

Stepping Stones

Supporting next steps after sibling sexual harm



In partnership with

NSPCC

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Oxleas
NHS

Information for
parents & carers

Stepping Stones is a free service for children and families where there has been sibling sexual harm or abuse.

When sibling sexual harm or abuse has taken place, all members of the family can be impacted. It can feel as though your life has completely changed.

Stepping Stones is designed to be a safe space where everybody in the family can explore their thoughts and feelings. We can also support your family and the people around you to think about what ongoing help is needed.



Who are we?

Stepping Stones is run and delivered by the NSPCC, the leading children's charity. Our mission is to bring together people from across society to help keep children safe. That's why we create services that make local communities safer for children, and that help children recover from abuse so that it doesn't shape their future.

We work with families to understand what happened, what was going on for the family at the time, and how each member of the family has been affected by what has taken place.

We can work with families where the children are still living in the same home, or where they are living separately. While everyone in a family will be invited to take part in an assessment, it's up to each family member to choose whether or not they want to join in. We think it's important that families know it's OK to say yes or no.



What will happen if you take part?

Your family will be matched with a team who are experienced in supporting families who have been affected by sibling sexual harm.

You will then have an assessment with the Stepping Stones team. This would involve:

- * A meeting between the Stepping Stones team and any other professionals involved in helping your family. Your family would not join this meeting.



- * A visit to your home (or homes if the siblings are living separately) so that your family and the service team can meet each other.
- * Two* half-day assessment sessions for the whole family at the Camden NSPCC offices. It might be that it is not safe enough or does not feel right for all family members to join at the same time, so we would think together about who comes to Camden together or separately.
- * We will then write a report that thinks about what happened and what might help you and your family.

**The assessment might be done over more than two office visits, particularly if family members can't or don't want to join the same sessions.*

What happens during the assessment sessions?

Our assessment sessions will be about:

- * getting to know your family;
- * trying to understand what has happened;
- * understanding how each person and the family have been affected;
- * discussing what might be helpful for your family in future.

We know that talking about what has happened can be really hard. We want to give a safe space to talk about feelings and experiences. While we will ask to talk about things that may be uncomfortable, we will never make children talk about anything they don't want to.

During our sessions with children we will do things like playing games, arts and crafts, questionnaires and talking. There will probably be individual sessions for family members, and some joint family sessions if it feels right.



We know that sibling sexual harm or abuse has a huge impact on the whole family, including on parents and carers. We want to give a space for parents and carers to speak about how the sexual harm has impacted them and the whole family.

We will talk about things like:

- * Your family history
- * support networks
- * sibling relationships
- * and the harm that has taken place.

This will help us understand what has happened for your family and what support might help you.

What are the goals of the service?

We want to understand:

What has happened

Who has been affected by the behaviour.

What was going on for your family at the time



How could Stepping Stones help you?

Our assessments are meant to help us understand what each person might need to:

