



If someone you  
know is being  
investigated for  
sexual offences

**We can support you**

Call our helpline:

**0808 1000 900**

[stopitnow.org.uk/findhelp](https://stopitnow.org.uk/findhelp)

**Stop it now**

**You are not alone**

## First reactions

**You will have been given this leaflet because someone close to you is being investigated for sexual offences involving children. This may be the first time you have had contact with the police or you have come across this type of behaviour. This leaflet will take you through the next steps and the advice and support available.**

## We can support you and your loved one

The Lucy Faithfull Foundation is a leading UK charity that offers support and guidance to anyone concerned about their own or someone else's sexual thoughts or behaviour towards children. Our anonymous Stop It Now helpline supports thousands of people each year and we can offer you non-judgemental advice and help you to make sense of what's going on.

You do not have to give any identifying information like your family name, address or telephone number. If you're not ready to speak to someone just yet you can use our confidential live chat or send us a secure email.

We can help you talk through your worries, explore your situation and support you and your family

through this challenging time. The experienced advisors on our helpline have a range of backgrounds including social and health care, counselling and psychology. They can give you confidential support and won't judge.

Visit [stopitnow.org.uk/findhelp](https://stopitnow.org.uk/findhelp) for more information or to get in touch.

## Taking care of yourself

It is really important that whilst you are dealing with this situation that you take care of your own physical and mental health. It is normal to experience a low mood at this time, and feel alone or overwhelmed. It's important that you don't deal with this alone and that you reach out to friends and family. Everyone's situation is different, but the Stop It Now helpline can offer you an opportunity to talk through your thoughts and feelings. Talking to someone can help you to take calm and considered decisions, whatever they are.

You can also get mental health support from your GP and from organisations like the Samaritans who help by talking to people in times of crisis. There are tips on looking after yourself on the NHS website and links to accessing support: [nhs.uk/mental-health](https://nhs.uk/mental-health)

**We're here to support you with confidential advice and information**

**Call our helpline:**  
**0808 1000 900**  
[stopitnow.org.uk/findhelp](https://stopitnow.org.uk/findhelp)

## How we can help you

**Through our helpline, live chat and secure email, our experienced advisors can support you and talk you through:**

- looking after your mental health, self-care and accessing support
- what might happen with your family life
- the role of children's services, if relevant
- how to tell others, when you feel ready
- the reasons why someone might offend
- follow-up services (called 'Inform')

**“Thank you so much for all the support you've given me through a very difficult time. The help you gave was a lifeline for me and my family.”**

## What happens next?

The police will investigate the allegations to decide if any offences have been committed. This might involve taking away internet-enabled devices.

The length of time this takes will vary depending on a range of things, including how busy the police are, and can sometimes take many months. Be prepared for some uncertainty and worry during this time, but try to continue your life in as normal a way as possible. After the investigation has been completed, a decision will be made about what happens next. If there is evidence that the person under investigation has committed a criminal offence, it is likely that they will be charged. The police will advise them of their rights if this happens.

The person under investigation will need to comply with any restrictions imposed by the police or children's services. Our Stop It Now helpline is here for for confidential support, advice and information and can help you navigate the coming months.

## What about your family life?

Relationships can and do survive the arrest and possible conviction of a person close to you, if that is what you want. If you have children living at home this situation will affect them too. This is a challenging time and you need time to reflect and perhaps speak with someone who understands the issues you are facing.

In many circumstances, the person under investigation won't be allowed to live with children initially and children's services will complete assessments at different stages of the process. Their first concern is the welfare and safety of children in the family. They will want to discuss practical steps with you to ensure that the children are safe. Sometimes social workers or the police might want to talk directly with your children.

Understandably children will have questions or worries that need to be addressed and it is important to think carefully about what to say to them and how to do this, in order to minimise their anxiety and distress. We have advice on our website on how to talk to children about a loved one's online offending.

## Should you tell other people?

We understand that you may be worried about others finding out about what has happened. We suggest that you only tell people you can trust and who need to know, like close friends, family members or your children's school. They should be people who can offer you support and help, as well as additional protection for your children.

## Get in touch with us now

Talking to one of our advisors will help you get expert advice and support for your individual situation. At times the helpline can be very busy, but please keep trying.

If you're not ready to speak to someone, you can get in touch through our secure email or live chat: **[stopitnow.org.uk/helpline](mailto:stopitnow.org.uk/helpline)**

Our helpline, live chat and websites are available in other languages.

Whether you're ready to contact the helpline or not, you can get information, advice and support on our website: **[stopitnow.org.uk/findhelp](http://stopitnow.org.uk/findhelp)**

Call our helpline:

**0808 1000 900**

**[stopitnow.org.uk/findhelp](http://stopitnow.org.uk/findhelp)**

**Stop it now**

**You are not alone**