

# Letting the Future In

A guide for children and young people



Developed and tested by

**NSPCC**

Delivered by

**Letting the Future In (LTFI) helps children and young people who have experienced sexual abuse.**

**Sexual abuse affects children and young people in all kinds of different ways. It might make you feel confused or upset. Lots of children and young people have told us that talking about how they are feeling helps.**



## **What happens at a Letting the Future In session?**

You will usually meet your worker for an hour a week. To help you feel more comfortable talking or discussing your feelings, you might spend the session doing art or other activities. However, this depends on what you want to do. Your worker will ask what you feel most comfortable with, and you can decide what you would like to talk about.

Your worker will also talk to your parent or carer to make a plan about how they can best support you.

They may also offer to meet with you and your carer together if that would be helpful. If you have a sibling who also needs support, another worker may be able to meet with them.





## Who else will know what we talk about?

Things that you talk about with your worker will not be shared with anyone else — not even your parent or carer. However, there may be times that you and your worker agree to talk to your trusted adult if something is worrying you.

If you tell your worker something that makes them think that you or another child is being hurt, or might get hurt, they would have to talk to others to keep you safe. Your worker will always talk to you first if they have to do this.

During your first session, your worker will explain your rights about seeing your information. You can see the information your worker has about you at any time — just ask them.

## What to do if you are unhappy with the service

We hope that you find your Letting the Future In sessions helpful. Your worker will try to help in a way that feels OK for you.

If you're unhappy with any part of the service, it's best to talk to your worker. They will listen and try to sort things out quickly. But if you're still unhappy, they will arrange for you to speak with their manager.

They will do all they can to put things right as soon as possible.



## Contact details

Your worker is:

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They can be contacted at:

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## Need to talk?

Whatever your worry, talk to Childline and a friendly person will be there to listen. It's free, you don't have to tell us your name, and we're here all day and night.

Call **0800 1111** or visit **childline.org.uk**.



This service was originally developed and tested by the NSPCC— the UK's leading children's charity — 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.

To find out more, visit **nspcc.org.uk**

