

Letting the Future In

An introduction to the service

What to do if you're unhappy

If you're worried about something, talk to the person who's working with your child so they can try to put things right as soon as possible.

Need advice?

If you're worried about a child, you can contact the NSPCC's helpline 24/7 for help, advice and support.

Call **0808 800 5000**, text **88858**, email **help@nspcc.org.uk** or visit **nspcc.org.uk/helpline**



This service was originally developed and tested by the NSPCC, who are now helping other organisations to deliver it. This is just one of the ways that they're working together with others to help support families and keep children safe.

nspcc.org.uk



Developed and tested by

NSPCC

Delivered by

This leaflet tells you about our Letting the Future In service and what you and your child can expect.

What is Letting the Future In?

Letting the Future In provides children and young people who have been sexually abused with the therapy they need to help them recover.

Sexual abuse can affect children and young people in all kinds of ways. Many say they feel confused and upset about what's happened to them. But they also say that having the chance to talk about their feelings really helps.

Parents and carers can play an important role in helping their child overcome the effects of sexual abuse.

You'll be provided with individual support and some joint sessions with your child. For most families, this lasts about a year.

What happens when my child comes to a session?

During the first few sessions a Letting the Future In worker will get to know your child and work out how best to help them. They'll also meet with you separately to talk about what you think the problems are.

After three to six sessions you and your child will meet with the worker together.

Together, you'll decide if your child needs continued support and what should be focused on during the sessions. After that there will be regular reviews so you can talk about how your child is progressing. It also gives you the chance to ask any questions you might have.

What will happen in the sessions?

Your child's worker will use a wide range of approaches, including counselling, art and play therapy techniques. Your child will do things like messy play, writing, painting and storytelling to express their feelings.

Will my child have to talk about what happened?

Many children and young people don't want to talk in detail about what happened to them. Instead they talk to us about the effect abuse had on them and how it's making them feel. Your child doesn't have to talk about anything they don't feel comfortable with.



Will I know what my child's been talking about in their sessions?

Your child's worker will treat everything your child talks about in their sessions in confidence. However, if your child tells their worker something that suggests they, or anyone else, is at risk this will be passed on.

You might find that your child doesn't want to talk with you about what happened during their sessions. If this is the case, try not to worry. It's important that you respect their feelings. You'll have the opportunity during the review sessions to hear about their progress and there will be an agreement about confidentiality made between your child and their worker.

How we use play

What is play?

During your child's sessions your child's worker will use therapeutic techniques and different types of play therapy to help them overcome trauma, such as abuse. Play involves different activities, like art, imaginative play, music, and writing.

Why play?

Talking about abuse can be very difficult. Play therapy is a safe way for children to explore their experiences without reliving trauma.

How does it help?

Your child's worker creates a positive and hopeful atmosphere where children can recover at their own pace. Over time, children feel less afraid, more able to cope, and hopeful for the future.