



# COURSE OUTLINE

COURSE TITLE: **Working with children who have been sexually abused** COURSE LEVEL: **3**

DURATION: **One day**

## Introduction

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Sexual abuse of children is a major topic as it affects so many looked after children. The emotional damage and the distorted sexualisation cause children and young people many difficulties that frequently stay with them throughout their lives. Sexual issues run deep in our psyche and issues of trust and self esteem are directly affected in powerful ways

## Benefits of Attending

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Learners will gain a good understanding of the issues around sexual abuse and be able to discuss ways in which we can approach the subject with children and young people. Carers can sometimes worry about talking about this subject to children and young people because of child protection procedures which do not allow us to ask questions about the past when children disclose abuse. The course addresses this issue clearly

## Programme Highlights

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- A basic understanding of the sexual abuse of children and young people
- A thorough look at the impact that sexual abuse has on children and young people
- An understanding of sexualised behaviour and ways of working with this
- A more in depth look at how to support children with the emotional trauma of sexual abuse

## Who Should Attend

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Any foster carer

## Special Notes

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Working with children who have been sexually abused

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## Learning outcomes

- To give learners a good understanding of the issues around sexual abuse of children and young people
- To provide learners with a range of skills to be able to support and work with children and young people who have been sexually abused

## Introductions. (15 mins)

### Session 1. (1 hour) Understanding sexual abuse

- Definitions
- Who sexually abuses children. Why abuse happens
- The signs and symptoms of abuse

## Coffee. (15 mins)

### Session 2. (1 hour) The impact of sexual abuse

- Emotional impact
- Dysfunctional family relationships
- Sexualisation of children

## Lunch (1 hour)

### Session 3. (1 hour) Working with sexualised behaviour

- Understanding what is normal and what is abnormal
- Talking to children about sex and relationships
- Strategies for working with sexualised behaviour

## Coffee (15 mins)

### Session 4. (1 hour) Working with the emotional trauma of sexual abuse

- Trust issues
- Working with self esteem
- Self care, self harm and sexual exploitation

## Any Questions (15 mins)

Close