

## What should I do if I have a concern about child sexual abuse or sexualised behaviour

This can be very upsetting and confusing. The most important consideration is the safety of the child. You can contact the CARI helpline for advice. Concerns should be reported to your local duty social worker and or the Gardai.

## How you can help CARI...

At CARI we receive only limited government funding and so rely on fundraising to provide our essential services. You can help in many ways:

- Make a personal donation.
- Set up a direct debit donation
- Make a corporate donation
- Organise a fundraising event for CARI

For further information see [www.cari.ie](http://www.cari.ie)  
or contact Fundraising in  
Dublin: 01-830 8529  
Limerick : 061 582200  
[fundraising@cari.ie](mailto:fundraising@cari.ie)

Leaflets sponsored by  
HSE, National Lottery Grant.



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

Leaflets sponsored by HSE,  
National Lottery Grant.

## How to contact us

**Dublin Therapy Centre**  
110 Lower Drumcondra Road  
Drumcondra  
Dublin 9  
Phone: 01-8308529  
Fax: 01-8306309  
E-mail: [helpline@cari.ie](mailto:helpline@cari.ie)

**Limerick Therapy Centre**  
The CARI Foundation  
CARI House  
Ennis Road  
Limerick  
Phone: 061-582224  
Fax: 061- 455218

**CARI Helpline 1890 924 567**  
**[www.cari.ie](http://www.cari.ie)**

Registered Charity 9491



**CARI**  
Shining a Light for Children  
**1890 924 567**

# Introduction to CARI Helpline and Therapy Services

CARI was set up in 1989 to care for children and adolescents affected by the issue of sexual abuse and support for family members and carers. CARI now provides six major strands of service.

[www.cari.ie](http://www.cari.ie)

## CARI'S CLINICAL SERVICES

### Helpline

The first point of contact at CARI is our Lo-call and confidential National Helpline. Our experienced operators provide information and advice to individuals and professionals with a concern about child sexual abuse or sexualised behaviour.

Calls can be taken on a first name basis to provide confidentiality.

The Helpline number is  
1890 924567

and it is open on  
Monday - Friday from  
9:30am to 5:30pm

for the price of a local call from  
anywhere in the country.

You can also contact the Helpline by  
email at [helpline@cari.ie](mailto:helpline@cari.ie)

### Advice Appointments

Through the Helpline, CARI can arrange appointments for parents/carers or other individuals who would like to address their concerns face to face or feel in need of crisis counselling from one of our therapists. During these appointments we can explore with parents and carers what services CARI can offer and how we might best support them. In some circumstances we can see young people over the age of sixteen on their own for advice appointments.

### Child & Adolescent Therapy

CARI provides child centred therapy for children and adolescents who have been affected by sexual abuse. We also provide therapy to children, up to (and including) twelve years old, who present with sexualised behaviour.

Child protection concerns must have been reported to the HSE before therapy can commence. However we can see parents for ongoing support sessions while their child is awaiting and undergoing the HSE child sexual abuse assessment.

### Criteria for Referrals

- Children who have disclosed sexual abuse and whose disclosures have been investigated by the appropriate authorities
- Children who witness reported sexual assaults on a child or adult
- Siblings of the above
- Children affected by information regarding sexual abuse of a child and/or may have been the confidante of a disclosure provided that this has been reported
- Children who have engaged in inappropriate sexual behaviour with another child, which has been reported.

### Parental Support

While young people are attending CARI, a unique and important service is offered through parallel support sessions for their parents/carers.

### Court Accompaniment and Support Service (CASS)

Upon request CARI provides a specially trained member of staff who offers support and accompaniment to children and families attending court as a witness regardless of the crime.

### Training and Prevention

CARI provides training courses for professionals run by our clinical staff, focusing on the areas of sexual abuse, child protection and child therapy. Several courses are scheduled each year. Additional courses can be tailored for organisations as requested. CARI also provides preventive education programmes for young people, parents and other interested groups. For details see [www.cari.ie](http://www.cari.ie) or contact our helpline on 1890 924567 and National Clinical Director on 01-830 8529.

### What is child sexual abuse?

Sexual abuse occurs when a child is used by another person for his/her gratification or sexual arousal, or for that of others. Child sexual abuse affects girls and boys of all ages regardless of their class or social environment.

### What is sexualised behaviour?

In some cases of child abuse, the alleged perpetrator will be another child. When a child or young person sexually offends it is called acting out. Young people can have a range of sexual behaviours, from normal explorative behaviours to abusive and concerning. Some children who have previous experiences of sexual abuse acts or who have seen sexually explicit material can act out the same/similar behaviour on another child. Not all children who engage in sexualised behaviors will have experienced sexual abuse.