

Child on parent abuse (CPA)

Child on parent abuse (CPA) can include a range of behaviours:

- Physical abuse (hitting, kicking, spitting etc.)
- Verbal abuse (this can include swearing and threatening language)
- Coercive and controlling behaviours
- Financial abuse which could include stealing
- Digital abuse including sending abusive messages
- Damage to property

There is limited information about how many families are impacted by CPA. This is partly because families can feel embarrassment, shame and fear talking about it. However, we know that it is increased for children with SEND and we know that it impacts many of our families.

Please remember that you are not alone and our team is available to listen and help.

The resources and website below may be useful to you.

[Respect - CAPVA](#) - this organisation provides statistics, reports and signposting about child on parent abuse.

[CAPA First Response](#) - this organisation hosts weekly drop ins. They also have a podcast which you can access at any time and a range of online sessions which you can sign up for.

[Parental Education Growth Support \(PEGS\)](#) - this organisation offers referrals which can be made by parents/carers themselves or by professionals on your behalf. They run a range of online workshops and drop in sessions. They also have a closed Facebook group for support.