



Oxford Health
NHS Foundation Trust



**Child and Adolescent Harmful Behaviour Service
(CAHBS)**

Information for Parents

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Introduction

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

Harmful sexual behaviour (HSB) is developmentally inappropriate sexual behaviour displayed by children and young people which is harmful or abusive.

Children at any age may display sexual behaviours that cause concerns.

CAHBS can help professionals, families and young people to understand young people's sexual behaviours.

What is CAHBS?

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

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.

If a referral is made, they will seek parental consent to do this.

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 a professional(s) to decide the level of support needed.

This might include:

- Offering advice.
- Offering ongoing support to professionals.
- Offering direct assessment of young person

and/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 like to be contacted.

What do I need to do as a 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.
- To try to be open to the possible reasons for your child's behaviour in order to help with risk management and support for your child.

What if the police are involved with my child?

If a young person is involved with the police, we 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.

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.

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.

Useful resources

Talk with your kids - It's always the right time to communicate openly and honestly with your kids

<https://www.talkwithyourkids.org/talk-with-your-kids-timeline>

How to answer questions <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/pants-how-to-answer-questions/>

Thinkuknow resources on keeping children safe on the internet

<https://www.thinkuknow.co.uk/parents/>

[Parents and Carers - UK Safer Internet Centre](#)

[Keep Children Safe Online: Information, advice, support - Internet Matters](#)

Contact the team

Email: CAHBS.Team@oxfordhealth.nhs.uk

Telephone: 01865 902 613

Accessibility

An accessible version of this leaflet can be found on our website: www.oxfordhealth.nhs.uk/cds

If you need the information in another language or format, please contact us.

Get in touch

Address Oxford Health NHS Foundation Trust
 Oxfordshire Community Dental Service
 Trust Headquarters
 Littlemore Mental Health Centre
 Sandford Road, Oxford OX4 4XN

Phone 01865 904040

Email Oral.Health@oxfordhealth.nhs.uk

Website www.oxfordhealth.nhs.uk

Feedback

Our Patient Advice and Liaison Service (PALS) provides advice and support to patients, families, and carers, helping to resolve any problems, concerns, or complaints you may have.

Phone 0800 328 7971

Email PALS@oxfordhealth.nhs.uk

Become a member of our foundation trust: www.ohftnhs.uk/membership