

First reactions...

You have probably just been visited by the police or arrested for possible internet offences. Perhaps you have already thought about this day coming and are faced with what is going to happen now that your behaviour is out in the open. If you have been troubled by your behaviour, maybe you feel a sense of relief that what you have been doing is no longer a secret. It is likely that you feel confused, scared or numb. Probably you will have questions about how this will affect your family and friends; the legal process and how long it might take; what might happen if there is media or press reporting; or what other people will think if or when they find out, or what will happen next.

You can talk to someone

The Stop it Now! UK Helpline is run by the Lucy Faithfull Foundation, a leading UK charity working to prevent the sexual abuse of children and to protect the public.

If you call the Helpline, trained and experienced staff will offer you confidential and impartial advice. This service is available to anyone who is under investigation or who has already been convicted for accessing indecent images of children online.

The Helpline can also offer help to your partner, friends or family members.

This might be the right time for you to call the Helpline and start to talk about what help you need...

If you are being investigated for 'internet offending', particularly if you have been accessing indecent images of children, you probably feel there is no one you can talk to about it... **but you can pick up the phone.**

Call the Stop it Now! Helpline on 0808 1000 900

What should I do now?

The first thing you should do is to call the Stop it Now! Helpline.

As a result of being arrested or visited by the police, you are probably feeling shocked, confused or bewildered. But the important thing to remember is that you don't have to deal with this alone.

Our highly experienced Helpline operators will be able to give you practical advice and to talk you through the complex and difficult issues you are undoubtedly facing right now. They will also be able to answer the questions you may have about your behaviour and what this means for your partner, family and friends.

The Helpline operators will also be able to give you the advice and support you need regarding the Criminal Justice System process and the involvement of Children's Services if you have children.

Calling the Helpline is free and confidential. When you call, you will not have to give any identifying information such as your family name, address or telephone number.

If you would rather email in the first instance, you can email our confidential email service on help@stopitnow.org.uk. Your email address will not be displayed when you email, making the service confidential. Due to the high demand for this service, we will not be able to offer an immediate response by email. If your enquiry is more urgent, please call the Helpline.

FREEPHONE HELPLINE 0808 1000 900
VISIT www.stopitnow.org.uk



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For confidential advice, information and support

If you are being investigated for Internet offences

Your first steps to getting the right support and advice

FREEPHONE HELPLINE 0808 1000 900





“I don’t know what to do...
I am so worried”

What will happen now?

The police will have received information which they have to investigate.

This means they will have visited your address. It is likely that they have removed your computers and other material.

This all might take some time to deal with. The police will do whatever is required to investigate any offences you may have committed, including examining what is held on your computer or any other equipment or material. The length of time this takes will vary depending on where you live and how busy the police are.

Your computer(s) will be examined by the police. Once the results of this are known, a decision will be made about what happens next. If there is evidence that you have committed a criminal offence it is likely, at that stage, that you will be charged. The police will advise you of your rights if and when this happens.

The period of investigation can be quite long. Be prepared for some frustration, uncertainty and worry during this period. However, it is important that your life continues in as normal a way as possible so there is no need for you to abandon any plans you might have made (such as going on holiday etc.) It is important you keep your investigating officer informed of any plans and of your whereabouts in case you need to be contacted and to comply with bail conditions.

It is possible that you may start to have all sorts of thoughts or start to feel depressed or hopeless. Sometimes you may experience feelings of panic or even think about harming yourself or committing suicide. It is very important that you find some help with these thoughts and feelings and start to make the right changes that will lead to a positive future free from offending.

The police may be concerned about you following your initial arrest and will want you to get the help you need.

You may be advised to contact your GP. This booklet can help you take time to think about what help you need and to take steps to make contact with services. Such feelings are quite common. But with help and some support they normally pass fairly quickly so that you can start to consider things more calmly and take steps to make changes in your life.

Your opportunity to get help now...

This can be a stressful time for you and for your family as everyone struggles to cope with their worries.

You may want to start understanding why and how you came to behave in this way.

For example this behaviour might stem from what may have happened to you when you were growing up. This can be difficult to talk about. It may be a result of regular sexual thoughts or feelings about children. It may be because of other factors in your life. For some people the reasons aren’t very clear. Moving towards a real change will need you to understand your behaviour.

You might be worried about your children and the involvement of child protection services.

It is possible that children with whom you have regular contact may be interviewed. Consideration will be given to any possible risk to children so that the right decisions can be made. This does not necessarily mean that you will be denied contact with your children.

You may have concerns about the impact of your behaviour and arrest on those close to you including partners and family members.

There is little doubt that this will be a shock for people close to you. It is also clear that life will never be the same for them. However, it doesn’t mean that you will be rejected or that your family will fall apart.

Your behaviour may be more complex.

Your use of pornography on the internet might not necessarily centre on images of children. Some people develop very serious behaviour involving access to extreme adult pornography. This is a criminal offence and also points to deep-rooted problems for the individual concerned. Some people feel they are addicted to pornography through the internet. They need proper support if they are to stop.