

# Support for Supporters

For Parents and Carers of Children and Young People who have been subjected to sexual violence and abuse

> New Year 2025 <

## Supporters' Circle

Time to Be, Talk, Listen

A **safe space** for supporters to come together, talk and listen - with discussion themes being decided by the group

Our Next Circle

**16<sup>th</sup> January 2025**

The groups for Supporters are  
**Online**

**Thursdays, 9.45am - 11.15am**

To Join Us Email:

[cyp@rsvporg.co.uk](mailto:cyp@rsvporg.co.uk)

## Supporters' Groups

What now? How do I support my child?

A flexible group of three sessions to explore the impact of trauma and sexual abuse, tailored to participants needs

We recommend joining all three sessions but you're welcome to dip in and out if circumstances prevent this

We'll discuss issues affecting you in your role as a parent or carer

## New Year Cycle

**23<sup>rd</sup> January 2025**

**6<sup>th</sup> February 2025**

**13<sup>th</sup> February 2025**

Topics include:

*The impact of trauma*

*How to protect children and young people from victim-blaming*

*Ways to respond to their needs and trauma responses*

*How to keep grounded*

# Support for Supporters

The voices of Parents and Carers of Children and Young People who have been subjected to sexual violence and abuse

My family wasn't able to help me. The most help I got was from the group.

It's a safe place.

You can be honest and transparent.

I was able to discuss what I was going through and listen to others that have gone through the same thing.

## Group Topics

**Session 1** - Supporters Journey, Why Don't Children and Young People Tell, Living with Trauma, Trauma Responses, Protection from Victim Blaming

**Session 2** - Armouring Up as a Response to Trauma, The Impact of Shame, Understanding our Tolerance Thresholds, Relational Parenting

**Session 3** - Impact of Trauma on the Body and Development, Trauma Memory and Responses, Flashbacks and Night Terrors, Dealing with Risk, Your Needs

You're not alone.

You're in very good hands here. These are people you can trust. The information is invaluable.

The group is fantastic.

I was able to speak freely.

Things do get better. The pain lessens. You can move forward. At the time you think you can't but you do. Walk at your own pace and face your challenges.