

What should I do if I am concerned about my child's behaviour?

It is really important to talk to a professional (like a teacher, your GP, social worker, mental health worker) about your concerns rather than keeping it to yourself.

They may choose to seek informal advice from CAHBS or you may agree that a referral to us would be appropriate.

In some cases they may provide reassurance that the behaviour is normal and advise you to keep monitoring it.

It is important to remember that professionals have a duty to share information about a young person's behaviour when that behaviour is thought to present a risk to that young person, or to someone else. You should be made aware what information needs to be shared, why and with whom.

Contact the team

Telephone: 01865 902613

Email: Cahbs.team@oxfordhealth.nhs.uk

Useful links

There are a number of useful resources and websites you may wish to look at including:

www.stopitnow.org

Oxford Health NHS FT children and young people's webpages can be found via the below link:

www.oxfordhealth.nhs.uk/children-and-young-people/

Talk to us about other useful resources.

If you would like to have information translated into a different language, please contact the Equality and Diversity Team at:

EqualityandInclusion@oxfordhealth.nhs.uk

أرجى الاتصال بنا إذا كنتم ترغبون في الحصول على المعلومات بلغة أخرى أو بتسويق مختلف.

আপনি এই তথ্য অন্য ভাষায় বা আলাদা আকারে পেতে চাইলে অনুগ্রহ করে আমাদের সাথে যোগাযোগ করুন।
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Chinese 若要以其他語言或格式提供這些資訊，請與我們聯繫

Polish Aby uzyskać informacje w innym języku lub w innej formie, skontaktuj się z nami.

Portuguese Queira contactar-nos se pretender as informações noutro idioma ou num formato diferente.

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NHS

Oxford Health
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Supporting young people, their family, carers and professionals, working with children and adolescents whose sexual behaviour causes concern

CAHBS

Child and Adolescent Harmful Behaviour Service (CAHBS): information for parents

Introduction

Children at any age display behaviours that cause concern for others. It can be difficult to talk about concerning sexual behaviour, particularly for parents who may not know who to turn to for advice. It is often difficult to know what is concerning, rather than healthy sexual behaviour.

Parents may be fearful of the consequences of speaking to someone, however, it is really important to help young people and their families to understand the risks associated with their behaviour.

There is evidence that the earlier young people get help, the more chance there is of preventing them engaging in further, potentially more serious behaviour.

About CAHBS and what parents have said

CAHBS is made up of a number of different professionals who support teams working with young people and their families.

We support a joint response to problematic and harmful sexual behaviour displayed by children and young people.

Parents who have used the service have said they felt included and informed of the process and had time to discuss their concerns with us and their teams. They felt positive effects occurred as a result of referral to the service.

"Other parents experience this, it is helpful to know" Parent

Why has my child been referred?

Professionals may have seen your child display sexual behaviour not consistent with his or her age, or that causes some concern.

We will only discuss the referral with professionals who need to be involved to ensure that the specific needs of your child are addressed.

Attempts are made to address the behaviours causing concern to prevent repeat, or potentially more serious behaviours occurring.

What happens when a referral has been made?

Referrals will be made by professionals working with young people following discussion with parents, carers or young people about contacting us.

Following referral we will talk to professional (s) to decide the level of support needed.

This will include:

- offering advice
- offering ongoing support to professionals
- supporting or offering direct assessment or intervention

In some cases we may:

- speak to you or the young person
- ask you or the young person to complete questionnaires

It would be helpful for you to tell us how you would like to be contacted.

What do I need to do as a parent?

"Really pleased I had the help and someone to talk to." Parent

It is important to:

- consider the concerns expressed by others, even if you do not necessarily see the concerns yourself in order to think about what your child may need.
- try to be open to the possibilities of your child's behaviour and potential reasons for the behaviour in order to help with risk management and support for your child.

What if the police are involved with my child?

In some cases young people's sexual behaviour breaks the law. In these cases the police can become involved.

Whilst an investigation is being completed CAHBS (and other professionals) should not be discussing the nature of the behaviour with the young person.

During this time CAHBS can offer risk management support.

On occasions CAHBS is asked whether a young person can be offered intervention, should they receive an out of court disposal. This may mean that a direct assessment is completed. However agreement would be given by you and your child with full knowledge about the assessment prior to completing it.