

# HELPING YOUR CHILD AFTER A CRIME

Information for parents and carers

If you or your child has been affected by crime, it can be a very frightening and traumatic experience.

We're here to help you and your family in this difficult time. We support hundreds of people of all ages every day to cope with the impact and effects of crime.

## **How crime may affect your child**

Every child reacts to crime differently. You may see your child's behaviour worsen, their sleeping or eating patterns may change, their anxiety levels may increase and you may notice a lack of motivation to engage in school and leisure activities.

## **About You & Co**

VS is an independent charity, and young people do not have to report the crime to the police to get support from us.

You & Co is the VS youth programme that helps young people cope with the impact and effects of crime.

We help children and young people who have experienced all types of crime, including:

- bullying and harassment
- domestic abuse and relationship abuse
- online crime
- sexual abuse and child sexual exploitation
- burglary
- gangs and street violence.

## How we can help

We have a range of support available to help children and young people. Our You & Co youth programme aims to help children look at feelings and emotions, cope with worries, stay safe and think about plans for the future.

In some areas, we have dedicated youth specialists, that will assess a child's needs:

- through one to one sessions
- group work at schools or youth clubs.

## Our You & Co website

You can find more at our interactive youth website produced with children and young people for children and young people who have been victims of crime.

It gives accurate, impartial information about different types of crime and about how to cope with the effects of crime.

It also gives information on what support is available to help you and your child navigate the complicated criminal justice system and to understand your rights.

The website has lots of downloadable resources, videos and quizzes, and there are interactive spaces – Journey to Justice and our Interactive Courtroom – to help young people explore what happens when they report a crime and give evidence in court.

You can also use the Service Locator on the website to find You & Co services near you.

## **Diversity matters and we value it**

We are committed to supporting the needs of the diverse communities we serve. We can provide interpreters and information in alternative formats. If you have additional needs please let us know so we can put the right support in place.

## **How we can support you**

It is important for you as a parent or carer to be able to share your concerns and fears, too.

You can contact Victim Support directly for advice and support on how to help your child if they have been affected by crime. Our contact details are on the back of this leaflet.

We have materials developed by specialists to help you support your child, and our specially trained supporters can help you learn how to use them.

Victim Support can also help you if you have been affected by the crime, either directly or because of your child's experience.

## Other organisations that can help

### **Childline**

**[www.childline.org.uk](http://www.childline.org.uk)**

Tel: **0800 1111**

Textphone: **0800 400 222**

A 24-hour freephone confidential helpline for children, run by the NSPCC.

### **NSPCC Child Protection Helpline**

**[www.nspcc.org.uk](http://www.nspcc.org.uk)**

Tel: **0808 800 5000**

Textphone: **0800 056 0566**

Email: **[help@nspcc.org.uk](mailto:help@nspcc.org.uk)**

A 24-hour freephone service providing counselling, information and advice to anyone concerned about a child at risk of abuse.

## Where to go for support:

We are an **independent** charity offering **free, confidential** support to people affected by crime and traumatic incidents.

For information and support, contact us by:

- calling: Supportline **08 08 16 89 111**
- using our 24/7 live chat service:  
**victimsupport.org.uk/live-chat**
- using BSL: **victimsupport.org.uk/bsl**
- Online: **victimsupport.org.uk**

To find out how you can help us, visit  
**victimsupport.org.uk/get-involved**

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