

Services for professionals



Stop It Now!

SCOTLAND | ALBA

Helping prevent
child sexual abuse


upstream
PROTECTING THE NEXT CHILD



How we help professionals

Stop It Now! Scotland is a child protection charity dedicated to preventing child sexual abuse.

We provide support services to individuals who are worried about their own sexual thoughts and feelings about children and/or those who may be at risk of sexual offending. We believe that this is a critical part of preventing child sexual abuse before it happens. We also support friends and family members of individuals who have offended or are at risk of doing so. We are committed to ensuring that all adults in Scotland can recognise and respond to concerns about the sexual abuse and exploitation of children.

Our confidential helpline

Our confidential UK helpline (0808 1000 900) is available for anyone with concerns about child sexual abuse. Callers do not need to give identifying information, so can remain anonymous. We speak to thousands of people every year, and help them take action to protect children and young people from sexual abuse and exploitation.

We also provide help to professionals who are working with individuals who may present a risk of sexual harm to children and young people. We do this via our Edinburgh based office and offer a case consultation service on 0131 556 3535 where any professional can call us for advice on the prevention of child sexual abuse.

Inform Plus

This is a ten week psycho-educational group work programme for individuals who have been arrested for online offences involving children. It covers:

- The criminal justice system
- Behaviours and rewards of on-line behaviour
- The impact of accessing images on child victims
- Living a good life free from offending

Inform

This is a six week psycho-educational group work programme for family members of those under investigation for on-line offences. The aim is to help people make some sense of recent events relating to their loved one's behaviour and to build knowledge and confidence in relation to the next steps you and your loved one need to take.

Breaking The Links

This is a ten week psycho-educational group work programme for individuals who are worried about their sexual thoughts towards children (offline or online), and have experienced trauma themselves.

All of our group work services can also be offered through individual work. Structured individual interventions and small group work can be offered on online platforms as well as at our venues in Edinburgh and Glasgow.

How we help the public



All of our services are free and available to anyone in Scotland
To make a referral to one of our groups please call us on **0131 556 3535** or email us at **scotland@stopitnow.org.uk**



theupstreamproject.org.uk

Funded by the Scottish Government, Upstream is a one stop resource for anyone who wants to know more about the prevention of child sexual abuse. It provides practical, real world scenarios and shows how all adults – parents, family members, members of the public as well as all kinds of caring professionals who work with children or with adults – can contribute to the prevention of abuse.

The new resource is broken down into five sections. These are Learn, Identify, Prevent, Act and Engaging Communities. There is also a Get Help section for anyone in a situation that needs immediate action.

Upstream gives practical advice based on a wide range of scenarios such as “What if I don’t like the way my uncle is playing with my daughter?” or “What are the warning signs that a child is being abused?”.

For professionals there are examples of how to talk to others about prevention; myth busting; who perpetrates sexual abuse and how; and also what contribution you can make to tackling the problem.

Visit our Stop It Now! campaign and helpline at:

stopitnow.org.uk/stop-it-now-scotland

 **Facebook: facebook.com/StopItNowScotland**

 **Twitter: [@StopItNowScot](https://twitter.com/StopItNowScot)**

 **YouTube: [astopitnowukireland](https://www.youtube.com/channel/UCastopitnowukireland)**

 **LinkedIn: [The Lucy Faithfull Foundation](https://www.linkedin.com/company/the-lucy-faithfull-foundation)**

Scotland National Office

Call the Scotland office direct on **0131 556 3535**

Call our UK helpline on **0808 1000 900**

Visit **stopitnow.org.uk/scotland**

Email **scotland@stopitnow.org.uk**

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