



Stop It Now!
SCOTLAND | ALBA

Helping prevent
child sexual abuse

Stop It Now! Scotland A year in review 2019/20

**THE
LUCY FAITHFULL
FOUNDATION**

Working to protect children



Stop It Now! Scotland – a year in review 2019/20

This report outlines the impact of Stop It Now! Scotland, the only organisation focused exclusively on the prevention of child sexual abuse in Scotland.

Child sexual abuse and exploitation are issues affecting tens of thousands of children in Scotland each year, leaving many with psychological trauma and repercussions for the rest of their lives. Child sexual abuse happens at home, at school, and in the community - most often at the hands of someone the child knows and trusts. It also happens online, and the widespread use of digital technologies can put some children at risk. The consequences can be devastating for children, but also catastrophic for their families, communities and society more generally.

But child sexual abuse and exploitation are preventable. There is nothing inevitable about sexual harm to children and we know from a growing body of evidence that this is an issue that can be tackled effectively as a public health matter.

In the next few pages you will read about how we work with people who are worried about their sexual thoughts, feelings or behaviours towards children, supporting them to lead positive and responsible lives, free of offending. Some will already have offended either online or offline or both, while others are on a path to offend but looking for help to change. All are individuals who do not receive statutory support. This report also details how we take lessons from working with those who present a risk to children and use it to shape supports we provide for families and carers to protect children more effectively. You will also read about how we operate as a centre for expertise on tackling sexual harm, continuing to create and evaluate new and innovative ways to prevent sexual abuse happening in the first place and contributing to research and knowledge about the protection of children from sexual harm. You'll also find out about our partnership work both in Scotland and beyond with a range of

organisations that allow us to extend our reach, impact and understanding.

Our work is vital in keeping Scotland's children safe. We are a highly skilled and specialist multi-agency team with extensive experience in child protection, with staff from backgrounds such as social work, law enforcement, psychology, education and counselling, and with clinical oversight provided by our forensic psychologist. I want to thank all of our highly skilled staff for their dedication and energy over the last year, as well as all the charitable trusts, statutory bodies and individuals who support our work as part of The Lucy Faithfull Foundation.

The year-end coincided with the Covid-19 pandemic – a global crisis that poses huge challenges to the delivery of our work but, more importantly, prompted an increase in risks of sexual harm to children. We rose to the challenge that lockdown posed and are continuing to do so whilst the pandemic is ongoing. The determination of our staff, supported by our partners and funders, is enabling us to continue to deliver services to those who need them in these challenging times.

As we respond to this unprecedented situation, we are also looking to our future. In 2020/21 will develop a new strategy for our organisation, ensuring we remain equipped to be the pioneering, cutting-edge organisation we have always been. We will continue to be at the forefront of child sexual abuse prevention developments. And we will lead debates and influence social and political attitudes. Children in Scotland deserve nothing less.

Stuart Allardyce
Director, Stop It Now! Scotland



Keeping children safe from sexual abuse in Scotland – the stats 2019/20

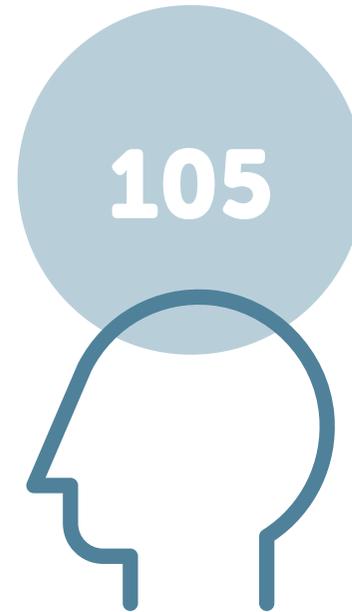


Our web pages were accessed over 34,000 times by people in Scotland.



18,270 people in Scotland used Get Help – our online resource for adults worried about their sexual behaviour online.

660 people in Scotland used Get Support – our resource for adults worried about their sexual thoughts and feelings towards children.



We provided help to 105 people worried about their own thoughts, feelings or actions towards children.



We provided support to 87 family members of people who had been arrested for offences against children.

Inform Plus – working with those who present a risk of harm to children

In 2019/20 we worked directly with 105 people in Scotland worried about their own sexual thoughts, feelings or behaviours towards children, including online behaviour. Some were individuals charged with online sexual offences who were signposted to us by Police Scotland at point of arrest. Others were directed to us from calls to our anonymous UK helpline. Others heard about us by targeted social media, traditional media or searching for help online.

Everyone who contacts us is offered a meeting with one of our project workers within five working days, and after an initial assessment we advise on how we can best support each individual who contacts us. This year in Edinburgh, Aberdeen and Inverness, 52 men completed Inform Plus, our 10-week psycho-educational groupwork programme for men charged with online sexual offences who have not yet been convicted. We also ran two Breaking the Links groups, an adaptation of Inform Plus for people who have committed online offences who have significant issues in relation to trauma, which reached 11 more people. Those who did not meet criteria for group work were offered one-to-one work with our forensic psychologist or one of our practitioners, including individuals who had not sexually offended but who were worried about presenting a sexual risk to children. For those who have been charged and who are approaching sentencing, with the client's consent, and if appropriate, we will share information about the individual's progress with social work and courts.

For the 63 people who attended our group work programmes and completed evaluations, there was an average 44% improvement on scores around mental health and wellbeing, and a 39% improvement in managing strong feelings. All agreed that the group work contributed to their being able to live an offence free life.

The *Strategic review of Police Scotland's response to online child sexual abuse* published by HM Inspectorate of Constabulary in Scotland in February 2020 noted that:

'There is a clear gap in the prevention agenda within this pre-conviction period (or those who commit online sexual offences) that cannot be addressed by statutory bodies alone. Charities such as Stop It Now! offer alternative services.'

STV interview with an Inform Plus participant



When I was arrested I was given a leaflet about Stop It Now! Scotland. It took me a day or so to pluck up the courage to phone. At that point I was already at a very, very low ebb and I was seriously contemplating suicide... Had I not contacted Stop It Now! I don't think I would be here.

Stop It Now! helped me to understand where I was going wrong... and led me to rediscovering myself. A lot of people think they are worthless and this type of behaviour arises from that. What Stop It Now! did is (they) showed me that I am worth something. But also, they showed me in a quite graphic and brutal way exactly what the consequences were for the victims in the images that I saw.

I believe that if I didn't have the support of Stop It Now!, either I would still be offending, or in jail, or dead. One of the three.



Work with family members

Family members of people who have committed a sexual offence against a child are secondary or indirect victims – they often experience significant distress, shame and social stigmatisation but have little or no support from services. At Stop It Now! Scotland, we believe they have a right to support in relation to their own needs. In many cases, the support family members may wish to provide their loved one who has offended can also have a critical role in helping them move forward and in protecting children from further harm. If we fail in supporting non-offending family members, we fail children.

In 2019/20, 87 family members self-referred themselves to Stop It Now! Scotland, mostly partners and family members of people arrested for online sexual offences. All were offered individual programmes of work and/or support of our Inform group work programme, as well as ongoing support. If families have a social worker we work closely with statutory colleagues to ensure that support is joined up and effective.

Inform is our psycho-educational programme for adult family and friends of men arrested for online offending behaviour. Typical attendees are wives and partners, but also include parents whose adult sons have committed offences online. Families are often devastated by the arrest of a loved one and are usually left reeling at the potential consequences. It provides a 'safe place' where people start to understand the offending behaviour, to talk openly about the issues and gain support in protecting any child that may be at risk. The group typically has up to six members who meet for five sessions. It can also be delivered on a one-to-one basis. The course aims to: dispel myths about online offending and provide participants with the facts; explore the reasons why the loved one offended and why he did not stop; help develop practical strategies for the future including on-going risk management and safeguarding of children; discuss implications of sentencing outcomes and the sex offenders register; provide emotional support to help alleviate stress and isolation, and empower participants to aid their family's recovery.

Stop It Now! UK has an online Family and Friends Forum for those affected by the arrest of a loved one for an online sexual offence. In 2019/20, 6,018 posts were made by 554 active users. In addition, there were 23,612 visitors who made 97,643 visits between them. We estimate around 10% of users are from Scotland.



Letter from an Inform participant

I don't know how to begin to express my immense gratitude to you all for your support after the last year. I know there are challenges ahead but as you've so wisely told us this is now the beginning of the end.

The fact that we have got through this as a family as intact as we are – that I have had the strength to protect my children from this nightmare, and watch them have a happy, secure, contented year – is due in no small part to having you there if we needed to, and having your advice and guidance to draw on.

From that absolutely transformative first conversation I had, our meeting with you, all the times each of you have been on the end of the phone – I am so grateful for your compassion, humanity, patience, and practicality.

Upstream – a one-stop shop for child sexual abuse prevention in Scotland

In December 2019, the *Upstream* website was launched by Maree Todd, Minister for Children and Families, at a conference Stop It Now! Scotland hosted for 100 professionals and policy makers. The launch of the website led to a feature and interviews on STV News that day.

Funded by the Scottish Government, *Upstream* is a one stop shop for parents and the general public who are looking for advice and information about practical things they can do to prevent child sexual abuse. Drawing on two years of consultation work with over 90 partner organisations across Scotland, the resource is broken down into five sections: Learn, Identify, Prevent, Act and Engaging Communities. There is also a Get Help section for anyone in a situation who requires immediate action.

Upstream gives practical information on:

- **Speaking to your child about safety – both online and offline.**
- **Talking about consent, boundaries and healthy relationships in an age appropriate way with your child.**
- **Taking sensible and proportionate precautions about who has access to your child and asking the right questions when considering environments such as after school clubs, football clubs, Scouts and Girl Guides etc.**
- **Having a family safety plan if something has happened or you are concerned that something may happen in the near future.**

There is also a section for professionals on informing the public about practical things that can be done to prevent child sexual abuse, with specific sections for those involved in safeguarding in sports coaching, faith and belief communities, educational settings, and prevention materials for professionals working children with disabilities, children who are looked after and LGBTQ+ youth.

In March 2020, *Upstream* was chosen by Johns Hopkins Bloomberg School of Public Health as one of five international resources they wished to promote on their website to help safeguard children and family from harm during Covid-19. The resources were reviewed by a Moore Center team and other experts for credibility of source, utility in terms of actionable advice, user-friendliness, and accessibility.

From an Upstream website visitor



The Upstream Project seems a remarkably worthwhile and laudable project. The website appears to be really well structured and easy to navigate and read. A great example of how to encourage prevention, rather than trying to cure or to threaten.



Deterrence campaigning and prevention of online child sexual abuse

In April 2019, Police Scotland ran a campaign titled *Stop It Now!* targeting individuals who were sexually exploiting children online and deterring those who may be at risk of sexually exploiting children online. The campaign came on the back of a rise in recorded crimes in Scotland where individuals communicated with a child for sexual purposes – offences rose to 1,600 in the year to April 2019, up from 1,400 the year before.

The campaign used targeted social media and traditional media.

In the six months leading up to the campaign, the average monthly page views on Stop It Now! Scotland website were 765. Page views for April 2020 (during the campaign) were 40,466. The number of visitors to the website also increased dramatically during the campaign with 33,975 new users visiting the site. During the campaign period, around 100 people each day clicked through to our online materials for adults worried about their online sexual behaviour.



Kinship care – online safety and digital resilience training

In January 2020, Stop It Now! Scotland was commissioned by the Scottish Government to develop a training programme for kinship carers – a person looking after a child of a relative or friend on a full time basis – on cyber resilience and online safety. This programme is designed to be delivered to carers by their social workers, either through groupwork or individual work.

The suite of training materials was evaluated with carers before a 'train-the-trainer' package was developed. The training contains a four-hour core training course on cyber resilience and online safety. Focused on basic awareness of relevant issues, the training is designed to build a carer's confidence in talking to their child about their online life in a way that promotes safety and skills development. The training course also signposts carers to up-to-date resources and organisations that can provide further advice and support. All materials are free to download from our website. A leaflet was also produced containing key messages for carers and parents from the training and some video material is being developed to support the training.

To supplement this core training, we produced a further 10 modules covering a range of relevant issues for kinship carers. Each can be delivered in training to carers and contain around one hour of content. Trainer notes can also be requested for each of these modules. These include:

- Addictions: gaming and pornography
- Applications, social media and safe navigation
- Brain development, mental health and social media
- Communicating safely online
- Child sexual exploitation online
- Cyberbullying
- Digital footprints
- Grooming
- Privacy and security online
- Technology assisted harmful sexual behaviour

Preventing child sexual abuse

Cyber resilience and internet safety

A Guide for parents and carers

Stop It Now!
SCOTLAND | ALBA
Helping prevent child sexual abuse

Scottish Government
Riaghaidas na h-Alba
gov.scot

upstream
PROTECTING THE NEXT CHILL

All of these training materials are open source and can be downloaded and adapted for use by organisations on the understanding that our authorship is acknowledged. Stop It Now! Scotland and our parent charity The Lucy Faithfull Foundation are also able to provide online and offline training in this area to carers, social workers and other professionals.

ROSA – working with children and young people

Our Reducing Online Sexual Abuse (ROSA) Project was established in 2018 with funding from the RS MacDonald Trust. ROSA is a service located in the HALT Project* in Glasgow city centre and also within Shawlands Academy one day a week. It is a three-year action research project evaluating approaches to working with children aged between 10 and 18 who have got into trouble with online sexual behaviour. It is also working collaboratively with children and young people to develop prevention resources and training that can prevent further children being sexually harmed.

Getting into trouble online covers a range of different things. It may include risk-taking behaviour by accessing adult pornography, sending or receiving sexual images, or viewing indecent images of children. It could also involve the use of coercion online for sexual purposes.

We offer an eight-week course of individual or family sessions to young people who have got into trouble. And we work directly with parents and carers. This work is being independently evaluated by Strathclyde University.

In 2019/20 we worked with 36 young people who had displayed harmful online sexual behaviour.

The project can be contacted at rosa@stopitnow.org.uk and our ROSA Year 2 report can be shared on request.

* The HALT Project was established in 1994 to work with children and young people who engage in a range of problem and sexually harmful behaviours.

From a parent of a young person, on the ROSA project

I felt relieved that the ROSA project was there as a support for our young person and our family. All of the work that would be undertaken was clearly outlined at the start; the worker went through all of the supports that the project offered.

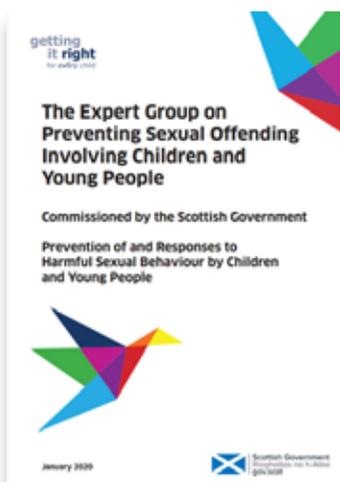
We felt relieved because at ROSA they have conversations in depth about topics we as parents could not/did not feel comfortable discussing, and we were kept informed of our child's progress whilst not breaking his confidentiality. The worker has a very professional but subtle approach which we found we were very comfortable with.

We feel this project is vital to support individuals and families in this area where personal and sexual subjects are difficult. We found the ROSA project very helpful.



Policy and training

Policy and influencing work are central to what we do. One way of protecting children more effectively in Scotland is by shifting the national conversation about child sexual abuse and sexual offending against children so that it is grounded in scientific evidence about child sexual abuse and sexual offending and highlights the many practical things we can all do to help protect children from harm.



Stop It Now! Scotland was a member of the Scottish Government's Expert Working Group on Preventing Sexual Offending by Children and Young People, the first government-led task force in the UK looking at harmful sexual behaviour and how it is prevented. Its report was published in January 2020.

The work of Stop It Now! Scotland was showcased in BBC Scotland's coverage of the report on the day of launch.

Policy and training activities

- In April 2019, our Director spoke at the Moore Centre for the Prevention of Child Sexual Abuse annual symposium at Johns Hopkins University in Baltimore. The keynote was on disruption and deterrence of online sexual offenders. We also spoke at the Forensic Mental Health Clinical Forum on Intellectual Impairments that month.
- Our Director also spoke at the Law Enforcement Public Health international conference in Edinburgh in summer 2019, the Annual Youth Justice Conference at Stirling University and the Chief Officer's Forth Valley Public Protection conference.
- In June 2019, we provided training on treatment effectiveness of sex offenders to sheriffs and judges as part of the Judicial Studies Group. We also delivered training and inputs on different aspects of child sexual abuse prevention to Children in Scotland, Edinburgh College, the Policy Hub, LGBT Youth Scotland, MAPPA in Inverclyde, Breathing Space, and at Carstairs State Hospital.
- Our work was presented at a range of conferences both nationally and internationally. This included a workshop in September 2019 at the NOTA Conference in Belfast by our project co-ordinator for the ROSA Project, Lindsay Mullen, concerning technology assisted harmful sexual behaviour and a workshop by Stop It Now! Scotland clinical lead, Sarah Graham, at the NOTA Scotland conference in April 2019 on data collection by services in relation to online offending.
- In November 2019, we ran a symposium on autism and online sexual offending.
- In December 2019, our Director was invited to join the WeProtect Global Alliance conference in Addis

Ababa, the biannual meeting of governments, NGOs, researchers and tech companies in relation to online safety and prevention of online child sexual exploitation.

- In January 2020, we piloted two training courses for 19 psychotherapists and counsellors equipping them with skills and knowledge to be able to work with individuals who are worried about sexual thoughts and feelings towards children and/or have committed a sexual offence against a child.
- In January 2020, we met with the Cabinet Secretary for Justice to discuss the prevention of child sexual abuse in Scotland.
- We contributed to research being conducted by Edinburgh University on the impact of online sexual offending on non-offending family members.
- Funding from the Christina Mary Henry Foundation allowed us to pilot a prevention initiative with Edinburgh libraries, training managers to help make changes so that libraries promote prevention and can be safe spaces for children and vulnerable adults. We also provided training to the Scottish Football Association on the principles of situational prevention within sport coaching contexts.
- We were commissioned by the Centre of Expertise on Child Sexual Abuse to produce a report on key messages for practitioners on sibling sexual abuse. This will be published in late 2020.
- We have supported Edinburgh Central Mosque on safeguarding policies.
- We have contributed to workstreams about sexual offending at the RMA and Community Justice Scotland.

How we are funded

Stop It Now! Scotland relies on the generosity of its donors to enable us to deliver our crucial child protection work that you have read about in this year in review. The demand for our services are increasing as more and more people find out about the unique help we offer.

There is no-one else in Scotland delivering the services that we do, all of which are offered free of charge. It is important therefore that these valuable interventions are accessible to those who need it and do not become the preserve of those who have the ability to pay. Raising money to work with people who have committed offences against children is hard. But we know that this work makes a difference. Our work keeps children safe and allows people who are concerned about their own thoughts, feelings and actions towards children to live safer, non-offending lives.

We work together with the Scottish Government as well as other trusts, grants and key donors to ensure that we can continue our work but also so we can grow sustainably to meet the demand we are seeing for our services. In 2019 we were awarded the Lasting Difference Symbol in recognition of our commitment to organisational sustainability.

The charity, Justice, produced a report in June 2019 on *Prosecuting Sexual Offences* which stated: *"The Lucy Faithfull Foundation also has a presence in Scotland, and we are pleased to note that it has been provided with funding from the Scottish Government to offer the Inform Plus programme face to face and free of charge."*

In 2019/20 Scottish Government support for Stop It Now! Scotland continued with core and project funding.

We also received a range of grants to support our work. We would like to thank the following funders:

- **Christina Mary Hendrie Trust**
- **The RS MacDonald Charitable Trust**
- **Hugh Fraser Foundation**
- **NOTA Scotland**
- **The AB Charitable Trust**
- **The Volant Trust**
- **The Ryvoan Trust**
- **Anonymous trust**

We would also like to thank CORRA and Inspiring Scotland for their help and support. We also would like to thank all individuals who made donations towards our work.

Full audited accounts are available.
[Click here to view](#)

Funding for Scotland Stop It Now! services 2019/20

Includes some grant funding brought forward from 2018/19:

Scottish Government grants	£230,361	63%
Charitable trust and other grants	£116,459	31%
Donations income	£6,475	2%
Professional services fees	£14,214	4%
	£367,509	100%

Percentages have been rounded



- Scottish Government grants
- Charitable trust and other grants
- Donations income
- Professional services fees

Stop It Now!

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 YouTube: [@stopitnowukireland](https://youtube.com/stopitnowukireland)

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

Scotland National Office

You can call the Scotland office on

0131 556 3535

Or call our UK helpline on

0808 1000 900

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