

About Victim Support

Victim Support is an independent charity that provides specialist practical help and emotional support to victims of all crime and major incidents across England and Wales.

We provide support and information 24 hours a day, seven days a week, whether or not the incident has been reported to the police. Anyone seeking help can contact our free 24/7 Supportline on 0808 16 89 111 or via [victimsupport.org.uk](https://www.victimsupport.org.uk).

Contact the Castle Service on 0300 303 0532
castleproject@victimsupport.org.uk

Support for Children & Young People

Practical activities and ideas for children and young people affected by sexual abuse

The Impact of Sexual Abuse

If you have been affected by crime, it can be a very scary and life-changing experience.

[We're here to help you](#) in this difficult time.

Experiencing any kind of abuse can affect everyone differently, and that's ok!

You may feel angrier, your sleeping or eating might change, you might feel more anxious or notice that you don't have the energy for school or your favourite activities.

How we can support you

The Castle Service is an independent service by Victim Support Lincolnshire that is all about you.

You will work with a specially trained Children's Independent Sexual Violence Advisor (CHISVA). Their job is to support anyone under 18 years old that has been a victim of any form of sexual violence or abuse.

If you don't want to work with a CHISVA right now, but still want some ideas of how to feel safe and happy - this leaflet is for you!

Don't forget that you can change your mind at any time. Please get in touch with us if you'd like to work with a CHISVA by emailing castleproject@victimsupport.org.uk or call our office on 01522542687.

Resources & Links

We hope the following resources can be helpful to you...

Knowing Your Rights

If you have reported a crime to the police and are going through the Criminal Justice System, it is important that you know your rights.

[Victims' Code](#) | [Ministry of Justice Your Rights](#) | [Victim Support](#)

Physical Health

When you're feeling down, doing something active might help you to feel better. (Don't forget to get a good night sleep after!)

[Kids Workouts To Do At Home](#) | [YouTube Sleep Workbook](#) | [Victim Support](#)

Mental Health

You may find that you are struggling with your mental health and this is completely natural.

[I Need More Help](#) | [Lincolnshire Young Minds Stress Bucket](#) | [YouTube UK's 24/7 Crisis Text Service](#) | [Shout 85258 Calm Zone](#) | [childline](#)

Relationships

Having healthy relationships, with appropriate boundaries, helps us to be and feel happy. This can be with family, friends or in romantic relationships.

[Consent \(with a sandwich\)](#) | [YouTube Lincolnshire Sexual Health \(LiSH\)](#) | [NHS What is a Healthy Relationship?](#) | [BBC Bitesize](#)

Confidence & Self-esteem

You will feel more comfortable if you can believe in yourself. Starting a diary or a journal can be a good way to help them to notice when you do something well.

[Freebies](#) | [Self-Love Rainbow Mood Journal](#) | [Childline](#)

Social Media

If you have social media, you must use it safely.

[Young People](#) | [Childnet Family Agreement](#) | [Childnet](#)

Counselling & Talking Therapy

Here at Victim Support, we have some fabulous partner agencies that provide counselling.

[Lincolnshire Rape Crisis](#) - support and information through a helpline, email, one-to-one support sessions, group sessions, and counselling.

[NW Counselling Hub](#) - a safe and supportive environment for children, young people, adults, couples and families.

[Umbrella Counselling](#) - provide counselling for a variety of issues and staff who are specialists in counselling the survivors of sexual trauma, rape and childhood sexual abuse.