



Your Relapse Prevention Plan.

(For young people who have displayed “sexually harmful behaviour” to others that has been reported to the police.)

How to keep yourself and others safe.

When you have been harmful to others in a sexual way, you need to make sure it doesn't happen again. To do that it is important to work with your support team to help you find a way around situations that may be difficult.

Some people may be concerned about the risks you present to others, and they may think you may be harmful when you don't intend to be. It is important you help to reassure them that you won't be harmful to others. To do that you must make sure you do certain things all the time. This is what we call being consistent. These things are about avoiding situations that may give cause for concern.

Below are examples that may be important. For some people they may all be important, for others just some of them, depending on your situation. This list does not cover everything, it's called “not exhaustive” which means there may be other things we've forgotten about or don't know about; however, it is your responsibility to think about your life and work out what's ok and what's not ok for yourself.

- Avoid going to places where you will be surrounded by younger children that may be on their own. Places like the local park, or similar unless you have someone with you who can support you and help you make the right decisions and also vouch for your good conduct.
- Avoid making contact with younger children by starting conversations, playing games or making models that you know they will want to see. Be polite and move on to engage with people your own age.
- If you have to walk a certain route and one way takes you past a school or other children's facility and the other doesn't, make sure you take the route that doesn't. This is particularly important during school times or the start and finish of the school day. If you do, don't be surprised if people think you have the wrong intentions as it was your choice when you had an alternative available to you. It is your responsibility to be aware of these potential hotspots and take appropriate action to avoid.
- Avoid sitting next to younger children, keep yourself safe by taking other options.
- Avoid using public toilets when you know there are younger children in them without an adult. Wait until they have left and then go in and come straight back out when you've finished.
- Never hang around outside public toilets for any reason. Or other high-risk places where you know younger children will be.
- Avoid being on your own with younger children. If someone who can vouch for you leaves the room, leaving you with a younger child on your own, go with them or go somewhere else until they have returned so you are not on your own with the younger person.



- If you find younger children sexually attractive, avoid situations where you know they will be around you. Try to avoid what is called “inappropriate stimulation”.
- If you find yourself sexually aroused by situations, take yourself to your room where you can play with yourself in a safe and private place. Making sure no one sees you. When doing so, avoid thinking about inappropriate stimulation like younger children and think about appropriate stimulation like people your own age.
- Avoid going to what are called “inappropriate activities” that will bring you into contact with younger children in vulnerable situations like swimming at the public swimming baths or activities that are designed to attract younger children such as trampolining or going to the cinema to watch under 12 films.

Remember now you know these things, if you make the wrong choices, people will know you knew better and don't be surprised if they are suspicious of your behaviour or don't believe your excuses.

It is important you make the most of all the opportunities available to you to have a social life and help you improve your situation. Engaging in education, training or employment is hugely important and helps to keep you and others safe.

- Try to engage in “appropriate activities” that are also “age appropriate” and avoid the problems listed above. It is important you mix with other people of the same age or older and enjoy your life safely.
- Try to engage in “appropriate relationships”. This means talking to people of either sex that are your own age or older.
- Think about joining a club or doing an activity you enjoy that brings you into contact with other young people your own age or older.
- If you have a meaningful daytime activity like, school, college or employment, make sure you attend at all times. This will give you all of the above that is important to your overall wellbeing.
- Learn about your own body. What happens that ‘triggers’ inappropriate thoughts and arousal? Think how you can avoid these ‘triggers. Identify what makes you happy and sad. Do things that make you happy as long as they are legal and safe. Avoid doing things that make you sad.
- Think about others. Be kind and considerate to their feelings. This may include people who know what you've done wrong and others who may support you.

You've made some wrong decisions in the past but that can't be undone. What's important now is what you do in the future. To put things right with others and to make sure the same mistakes don't happen again. To build a good life for yourself with safe and positive relationships doing things you enjoy and learn as much as you can to better yourself. Be the best you can be. Remember what we've taught you! Be safe, live life!

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