



Are you concerned  
about child sexual  
abuse?

Confidential help is just  
a phone call away

The Stop It Now! helpline is confidential  
and anonymous.

It is available to adults who are:

- Concerned about another adult's behaviour
- Concerned about a child or teenager's sexual behaviour – online or offline
- Concerned about their own thoughts or behaviour towards children

**HELPLINE 0808 1000 900**

Monday to Thursday: 9am – 9pm

Friday: 9am – 5pm

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

**stop it** UK & Ireland  
**now!**  
Together we can prevent child sexual abuse

## We can give confidential advice if you are:

### Concerned about another adult's behaviour

Are you worried about how someone you know behaves around children? Or about how they talk about children? Has someone you know been arrested for child sexual abuse offences, including viewing indecent images of children online? We can talk through the issues, help you take the next steps and make sure children are safe.

### Concerned about a child or young person's sexual behaviour

Are you worried about a child or young person's sexual behaviour around other children? Or maybe you're not sure what is normal sexual behaviour in children and young people. Perhaps you're worried about the possible consequences of saying or doing something? It's important to remember that you are not alone – we can help you.

### Concerned about your own thoughts or behaviour

If you're struggling with sexual thoughts and behaviours towards children, touching children inappropriately or looking at indecent images of under 18s online, we can help you manage your thoughts and change your behaviour.

### Concerned about a child who may have been abused or exploited

Maybe your child is spending time talking secretly with a new 'friend' online, or acting out in an inappropriate sexual way with other children, toys or objects. We're here for you to talk through your concerns and decide on the next steps.

### A professional looking for advice

Whether you are a teacher who has spotted inappropriate sexual behaviour in the classroom or a social worker or health professional with a particularly difficult case, whatever your circumstances, we can help you.

### A survivor of sexual abuse

If you suffered abuse as a child and want to talk confidentially about what happened to you, we can help.

**You don't have to tell us who you are or give us identifying information. We're here to help.**



**"What you do is amazing."**

SOCIAL WORKER

**"You've been the light at the end of our tunnel. We can't thank you enough."**

FEMALE CALLER

## Our work

**Our helpline's primary purpose is to help prevent child sexual abuse. We:**

- Talk through the issues, helping callers clarify their concerns;
- Explore any immediate child protection considerations;
- Provide information and support to help callers make sense of their situation and think about next steps;
- Discuss options available, including referral to another agency or our own follow-up services;
- Advise callers about actions to consider and agree one or more protective actions the caller will take.

**We help and support people to take the steps needed to keep children safe.**

## Our impact

People can and do take action to prevent child sexual abuse when they have a safe place where they can speak honestly.

- 50% of our calls are from people worried about their own thoughts and behaviours, with 30% coming from family members and friends of those whose behaviour is giving cause for concern.
- 99.5% of callers agree to take one or more actions to protect a child.
- 96% of repeat callers tell us they had taken the actions they had been given on a previous call.

**People often tell us they have nowhere else to turn.**



**"Thanks for treating me with respect but not allowing excuses."**

MALE CALLER

# Online resources

Parents, grandparents and other carers may want to look at our **Parents Protect!** website for further advice on how to put in place family safety plans to protect children from sexual harm.

[parentsprotect.co.uk](http://parentsprotect.co.uk)

Adults concerned about their own or another adult's sexual thoughts or behaviour, both online and offline, can also visit our **Get Help** and **Get Support** websites.

[get-help.stopitnow.org.uk](http://get-help.stopitnow.org.uk)

[get-support.stopitnow.org.uk](http://get-support.stopitnow.org.uk)



Call the confidential and anonymous Stop It Now! helpline on:

**0808 1000 900**

Monday to Thursday: 9am – 9pm

Friday: 9am – 5pm

*Closed weekends and bank holidays*

Or you can use our secure messaging service through our website:

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

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