

Supporting parents of sexually exploited young people

Parents may need support for...

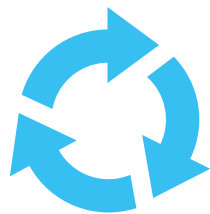
Their relationship with their child:

including understanding teenage development.



Their own emotional needs:

including dealing with the trauma of child sexual exploitation.



Dealing with systems:

including having someone who can advocate for them.



Building their resilience:

including accessing the professional and peer support they require.

Important principles for those developing and delivering support services...

Recognise ongoing trauma

Parents may experience ongoing trauma and distress over their own past experience.

Be aware of shame and stigma

It is important professionals challenge rather than reinforce this feeling.

Recognise and reduce isolation

Appreciate how parents can become isolated through trauma and stigma, and help them recover and build new support networks.

Provide support for parents and young people

Support for the young person should be integrated where possible with support to the parents.

Enable parents to access support

Formal and informal support need to be identified and support may need to be arranged in order to build/rebuild social networks. Evidence suggests peer support from parents who have similar experiences are highly valued.