

Letting the Future In

A guide for parents and carers receiving support



Developed and tested by

NSPCC

Delivered by

This leaflet explains what you can expect from the parent and carer sessions during Letting the Future In (LTFI).

What is Letting the Future In?

Letting the Future In supports children and young people who have experienced sexual abuse (including abuse that happened online).

When your child has experienced sexual abuse, it may affect you in many different ways. Parents and carers can play an important role in helping their child recover from sexual abuse. It's important that you are supported and your needs considered so you can care for and meet the needs of your child.

The parent and carer sessions are not a form of counselling, but a service to help you support your child through Letting the Future In. If you need additional support, your worker can signpost or refer you to other services.

What will happen in the sessions?

Letting the Future In begins with around two sessions for parents and carers, and three to four sessions for your child. These sessions allow the worker to get to know both you and your child and work out how best to help.

If it's decided that your child would benefit from continued support, your worker will talk to you about what this will look like. Children can receive up to 24 sessions and parents and carers up

to eight, although there is some flexibility. You may also have some joint sessions with your workers, where both you and your child attend to talk about things together.

It is likely you will have a different worker to your child so you can talk to them about how the sexual abuse has affected you.

Talking about abuse can be very difficult. You do not have to talk about anything that you do not feel comfortable with. Your worker will support you to talk about your feelings, help with your relationship with your child and family, and work through the impact together.

Parents and carers can play an important role in helping their child overcome the effects of sexual abuse

Your worker will help you see the strengths in your family and help you be able to support your child as they receive support to rebuild and recover.



What information will be shared about you?

Things that you talk about with your worker will not be shared with anyone else, apart from NSPCC workers when needed.

However, if you tell them something that makes them believe you or a child is being hurt, or might get hurt, they will have to talk to others about this. They will always talk to you first if they need to do this. You can always ask to see the information they have about you.

What to do if you are unhappy

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

If you're unhappy with any part of the service, talk to the person who is working with you. They will listen and try to sort things out quickly. 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:

They can be contacted at:

Need advice?

If you're worried about a child, you can contact the NSPCC Helpline between 10am–4pm Monday to Friday for help, advice and support.

Call **0808 800 5000** email help@nspcc.org.uk
or visit nspcc.org.uk/helpline

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

