

Responding to Sibling Sexual Trauma (SST)

Partnering with Parents

Supporting Parents Helps Kids

Studies show that parental support is the primary factor influencing the recovery of children and young people from sexual abuse and from a history of harmful sexual behaviour.

Social workers can help parents understand what has happened and be able to face it:

- Sibling sexual trauma (sibling sexual abuse) is common and can happen in any family
- Factors leading to SST include: historical trauma, exposure to online sexual content, sibling time together without adult presence, neurodiversity, delays in social skills, previous abuse of the child who harmed their sibling, exposure to domestic violence
- Children experience additional trauma when they are not believed or supported

Parents Need Help

Parents undergo significant grief and trauma after learning of SST. Initial shock or denial is common. Parents can still come to believe and support their child. Facing a stigmatised, little-understood crisis, parents are at risk for social isolation, depression, and PTSD.

In the midst of this, they must:

- Navigate complex, unfamiliar systems
- Make crucial decisions
- Support children with greatly differing needs
- Manage logistics of housing, expenses, schedules

How Social Workers Can Help

Coordination between agencies is essential. Designate a primary manager to work with parents in addressing the big picture across services for the whole family.

- Built trust; be honest & transparent
- Keep parents informed; explain processes, language, timelines
- Keep an open mind; every case is different, look for unique aspects of each one
- Value parents' knowledge of their children and family
- Listen to and validate difficult, conflicting emotions
- Minimize shame; educate parents, don't judge them, recognise their strengths

Have Referrals Ready

Parents will need more help than a single social worker can provide. Be ready to provide referrals for parents to access other sources of information, services, & support, such as:

- **stopitnow.org.uk** support & referrals for all, including parents of those with HSB
- **thelighthouse-london.org.uk** support for families after sexual abuse is reported
- **Peer support, such as these private online communities moderated by 5WAVES:**
 - Facebook: "Parents Coping with Sibling Sexual Trauma and Abuse"
 - Discord: SST/SSA Community; email info@5WAVES.org for invite



MORE TOOLS & INFORMATION:
5waves.org | siblingsexualtrauma.com

