



**Year in Review
2024/25**



I was anxious and afraid prior to being referred to the Lucy Faithfull Foundation. I had no idea what lay ahead for me.

My initial appointment helped to calm my nerves since they described everything in a way I could comprehend. I have learnt things from my eight insightful appointments that I never would have known. Like new methods for overcoming past urges and better knowledge about the law and most importantly, victim awareness.

I feel like an entirely different person after those eight sessions. They were a safe haven that was both calming and educational. I have changed for the better thanks to the Lucy Faithfull Foundation. I couldn't recommend it enough.



Inform Plus participant

Welcome from our director

We live in troubling times.

In the last ten years, the number of sexual crimes in Scotland has increased by 45%. In at least a third of the 14,892 sexual crimes recorded by the police last year, the victim was a child.

Online exploitation of children accounts for a significant rise in these figures. But we also know that abuse happens in families, in child facing organisations and in communities. It is perpetrated by both adults and adolescents, and has a significant, often lifelong, impact on many affected by abuse.

We also know that every time a child experiences sexual abuse and exploitation, we missed opportunities to prevent harm happening in the first place. There is nothing inevitable about child sexual abuse. It can be tackled like any public health issue, through evidence, public engagement and targeted interventions.

This year's annual review covering our work in 2024/25 is written to bring hope. And we do this by giving you clear examples of what the prevention of child sexual abuse looks like in action.

We do two things at Lucy Faithfull Foundation Scotland. Firstly, we work with individuals who present a risk of sexual harm to children who cannot access statutory support, helping them – and those in their lives – take responsibility for their actions and make positive, safer choices that better protect children from harm. Secondly, we take the learning from this and turn it into resources and initiatives that prevent sexual abuse **before** it happens.



In the following pages, you will read about the number of people we supported last year and what we did to better protect hundreds of children from harm across Scotland. But you'll also hear about our collaborations with local authorities, third sector organisations, education providers and justice partners, where we delivered training, consultancy and support that empowered professionals to respond effectively to concerns and more effectively safeguard children. Our research and advocacy efforts also contributed to shaping policy and practice, ensuring that prevention of child sexual abuse remains a central focus in Scotland's child protection landscape.

As we reflect on the year, we are proud of the strides made and grateful to all who support our work - staff, volunteers, funders, and the communities we serve. Together, we are creating a Scotland where every child can grow up free from the threat of sexual abuse.

Stuart Allardyce
Director, Lucy Faithfull Foundation Scotland

To make Scotland a place where children live free from sexual abuse

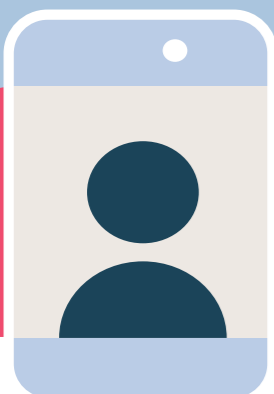
What we do

We provide:

- **Confidential help and advice** available to all concerned about child sexual abuse through our Stop It Now helpline
- **Intervention support and group work** for adults who are at risk of sexual offending, including those who are under investigation for online offences
- **Support for families and friends** of people who are at risk of sexual offending or have been arrested for online offences
- **One-to-one support for children and young people** (under the age of 18) who have displayed harmful sexual behaviour or have been arrested for online sexual offences
- **Advice, training and guidance** for parents and carers, communities, and professionals in children's services and criminal justice settings
- **Deterrence campaigning and advocacy work** focused on preventing abuse before it happens
- **Expert consultation, assessments and intervention** for children who have displayed harmful sexual behaviour, adults who have (or are alleged to have) committed a sexual offence against a child, and protective adults including parents and carers



Our year in numbers



738

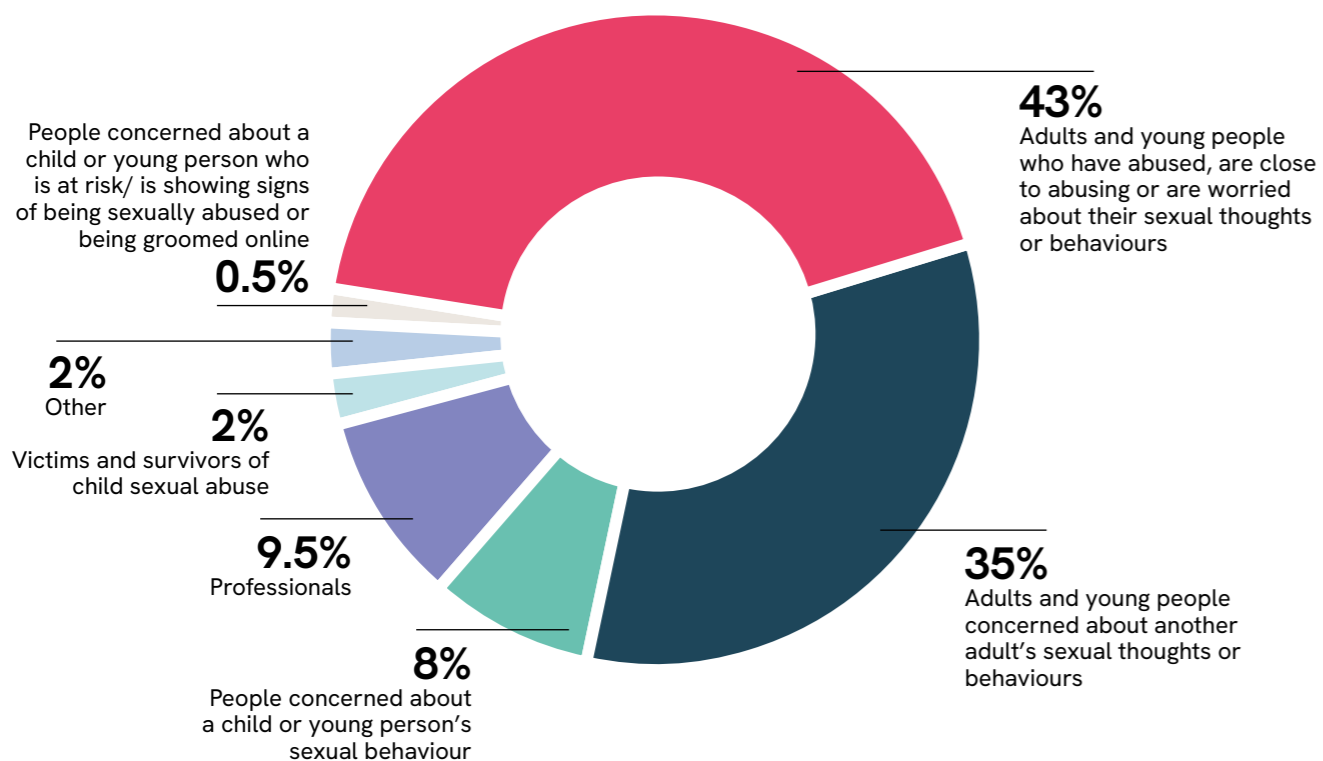
Our advisers took **738 calls** and chats from **495 people** in Scotland

Our Scotland helpline answered **312 calls**

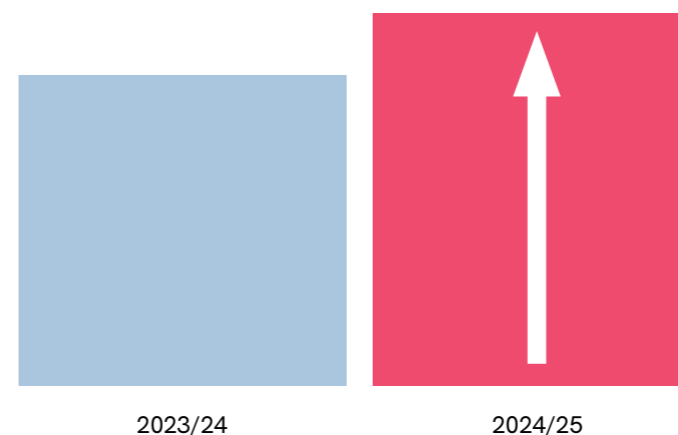
Stop it now

The UK Stop It Now helpline took **333 calls** and had **93 live chats** via our website

People who called us



Who we worked with



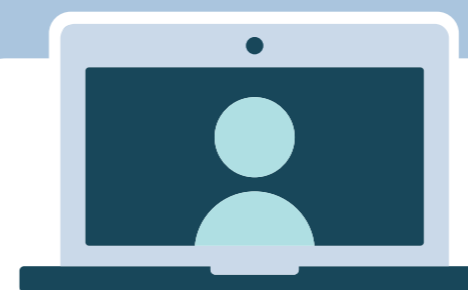
309

people, up from 262 in 2023/24

1,666 one-to-one support sessions delivered (down by 143 on 2023/24)

This included:

- **126 adults** who are worried about their sexual thoughts or behaviours (-17 on 2023/24)
- **33 young people** who have displayed harmful sexual behaviour (+18 on 2023/24)
- **145 family members** of adults and young people whose loved one has been arrested for online offences (+48 on 2023/24)
- **5 young people** affected by their parents' offending



71,800

71,800 people in Scotland accessed our website self-help and advice materials **Get Help** and **Get Support**, for adults worried about their own or others' sexual thoughts feelings or behaviours towards children.

Our work with individuals who present a risk of harm to children

We believe that interventions with those who have harmed children, or those who are at risk of harming children, are an integral part of child protection and preventing child sexual abuse.

We run one-to-one support sessions, as well as two psychoeducational groupwork programmes – **Inform Plus**, for people who have been arrested for online offences, and **Breaking the Links**, for people who have been arrested for online offences but who have experienced trauma themselves.

Inform Plus

This year we ran five Inform Plus groups (+1 on 2023/24).

56 people completed the programme – a 20% increase on last year.

On average, Inform Plus group participants who completed our pre- and post-evaluation forms reported a 57% decrease in suicidal thoughts and a 41% reduction in self-reported thoughts, feelings and behaviours toward children.

“**The sessions have had a massively positive impact on my wellbeing, health and emotions. I now feel that I am in a much better place than I was at the start of the sessions and feel that I have the tools now to combat difficult feelings and situations when they arise.**”

Inform Plus participant

“**The supportive atmosphere throughout allowed for all of us group members to explore painful issues and face up to some unpalatable truths, without adding to our shame.**”

It felt throughout that the focus was on confronting our offending and how we could live lives away from its toxic effects.

”

Inform Plus participant

Breaking the Links

Fifteen people took part in three Breaking the Links groups, our programme for adults who have committed online sexual offences who themselves have been affected by trauma. (An increase of three from 2023/24).

Following groupwork, Breaking the Links participants reported a 54% improvement in self-control.

“**When disturbing, terrifying thoughts come, I have used mindfulness techniques and breathing exercises to calm myself down.**”

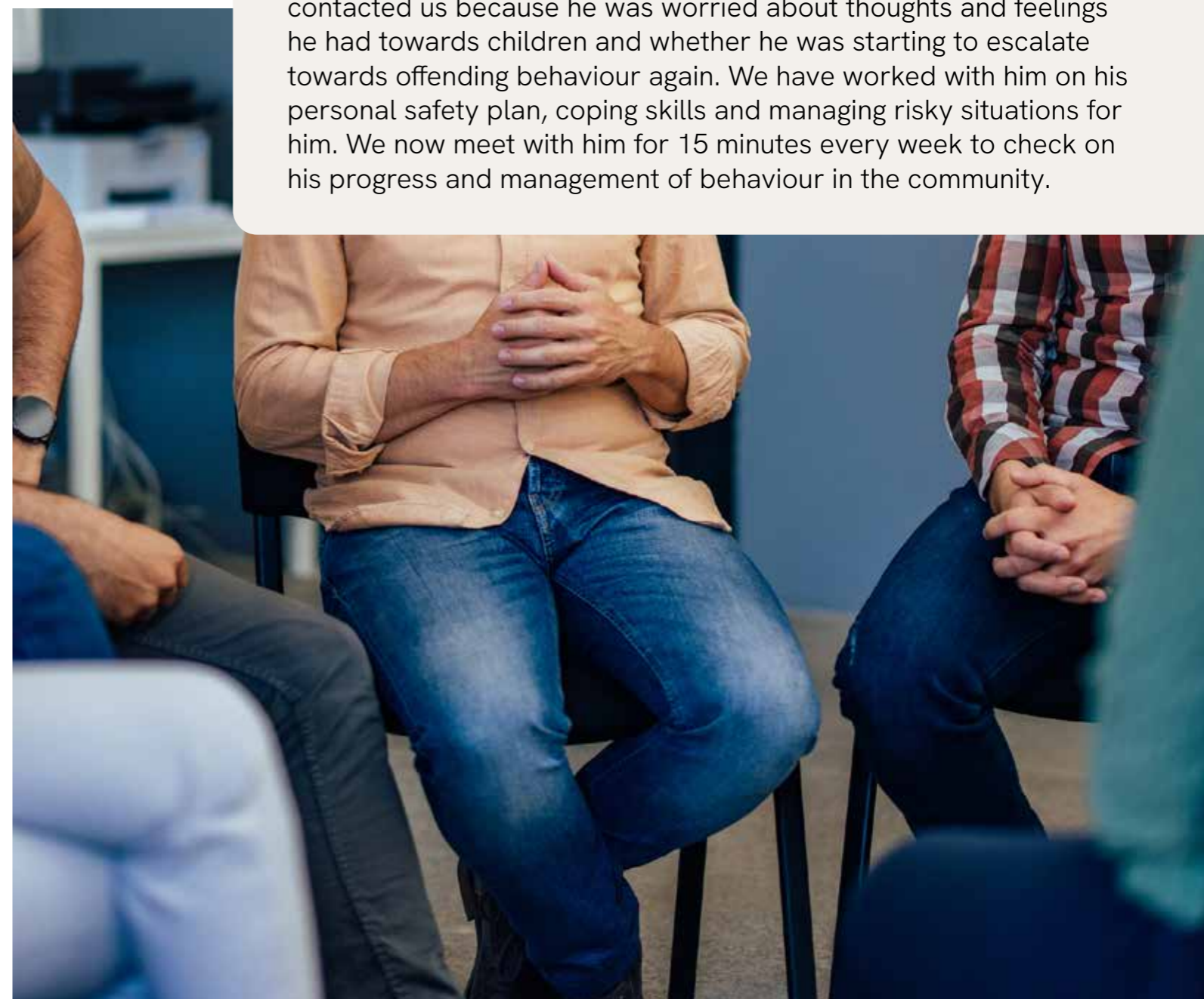
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Breaking the Links participant

How we help

Beyond our groupwork

Jeff was convicted of online offences in 2013 and served a custodial sentence. He is no longer subject to social work supervision but contacted us because he was worried about thoughts and feelings he had towards children and whether he was starting to escalate towards offending behaviour again. We have worked with him on his personal safety plan, coping skills and managing risky situations for him. We now meet with him for 15 minutes every week to check on his progress and management of behaviour in the community.





“

At the heart of our work is a simple but vital truth: every online sexual offence involves the abuse of a child. Our mission is to prevent that harm before it happens. That means engaging with people who have offended or fear they might, helping them understand their behaviour and take steps to ensure it never happens again.

This is challenging, often misunderstood work. Many assume that those who offend are “lost causes” or that our work is lenient. In reality though, we combine empathy with accountability. We challenge harmful thinking while offering practical and emotional support. Without this intervention, the cycle of abuse continues.

People’s first contact with us is often when they are in crisis. Many calls come after an arrest, when individuals feel overwhelmed and hopeless - sometimes suicidal. My team’s priority is to keep people safe, calm, and connected. We build trust through a non-judgmental approach, normalising difficult conversations and guiding people through their journey. Over time, I help them take responsibility for their actions and develop strategies to prevent reoffending.

I believe society needs to talk openly about prevention. Just as we support those struggling with addiction, we must create space for people to seek help before harm occurs. People can make terrible choices; understanding why is key to stopping abuse.

What gives me hope? Messages from individuals who say, “If it wasn’t for you, I wouldn’t be here.” Seeing someone move from despair to rebuilding their life. Individuals making safer decisions that ultimately protect children.

Behind the scenes, our team supports each other through the toughest days, balancing professionalism with humanity. Because if we don’t work with those who offend, the abuse will never stop. And stopping it is what drives me every day.

”

Perspectives from one of our project workers

Our work in key organisations

A particular focus for this year has been our work with faith communities. Historically these have been spaces where abuse has occurred, but faith leaders are also ideally placed to promote key messaging about the prevention of child sexual abuse. Over the last year we have invested time in building relationships with senior safeguarding representatives from faith communities.

In November 2024, we were invited to give a keynote speech at the Scottish Catholic Safeguarding Standards Annual Conference. They commented:

“**Stuart Allardyce presented to over 200 delegates from Catholic parishes, religious congregations and lay organisations from across the country, including four of our bishops. The feedback was exceptional, with 97% of delegates rating his input highly. Following his specific challenge, “if we are courageous, patient and prayerful as a body and willing to act, could the Church...take social leadership in tackling child sexual abuse?”, significantly more emphasis is being placed on introducing new proactive safeguarding measures to keep people safe in our Catholic communities. We continue our journey in working together with the Lucy Faithfull Foundation exploring opportunities to improve our safeguarding practices, such as developing situational prevention strategies, best practice in identifying and managing low level safeguarding concerns, and much more.**

”



Stuart’s successful presentation at the conference led to an ongoing partnership with one Archdiocese – Edinburgh & St Andrews. In February, our whole team presented at the diocesan Safeguarding Day, a mandatory training event for 94 priests. Their presentations asked a simple question: how can priests be partners in prevention?

Sharing the principles of prevention with 94 priests has given us reach across many parishes; our long-term ambition is that it will also lead to cultural change within the Scottish Catholic Church and faith communities beyond. Given the church’s fraught history with safeguarding and the many, many survivors affected by historical abuse, our intervention represents a new chapter in positive engagement and proactive prevention.

How we help

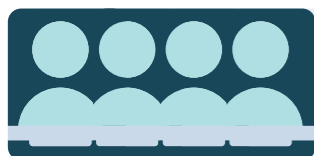
Prevention in action

After a webinar we delivered for social workers on using prevention resources to better safeguard children from sexual harm, a social worker reached out for advice on a particular case where they had concerns for a child where a parent had been investigated for allegations of child abuse but nothing had been proven. We supported the social worker to work with the protective partner on safety planning and upskilling the parent in recognising indicators of child sexual abuse in children and grooming in adults. The professional moved forward with more confidence around safety and areas of risk.



Our work with families

Every year, approximately 800 people in Scotland are investigated for online offences. Many of these individuals have partners, children and other loved ones who are impacted by their crimes. The experience of a loved one being arrested is a traumatic one – our research has shown that over 70% of adult family members experiencing ‘the knock’ from the police subsequently present with symptoms of Post Traumatic Stress Disorder. The stigma of this type of offending makes it particularly challenging for families to seek support. We provide guidance through 1-1 sessions and our Inform groupwork programme.



We worked with 145 family members this year

a near 50% increase on 2023/24

What About Us?

Following our family members’ exhibition Knock NOC: The Lived Experiences of Non-offending Carers and Children in 2023/24, and our published [research](#) into the impact of ‘the knock’, we were delighted to receive funding from Changing Ideas to further highlight the lived experience of young people whose loved ones have been arrested for online offending. Our new project, ‘What About Us?’, will involve working directly with a young person during 2025/26 who has kindly offered to share their own lived experience to help develop a resource for other young people whose loved one has been arrested.



A whole family approach

We supported a mother whose teenage son had been arrested for accessing illegal images of children. Through careful conversations, we identified that group work would not meet her needs at that time, so we provided intensive one-to-one support instead. In parallel, we worked directly with her son. By collaborating across our team, we were able to design a tailored support package for both mother and son. Our work focused on promoting his mental health, developing safety plans, and exploring future employment opportunities. By equipping his mother with knowledge and strategies, we have helped create the foundations for a safer and more positive future for her son.

A letter from a family member to Lucy Faithfull Foundation Scotland, following the arrest of their son

To Whom this May Concern,

This letter is written to provide feedback to the support provided from the team at the Lucy Faithfull Foundation Scotland.

It was the police officer who told us about, and advised us to contact the organisation on the day of our son’s arrest. This event was as shocking as it was heartbreaking but we’re so thankful we did take the advice from the officer.

Despite being very reluctant, due to the gravity of the situation (we just wanted the world to swallow us whole), we knew we must do something so took the decision to call and meet the situation head on. This was so hard, but a decision we knew we must take and called the number on the same day.

We left a teary message with the operator, not having any idea what to expect. Our call was returned very shortly after, and we were in contact with someone from the team.

The support, guidance and advice we were given from the team was fantastic. They were clearly very experienced in these situations and advised we were not alone. They provided helpful statistics to help us understand that these scenarios are sadly becoming more common due to the electronic age we live in.

The team treated us with dignity and empathy throughout and guided us through this heart wrenching situation. We met regularly, first online and then next in person which I can’t explain how much that helped.

As hard as this situation was for us, we knew this would have a devastating impact on our son. The team helped him to engage in a programme and were so supportive to him throughout.

The team are doing a fantastic job and we know we honestly couldn’t have got through this situation without them and cannot thank them enough.

Best wishes,

A Family Member

Our work with young people



We worked with 33 young people this year

up from 20 in 2023/24

We worked with more young people than ever this year, supporting them after they have been in trouble for harmful sexual behaviour. Our support gave them insight into the impact of their behaviour and offered opportunities to help them grow into healthy adults.

“
I'd really like to express our gratitude for your time and effort, it really helped both of us a lot. It's good for him to know he has somewhere else to turn when it all seems too much.

”
Feedback from the parent of a young person we supported

Everyone's Safer Schools project in Scotland

According to the Centre for Expertise on Child Sexual Abuse 1 in 10 children will experience child sexual abuse before the age of 16. About a third of this abuse is committed by peers. Ending child sexual abuse means tackling the significant challenge of harm caused to children by their peers.

Drawing on the legacy of our Reducing Online Sexual Abuse (ROSA) project in Glasgow (2018-21), we created the three year Everyone's Safer project. Funded by RS Macdonald and the City of

Edinburgh, this project will develop a new model for preventing harmful sexual behaviour in schools.

This year, the second year of the project, saw the establishment of an Edinburgh-wide consultation service for schools to get in touch and seek support about harmful sexual behaviour they were encountering in the classroom. Our young people's manager spoke to every high school in the city and provided much needed guidance and relevant resources to empower staff to make the right calls for the young people they were working with.

We also led a series of information sessions for parents, run in collaboration with Police Scotland. "Keeping Your Child Safe Online: Porn, Nudes and Sexual Harm" engaged with an incredible 339 parents or guardians, offering practical advice to help support young people as they encounter the digital world.

“
Knowing that the consultancy service is there goes a long way to building confidence for us.

”
Secondary school teacher, Edinburgh



How we help

Supporting Kevin

Through the schools project, we worked with Kevin*, a 13-year old autistic boy. Kevin was socially isolated at school and within the community and finds social interactions difficult. Kevin would show peers sexualised online content. He also was showing an interest in fetishistic behaviour which he talked about with other students in a way that made them uncomfortable.

We worked with Kevin through 13 individual sessions, primarily through Cognitive Behavioural Therapy exercises and solution focused therapies.

Kevin has gained recognition into why people were worried about his behaviour. He's gained an insight into when it is and when it isn't appropriate to talk about sexual thoughts and feelings and his specific internet interests.

Kevin showed more awareness of how to stay safe on the internet. Kevin was able to better understand that other's might perceive things differently to him and why his communication might get him into trouble.

An improvement has been seen with peers at school as Kevin has not been talking about sexually explicit things due to him now recognising the potential consequences of doing so. The school has indicated that our service has been really helpful for Kevin and he is now getting into trouble less.

*Names and details have been changed

Raising awareness

We know that an important part of our role is changing the narrative about child sexual abuse. We want people to know that we are here to help them, we can make a difference, and child sexual abuse is **not** inevitable.

Following our successful deterrence campaign with Police Scotland last year, we ran another **#GetHelpOrGetCaught** campaign to target people who are offending but have yet to be arrested, or those who are at risk of offending.

847 individuals accessed our online self-help resources during the campaign period - a 58% rise compared to the six weeks prior to the campaign.

We were also delighted that the campaign won the Best Collaboration gong at the 2024 UnAwards, a PR and digital industry event, judged by both a panel of judges and community focus groups.



Advocacy Work

We play a leadership role in strategic, multi-agency discussions about child sexual abuse.

This year:

- We were invited to participate in the Scottish Government's National Child Sexual Abuse and Exploitation Strategic Group.
- We participated in Police Scotland's Multi-Agency Online Child Sexual Abuse and Exploitation (MOCSAE) Strategic Group.
- We co-ordinated the Indirect Victim of Indecent Images of Children (IVIIC) group, which is looking at what would improve outcomes for family members affected by online harm.
- We co-chaired the Scottish Contextual Safeguarding Core Group for the first six months of the year and remain members.
- We chaired the CSA Prevention Network, bringing together partner agencies to ensure that the voices of survivors are centred within prevention approaches.
- We were members and co-convenors of the Cross Party Group for Adult Survivors of Child Sexual Abuse.

Active participation in all of these groups allows us to keep colleagues up to date with relevant research and evidence, share best practice, and ensure a joined-up approach to ending child sexual abuse.

We also presented at events both in Scotland and further afield:

- **Chilean Congress on Child Maltreatment and Sexual Abuse:** In January 2025, Stuart presented our research findings and led workshops at the 3rd iteration of this conference in Valparaiso, Chile.
- **Association for the Treatment of Prevention of Sexual Abuse:** In October 2024 we presented in Colorado at the world's largest annual conference on tackling sexual violence on our UK perpetrator focused work preventing online harm.
- **NOTA conference and events:** Stuart is currently chair of NOTA, the membership association for around 1,300 professionals working with sex offenders across the UK.
- **Royal College of Paediatrics and Child Health Safeguarding Day:** Stuart gave a keynote speech at this event for medical practitioners who work with children on preventing online harm.

Finance Overview

In the financial year 2024/25, Lucy Faithfull Foundation Scotland’s total expenditure amounted to £478,115. This was in line with the previous year and reflects relative stability in the team and in our funding.

Our reach remained steady this year, but pressure on our services continues to be stretched. We could not do the work we do without the support of our funders, and we are extremely grateful for their support – both for small and large amounts.

Our key supporters

Our key supporters were:

- Anonymous Trust
- Anonymous Giving Group
- The A B Charitable Trust
- Baillie Gifford & Co
- Changing Ideas & Inspiring Scotland
- City of Edinburgh Council
- Souter Charitable Trust
- The Robertson Trust
- The RS Macdonald Charitable Trust
- The Scottish Government
- The Volant Charitable Trust

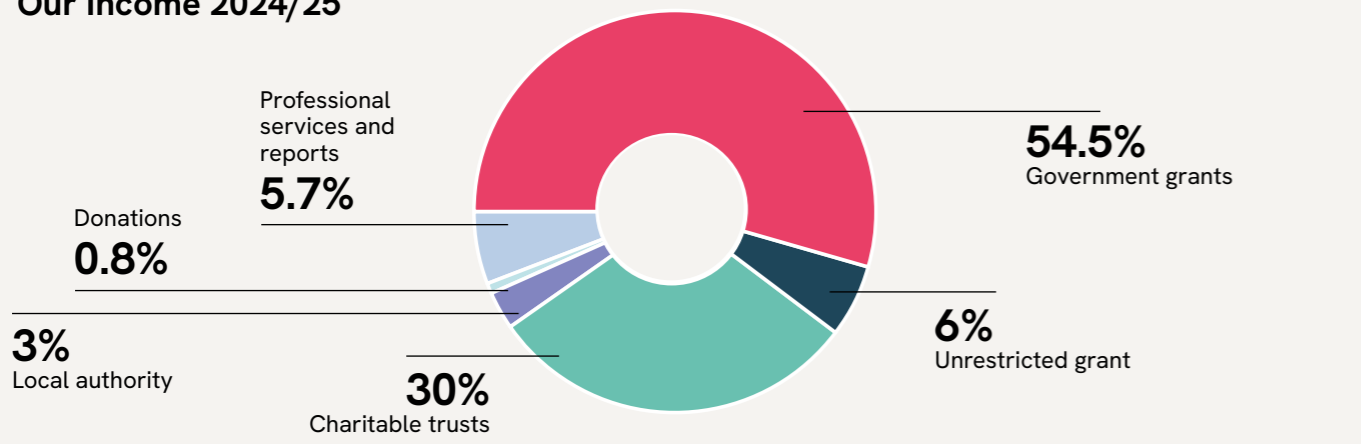
Our Expenditure 2024/25

Core costs	52,985
Professional services	10,836
Communications and fundraising	58,526
Family services	79,980
Children and young people	52,898
Edinburgh schools project	32,674
Prevention services	22,820
Adult services	167,396
Total	£478,115

Our Income 2024/25

Government grants	260,784
Unrestricted grant	28,000
Charitable trusts	143,110
Local authority	15,000
Donations	4,020
Professional services and reports	27,201
Total	£478,115

Our Income 2024/25



“
The workshops we had, the group discussions, the advice given, and the skills taught helped me put measures in place to prevent me from reoffending, to seek forgiveness from those I’d hurt, and to learn from my mistakes to be the best version of me going forward.
 ”

Breaking the Links participant

Visit our website to find out more about our work
or to donate and help us keep children safe
lucyfaithfull.org.uk

Lucy Faithfull Foundation Scotland:

lucyfaithfull.org.uk/scotland


You can call or email the Scotland office on
0131 556 3535
scotland@lucyfaithfull.org.uk

Find out about our Stop It Now helpline
(0808 1000 900) and campaign:
stopitnow.org.uk

Our Shore website provides a safe space for teenagers
worried about their own or a friend's sexual behaviour:
shorespace.org.uk

 **Facebook:** [@LucyFaithfullFoundationScotland](https://www.facebook.com/LucyFaithfullFoundationScotland)

 **Instagram:** [@lucyfaithfullfoundation](https://www.instagram.com/lucyfaithfullfoundation)

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

 **YouTube:** [@Lucy_Faithfull_Foundation](https://www.youtube.com/Lucy_Faithfull_Foundation)

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Important note: All images within this document are for illustrative purposes only. The names of the individuals in our case studies have been changed in order to ensure their anonymity.