Services
- You may have concerns about the impact of your behaviour on those close to you, including partners and family members.
- You may have questions about the legal system and what happens next.

Taking the first steps

You can take the first steps now by calling the Stop it Now! Helpline and speaking in confidence to one of our experienced staff.

Stop it Now! is a confidential freefone helpline provided by the Lucy Faithfull Foundation.



Our trained staff will listen to your concerns and offer ongoing advice to help you deal with the issues, step-by-step, as they arise.

For free confidential advice,
here's how to reach us

The Stop it Now! Helpline

0808 1000 900
help@stopitnow.org.uk

Mon-Thu 9am-9pm Fri 9am-7pm

As a charity, the Lucy Faithfull Foundation has to make a charge for some of our services to help us cover our costs. In some cases, we can offer subsidised sessions. Ask us for more details.

The Inform Plus programme

Start to manage your online behaviour

Inform Plus is a ten week course for groups of 6-8 individuals who have been arrested, cautioned or convicted for internet offences involving indecent images of children.

Facilitated by LFF specialist staff, it provides an opportunity for you to explore your offending behaviour in a structured but supportive environment, and to devise strategies for avoiding future internet offending.

The course includes:

- Facts and myths about illegal images of children
- The behavioural process involved in this type of offending
- The effects on child victims
- The impact of your behaviour on you and on those close to you
- Information about the Criminal Justice System

“ an open, non-judgemental environment... I was able to discuss and face my behaviour. ”



i For details, contact **01372 847160** and ask for our Internet Services Administrator. If no course is available in your area, we are able to offer a personalised programme.

Using the Internet again

Reassurance for you and your family

After arrest, you may feel you never want to use a computer again. However, in the longer term, not using a computer is likely to be impractical.

Securus is a computer monitoring service, administered by LFF, which allows you to use the Internet responsibly while capturing any illegal or potentially risky activity. This encourages you to stop and think about what you are doing on the Internet.

Monitoring your computer use can provide reassurance to your family that you are serious about wanting to use the Internet safely. It demonstrates to them and to the police that you are keen to change and to manage your Internet use.

Once installed on your computer, Securus scans the screen for inappropriate words or images. Anything considered inappropriate or concerning is recorded and actioned by our staff.

“ It strengthened my resolve and was an extra deterrent. ”



i To see whether computer monitoring could help you and your family, call **01372 847160** and ask for our Internet Services Administrator.

“ Why did he do it? Is it an addiction? ”

If someone you love has been looking at indecent images of children, you are probably feeling very alone and confused.

Call the Stop it Now! helpline

It can be distressing and bewildering to discover that someone close has been viewing indecent images of children. Our confidential helpline and email services are available to partners, relatives and friends who have been affected by a loved one's Internet offending. Our staff can help you to work through the complex and difficult issues you are facing.

Partners have questions about what this type of offending means for their relationship and its implications for their family's future. Those close to the offender may need to understand what led that person to offend in this way. You might have questions about the Criminal Justice process, or the involvement of Children's Services if you have children.

i Our staff are available to listen. Call the Stop it Now! helpline on **0808 1000 900**.

Support for relationships

Some individuals, couples and family members who are trying to deal with the effects of internet offending need to meet face-to-face with someone who can help them work through their issues.

We offer single sessions and short courses for individuals, couples, partners and adult family members.

Each one is designed for the specific needs of those involved. We aim to help couples begin to work through the emotional and practical consequences of Internet offending. By giving sound information and facilitating open communication, we assist them to begin to make plans for the future.

i For more details, call **01372 847160** and ask for our Internet Services Administrator.

The Inform programme

Inform is a course for partners, relatives and friends of anyone who has been accessing indecent images of children online. It offers a safe space in which people who are struggling with the practical and emotional impact of internet offending by someone close to them can bring their questions and anxieties and begin to explore them in a supportive environment. Each group consists of up to six members who meet for five weekly sessions. This is led by specialist LFF staff.

The course aims to dispel myths about internet offending and provide you with facts. We explore questions such as 'what made him do it?' and 'why didn't he stop?'. We consider practical issues, including sentencing guidelines, how future internet use can be managed and how potential risks might be recognised.

i For course details, call **01372 847160** and ask for our Internet Services Administrator.