What is a CHISVA?

If someone has hurt you, or you have been forced to do things that have made you feel uncomfortable and/or sexually abused at any point in your life you can get support from a Children & Young Person's Independent Sexual Violence Adviser (CHISVA).

A CHISVA is someone that is independent from the police and social services and can listen to you, support you and answer any questions that you or your family might have.

Our CHISVA's can also provide support for parents and carers where appropriate.

How to get help...

call us on

0808 802 0028

or text

07860 923051

Confidentiality...

The CHISVA's job is to make sure children and young people are safe and to get help/support for them when they need it.

There may be times when your CHISVA will have to share the things that you talk about with another adult:

- If you tell your CHISVA something that leaves them worried about you or your families' safety or care.
- If you tell your CHISVA something that leaves them worried about someone else's safety or care.
- If another adult is worried about you, they might want to ask your CHISVA questions that she could answer to help make sure you are happy and safe.
- Your CHISVA will sometimes attend meetings for you such as at school or with social services and other adults will ask about how you are and what other support you might need. To help those adults make decisions your CHISVA will have to share information about the work you have done together

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Children & Young People 's Independant Sexual Violence Adviser Service (CHISVA)

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Our Support

CHISVA's are Independant Sexual Violence Advisers for children & young people.

We work with children under the age of 18 yrs in Leicester, Leicestershire & Rutland who have disclosed sexual abuse or assault.

What is sexual abuse?

- Being touched in a way you don't like without giving your permission or consent.
- Being forced, tricked or pressured to take part in any kind of sexual activity with another person. This doesn't have to be physical contact and it can happen online.
- Made to look at sexual pictures or videos, do something sexual or made to watch someone do something sexual.
- Manipulating you to carry out sexual acts in exchange for getting something like money, gifts or drugs. This is called Child Sexual Exploitation (CSE).
- Someone flashing or exposing themselves to you online or offline
- Sexting or Child Pornography
  Sexting is when someone creates, sends or receives a sexually explicit image, video or text relating to children..

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Did you know?

Sexual abuse can happen to anyone, regardless of gender.

Someone could be sexually abused by a stranger, somebody you love and trust or someone you are in a relationship with.

Someone could be sexually abused by a person of the same sex.

Sexual abuse isn't always 'full sex' – it can also include touching, kissing, oral sex or anything sexual.

Sexual abuse can happen online as well as offline.

You're not alone and there are people who can help you.

What to expect...

You may be feeling anxious or afraid about what has happened, or what may happen in the future.

We are here to answer the questions that you have, to listen to your worries, and to reassure you.

Most importantly, we are here to support you.

After we have introduced ourselves, we will arrange to meet with you somewhere that's easy for you; it might be with a parent or someone who looks after you - if that is okay with you.