### Worksheet 2: Identifying outcomes

We asked services which had worked with the CSA Centre to share their outcomes. In addition, in-depth consultation with a group of services enabled us to identify outcomes that some CSA services saw as being most strongly indicative of significant changes; these are shown in **bold** in the table below.

You may find this table helpful as a ‘menu’ from which you can identify outcomes that are right for your service. Try to choose outcomes that feel appropriate and relevant to the young people you work with and the type of support you provide.

| **Outcome area** | **Example outcomes** |
| --- | --- |
| **Recovery from trauma** | Children/young people:   * are more able to speak out about how they are feeling and make sense of the abuse * **no longer blame themselves** **for what had happened to them** * are more able to process their trauma and move towards a functioning life * are more able to use coping skills, recovery and healthy strategies to maintain recovery * are more able to manage post-trauma symptoms, processing traumatic memories and/or feelings and re-integrating them * **have a positive sense of self (no shame)** * have a sense of feeling "normal" again, not defined by the abuse they have experienced * **have reduced trauma symptoms**. |
| **Safety/reduced likelihood of abuse/ safeguarding** | Children/young people:   * are no longer being abused * have reduced vulnerability and risk in association with CSE * feel safer/more secure * are more able to recognise indicators of abusive or coercive or grooming behaviours * are more aware of how to stay safe * recognise the risks they face and put strategies in place to be safe * know where to seek support * are more able to identify abusive/ exploitative behaviours * are more able to describe safety strategies * have the tools they need to keep themselves safe * have increased protective factors. |
| **Living arrangements** | Children/young people:   * **have a suitable, stable living situation** * **are not going missing**. |
| **Relationships** | Children/young people:   * **are willing to trust** * have a positive, trusting relationship with an adult * have improved relationships with family and with peers * have a better understanding of healthy relationships * are more aware of consent * are more able to access personal support networks * are more able to build more positive and safe relationships. |
| **Confidence** | Children/young people:   * have greater self-confidence in who they are as a person and a belief in their value * have greater confidence in understanding how to express their needs * feel confident to speak out and make decisions. |
| **Mental health and wellbeing** | Children/young people:   * have improved emotional health and wellbeing * show a reduction in self-harming * are less likely to attempt suicide and have fewer suicidal thoughts * have a reduced likelihood of long-term mental illness and enhanced coping skills. |
| **Self-esteem / self-worth** | Children/young people:   * have increased self-esteem/self-worth * develop strong self-belief * recognise their own potential and have ambition for themselves * feel they are achieving and feel good about themselves * can imagine a positive future. |
| **Engagement in education** | Children/young people:   * are engaged with education * have better attendance at school/college/work * have improved educational outcomes. |
| **Access to justice** | Children/young people:   * are better supported through criminal justice processes * are more engaged in the criminal justice process in a supportive and empowering way, so that they are able to feel that they were able to speak their story in court and to move forward from the trial. |
| **Resilience** | Children/young people:   * are more equipped to manage and cope in different situations in life. |
| **Support** | Children/young people:   * are better supported to access to other services and activities * feel listened to and supported. |
| **Parenting** | Young people:   * are the best parents they can be, living in secure, domestic sexual abuse-free relationships accessing education or employment.   Parents/carers (safe carers):   * are more able to emotionally support their child(ren) following their experience of sexual abuse * are more able to talk about the abuse with their child(ren) * are more aware of victim-blaming attitudes and able to work through these and support their child within wider family or community. |