

Letting the Future In

What to expect for your child



Developed and tested by

NSPCC

Delivered by

This leaflet explains what our Letting the Future In (LTFI) service is and what your child can expect.



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).

Sexual abuse affects people in all kinds of different ways. Many say they feel confused and upset about what's happened to them. But they also say that having the chance to talk about their feelings can really help. Parents and carers can play an important role in helping their child recover from sexual abuse.

If another child or young person in the family has been affected by the abuse that has happened to your child, another worker may be able to meet with them to provide support.

What happens when my child comes to a session?

During the first three or four Letting the Future In sessions, your child's worker will get to know them and work out how best to help. They'll meet with you separately to talk about what support you think your child needs.

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

reviews so you can talk about how your child is progressing. You may also have some joint sessions where both you and your child can talk about things.

What will happen in the sessions?

Your child's worker will use a wide range of approaches, including counselling, art, and play therapy techniques. Your child can do things like messy play, writing, painting and storytelling to express their feelings.

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

Talking about abuse can be very difficult. But engaging in these activities can help children to explore their experiences without reliving trauma.



Your child's worker will create an atmosphere that is positive and hopeful, where they can recover at their own pace. Over time, we have seen that children feel less afraid, more able to cope, and hopeful for the future.



Will my child have to talk about what happened?

Many children and young people do not want to talk in detail about what happened to them. Instead, they talk to us about how it has affected them and how it makes them feel. Your child doesn't have to talk about anything they don't feel comfortable sharing.

Will I know what my child's been talking about in their sessions?

Everything your child talks about in their sessions will be kept confidential. However, there may be times that your child and their worker agree to talk to you if something is worrying them. If your child tells their worker something

that suggests they (or anyone else) is at risk, this will be passed on.

You might find that your child doesn't want to talk to you about what happens during their sessions. If this is the case, try not to worry — it's important that you respect their feelings. You'll have the opportunity during the review sessions to hear about their progress.



What to do if I have a question or concern?

If you have any concerns, worries, or questions about the service, please speak to your child's worker as soon as possible.

Your child's 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**

