

# Abuse (parents and carers)

## What is Abuse?

Abuse is when power is used to **treat young people badly**, or to get them to do things **they don't want to do**. It is hurtful and can have lasting effects on their emotional health.

Abuse can be: Sexual, Physical, Emotional, Verbal, Neglect and Financial. Check out [NSPCC](#) for more info on the definition and signs of abuse.

If you suspect your young person or another young person is being abused you need to report your concerns, this can be done by contacting 101 or your local social services, you can also make a report anonymously through the NSPCC helpline. If you feel a child/young person is in **immediate danger** you should **call 999** straight away.

## My young person has disclosed abuse, what should I do?

Finding out that a young person is, or has been abused, can be devastating, and it is natural to have a huge mixture of emotions inside you including:

- Anger/rage
- Guilt
- Sadness
- Worry/anxiety

A child who is being abused might not realise what's happening is wrong, or they might even blame themselves for it, so it is **vital** that you deal with a disclosure in the correct way.

If a young person talks to you about abuse, it's important to:

- **stay calm**- reacting in an angry or shocked way may make them afraid to disclose any further information
- **listen carefully** to what they're saying
- let them know they've done the **right thing** by telling you and acknowledge the bravery it has taken them to open up
- tell them it's **not their fault**
- say you'll **take them seriously**
- **don't** confront the alleged abuser- this could make things worse
- explain to them **what** you'll do next- keep them informed
- report what the young person has told you **as soon as possible**
- **take notes** after the disclosure to help you remember what was said

A disclosure can be emotionally exhausting, so it is also important to look after **your own** mental health and to ensure **good self-care**, including **your own professional support** if needed.



"Sometimes we all need someone to talk to"



## Helpful Resources

[NSPCC: What to do if you suspect abuse](#)

[NSPCC: How to respond to abuse](#)

[Young Minds: Abuse \(parents guide\)](#)

[CEOP \(report online abuse\)](#)

[The Mix: Supporting a victim of child sexual abuse](#)

## Useful Contacts

### Eye to Eye Counselling Service:

01443 202940

Email: [info@eyetoeye.wales](mailto:info@eyetoeye.wales)

### NSPCC Helpline

0808 800 5000

Report abuse in education: 0800 136 663

[www.nspcc.org.uk](http://www.nspcc.org.uk)

### Victim Support

0808 1689 111

[www.victimsupport.org.uk](http://www.victimsupport.org.uk)

