

Information for Professionals



PEGS SERVICES

WHAT IS PEGS

PEGS is a social enterprise based in Shropshire. We rely on grants and donations to provide this service for free. We have a training and consultancy arm which helps to make PEGS sustainable.

PEGS was created due to our Director indentifying a gap in services from her own lived experience. With a background in Domestic Abuse and Family Law, she found herself in a situation where she could not find any support for her or her family.

Armed with a google document and an idea, PEGS was born in November 2019 and then became operational on March 2020. We are an online based service which is why we can provide support across the UK.

Our services are run the way they are due to parents telling us what support looked like for them. Everything we do here at PEGS is run through the lens of those with lived experience.

We now have grown a team with a wealth of experience and backgrounds from childrens' social care, teaching and education, SEND, criminal justice, fostering and much more.

What we do at PEGS

At PEGS we support parental figures who are experiencing abusive behaviours from their child. We support parents across the UK, no matter the age of the child, whether they are an adult or no longer live at home.

Whilst we do support a number of parents of neurodiverse children, we are NOT a neurodivergent-specific organisation. PEGS will provide support parents solely around the CPA they are experiencing.

Our service is ONLINE only, all our support is delivered via online video calls and phone calls.

Please ensure the person you refer in to us understands that we do not offer face-to-face support.

Do you support children?

We do not support children at PEGS as our focus is on supporting parents, carers and guardians.

PEGS has a whole family approach, we just do not believe that to have this approach we need to work with everyone in the household. This is why we work with some incredible child focused services.

WHAT IS CHILD TO PARENT ABUSE (CPA)?

Child to Parent Abuse (CPA) involves children displaying abusive behaviours towards parents, carers or guardians.

CPA is a serious issue and evidence suggests it is increasing. These behaviours can be carried out by someones child (minor or adult aged) against mothers, fathers, grandparents, siblings and carers.

There are multiple reasons why CPA occurs, including: peer groups, wider society, media, an absent or violent parent, mental health and/or traumatic and stressful situations. However, sometimes there is no clear reason for why CPA occurs. Child violence exists across all sections of society irrespective of gender, race, culture, nationality, religion, sexuality, disability, age, class, or educational level.

One of the most important responses you can have if someone discloses to you is to, let them know you believe them. You can also think about your language – no blame, shame or judgement questions or statements as this is likely see the person close down.

Remember, they are their familys expert. Listen, support and empower them.

IMPACT & PREVALENCE

1 in 10 families will experience CPA.

89% of parents reported to us that their child's behaviour became abusive when their child was aged 12 or under.

74% of parents have had to reduce their hours at work or leave employment altogether due to CPA.

25% of parents have had to call the police more than five times because of their child's behaviour.

65% of adoptive families experience CPA.

Child to parent abuse can impact the whole household including siblings – 90% of parents we support have more than 1 child.

36% of children displaying abusive behaviours to parents/carers/guardians have also hurt a pet or animal.

You can read all of our surveys on the blog section of our website

Sources: PEGS surveys 2022, 2023, Adoption UK

CHALLENGING OR ABUSIVE

PEGS provides support to parental figures where the behaviour they are experiencing is abusive.

Sometimes referrals will be made where the behaviours are more challenging. Whilst challenging behaviours are not nice or easy to manage, PEGS is not the right service for these families.

CPA is not typical behaviours. We are talking about extreme behaviours that cause the parental figure to live in fear of their child or their child's reactions. Some parents have shared they start to feel like you they walking on eggshells, change their routines completely, reduce hours or leave employment altogether.

When offering support to parents and caregivers, we look at a variety of factors, such as the form of behaviours, the frequency, intensity of incidents and the impact on the household.

PEGS is also not a parenting support service. Our sole focus is on supporting those who are impacted by child to parent abuse. All of our workshops and programmes are through the lens of empowerment, resilience and wellbeing.

Types of Abuse can include

Physical

This can include but is not limited to, hitting, kicking, damaging and throwing things, using weapons to cause harm, causing harm to siblings or pets.

Emotional/Verbal

This can include; humiliation, screaming, swearing, whispering campaigns, threatening to harm or kill themselves or others,, verbal intimidation.

Coercion and Control

This is a pattern of behaviour used to exert power, control, or coercion over another person. This can include but is not limited to;

Isolating you from your family or friends, controlling what you eat, wear, or do. who you are allowed to see or spend time with.

Preventing you from accessing support. gaslighting, monitoring your behaviour (online or in person)

Digital

This is where someone monitors, harasses, stalks, threatens, controls or impersonates another person using technology.

Sexual

This can be physical, psychological, verbal or online. It This includes inappropriate touching, comments, suggestions

Financial & Economic

This can include, demanding money or things you cannot afford, stealing money or possessions from you, Stopping you from accessing work or exerting control over income, spending, bank accounts, bills and borrowing

WHAT DOES SUPPORT LOOK LIKE?

All parental figures can access our standard level of support. This includes:

- Daily virtual sessions with one of our CPA practitioners (including evening sessions)
- Monthly male-only practitioner led session
- Workshops that focus on resilience and empowering parents
- Our closed monitored Peer Support Group on Facebook
- Our Whatsapp Community
- Our Monthly well-being workshops
- Advocacy in the form of supporting letters to confirm what support we are providing

Parental figures in our funded areas can additionally access:

- Direct wellbeing support
- One-to-one support
- Walk and talk sessions
- Advocacy at meetings

*The funded areas can and do change so please check prior to referral if you are wanting parental figures to access certain provisions

PEGS REFERRAL PROCESS

To make a referral into our service, please complete the professional referral form or the offline referral form found on our website.



Points to consider when making a referral

Complete the referral with the parent / caregiver to ensure that their direct language is used

Please ensure that the parent contact details are correct before submitting so that we can respond to the parent as quickly as possible.

Please let us know if any other referrals have been made for the family or parent and what other services are involved. This will help us to connect with other professionals

Please let us know as much information around the situation as this helps us to make a decision on what support the parent may need.

Please inform us of accessibility needs that the parent may have as we may be able to make reasonable adjustments to support them.

Ensure that you have informed consent from the parent before making a referral.

WHAT HAPPENS AFTER THE REFERRAL

Self referral

Professional referral



Triaged by the team – this can take up to 10 working days



Initial email sent to parent (and professional if they referred in). This email will set out the support available to the parent, how to access online sessions and other details on our services



We will contact the parent, carer, or guardian three times to arrange support. If no contact is made, we will archive the referral for three months. If no contact is made after this time, we will delete the referral and a new referral must be made to us.

*If we contact a parent and they do not want to work with us, we will not provide support. We are an informed consent-based service.

PEGS TRAINING

We run professional training sessions throughout the year including individual training session along with group and bespoke training for groups.

Our current trainings include:

Understanding Child to Parent Abuse
Child to Parent Abuse Awareness and Practice
PEGS Risk Awareness Model (PRAM)

We run a quarterly training information session providing updates on our training sessions, including any new trainings that we run.

We also run Professional Information sessions on the first Monday of every month to provide general updates about our service and answer any questions that you may have. You can register using the QR code for the sessions



HOW TO CONNECT WITH PEGS

Check out our website:

www.pegssupport.co.uk

It is filled with lots of information and resources. **Top Tip** – check out the blog section for downloadable free guides, surveys and reports

Instagram: @pegssupport

Facebook: PEGS– Child to Parent Abuse
Support

Twitter: @PEGS_support

Linked In: pegs-support

We also run a professional information session the first Monday of every month online at 10am. This session is free to attend and is a space to learn about PEGS in more detail. You can register by scanning the QR code.

