

Table 1 Centre of Expertise on Child Sexual Abuse 2020

Emotional	Behavioural	Physical	Abusive behaviour	Family vulnerabilities
<ul style="list-style-type: none"> • Nightmares or sleeping difficulties without explanation • Mood swings including fear, insecurity or withdrawal • Developing new or unusual fears of certain people or places • Distracted and distant at odd times • Fear of intimacy or closeness • Eating disorders • Substance or alcohol misuse • Self harm • Suicidal thoughts or actions • Depression and anxiety • Regression to younger behaviour (e.g. bedwetting or thumb sucking) • Other mental health difficulties • Disassociation • Post-traumatic stress disorder (PTSD) • Thinks of self or body as repulsive or bad • Psychosomatic symptoms e.g. tummy ache 	<ul style="list-style-type: none"> • Disclosure • Asks another child to behave sexually or play sexualised games • Sexually uninhibited/inappropriate behaviour towards adults • Mimics sexualised behaviour with animals or toys • Inserting objects into vagina or anus • Compulsive masturbation or self-soothing behaviour • Writes, draws, plays or dreams of sexual or frightening images • Change in eating habits, e.g. refuses to eat or overeats • Unusual personal hygiene (none or overly) • Resists removing clothes at appropriate times (e.g. bath, bed or toileting) • Running away from home • Wetting and soiling accidents unrelated to toilet training • Sexual 'promiscuity' • Leaving clues that seem likely to provoke discussion about sexual issues • Talks about a new older friend • Suddenly has money, toys, or gifts without reason • Uses new words for sex or genitals • Aggression or violence to others • Fear of dentistry 	<ul style="list-style-type: none"> • Bruising or marks in unusual places • Persistent or reoccurring pain during urination and bowel movements • Repeated urinary tract infections • Discolouration, bleeding or discharge in genitals, anus or mouth • Tears to anus or vagina • STDs including genital warts • Pregnancy • Evidence of self harming behaviour • Significant weight gain or loss • Difficulty swallowing when eating 	<ul style="list-style-type: none"> • Buying a child gifts • Singling out a child either to favour them or bully them • Wanting to spend more time with the child than the parent • Offering to babysit • Play fighting/tickling • Encouraging a child to engage in 'grown up' activities • Encouraging a child to dress provocatively • Leaves bedroom and bathroom door open • Undermining the other parent • Putting the other parent down • Interrupting the relationship between parent and child • Gets involved in personal care of the child • Encouraging nudity in the home • Behaving secretly • Wears inappropriate clothing around the house • Talks about sex, makes sexual jokes • Wants to be left alone with children • Changes in sexual behaviour • Seems to be behaving more like a child • Mood swings and erratic behaviour • Complains of not being trusted 	<ul style="list-style-type: none"> • Poor attachment • Poor mental health • Substance and alcohol misuse • Parental absence through work commitments • History of maternal sexual abuse • Children or adults with disabilities • Poor communication • Lack of sex education • Domestic abuse – current and previous • Previous sexual offending • Social isolation