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When the Child becomes the Abuser

Breaking the silence on Child-to-Parent Abuse in the UK



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Introduction

Child-to-parent abuse (CPA) is a hidden but serious issue in the UK. It occurs when children repeatedly use physical, verbal, emotional, or financial aggression against their parents. Unlike typical teenage mood swings, CPA is about control, intimidation, and fear. Many parents remain silent due to shame or fear, while support services often don't know how to respond.

This digest explains what CPA is, why it happens, how it affects families, and what can be done in the UK to support parents and children.

CPA can have devastating consequences. Parents often experience stress, anxiety, depression, and physical harm, while family relationships can break down. Children may also miss out on help for underlying issues such as trauma, mental health challenges, or learning difficulties. In some cases, abusive behaviour can escalate into criminal acts. Early recognition, understanding, and practical support are crucial to prevent escalation and protect families.

CPA can take many forms. Physical abuse includes hitting, kicking, or throwing objects, while verbal and emotional abuse involves shouting, threats, or manipulation. Financial abuse may include stealing money or damaging property. Coercive control involves intimidation, monitoring, or dictating household rules.

CPA is repetitive and escalating, rather than a one-off argument, and children often use it to gain control. Parents often feel helpless and isolated.

It affects parents and families in many ways. Emotionally, parents often feel fear, shame, anxiety, or depression. Physically, repeated stress or assaults can cause health problems. Socially, parents may withdraw from friends or community activities. Financially, property damage or theft can strain households. Family relationships, including siblings and partners, may deteriorate under stress.



What is Child-to-Parent Abuse?

Child-to-parent abuse (CPA) is a hidden problem in the UK. It occurs when children use repeated physical, verbal, emotional, or financial aggression against their parents. Unlike normal teenage moodiness, CPA is about control, intimidation, and fear. Many parents suffer in silence because they feel ashamed or guilty, while support services often don't know how to respond. This report explores what CPA is, why it happens, how it affects families, and what can be done in the UK to support parents and children.

Child-to-Parent Violence and Abuse (CPA or CPVA) refers to a repeated pattern of controlling, threatening, or violent behaviour by a child or adolescent towards their parent or carer. It can take many forms — physical assaults, verbal humiliation, emotional manipulation, financial exploitation, property damage, or coercive control. While it is normal for young people to challenge authority as part of growing up, CPA goes far beyond defiance. It is driven by an intent to dominate or control and creates an environment of fear, distress, and imbalance within the home. What makes CPA especially complex is that it exists at the intersection of family conflict, child protection, and domestic abuse — yet it rarely fits neatly into any one category.

In the UK, CPA remains under-recognised both socially and institutionally. Unlike partner-to-partner domestic abuse, it is often viewed through the lens of “parenting difficulty” or “challenging behaviour,” which can minimise the seriousness of the abuse. Many parents hesitate to report it due to fear of blame, social stigma, or the potential criminalisation of their child. Others report encountering fragmented responses when they do seek help — policing, social care, and mental health services often operate in silos, each uncertain where CPA “belongs.” This systemic ambiguity has left many families unsupported and misunderstood.



Child-to-Parent in UK Legal & Policy Context

Legally, CPA sits in a grey area. The **Domestic Abuse Act 2021** recognises abuse perpetrated by someone aged **16 or over** towards a person they are personally connected to, which technically includes parents. However, this definition excludes children under 16, creating a significant policy gap for younger perpetrators. In such cases, CPA is often addressed through child welfare or youth justice frameworks rather than domestic abuse legislation — even when the harm experienced by parents is severe. There is growing advocacy for clearer guidance and better coordination between agencies, including the police, local authorities, and family support services.

Organisations such as **PEGS (Parental Education Growth Support)** and **Yvonne Newbold's Newbold Hope** have been instrumental in raising awareness, training professionals, and supporting families navigating these complex situations.

Understanding CPA within a broader **safeguarding and public protection context** is crucial. Both parent and child are simultaneously considered victims — the parent of abuse, and the child of unmet needs, trauma, or systemic failure. This duality challenges traditional intervention models and demands trauma-informed, whole-family approaches. It also calls for policy reform that recognises CPA as a distinct form of domestic abuse within the UK's safeguarding framework. Until then, many parents remain invisible victims in a system not yet designed to see them.



The Hidden Reality in the UK

Child-to-Parent Violence and Abuse (CPA) is far more widespread in the UK than official statistics suggest. Although precise data is limited due to underreporting and inconsistent recording practices, research and frontline reports indicate a growing and deeply concerning trend. Studies from organisations such as the **Centre for Justice Innovation (2021)** and **PEGS (2023)** estimate that thousands of families experience some form of CPA each year — with mothers being disproportionately affected.

Many cases go unreported out of fear, shame, or the belief that authorities will not take the problem seriously. Parents often describe feeling trapped between protecting themselves and protecting their child from the consequences of criminalisation. This silence perpetuates invisibility, leaving many to cope in isolation and without adequate support.

Frontline professionals have begun to recognise CPA as an urgent safeguarding issue. Police data from several UK forces show rising reports of domestic incidents involving children as aggressors, especially among those aged 13 to 17. However, these figures likely represent only a fraction of the problem. Many families seek help through health services, schools, or voluntary organisations rather than the police, meaning much of the abuse remains hidden within the home. Practitioners also face dilemmas: should they prioritise the welfare of the child as a minor or the safety of the parent as a victim? Without clear policy direction, responses can vary widely across regions, often depending on individual understanding rather than consistent procedure.



The Toll on Parents and Families

Child-to-parent abuse (CPA) profoundly affects family life, turning homes into spaces of fear rather than safety. Parents often live in constant vigilance, anticipating outbursts, which can lead to chronic stress, anxiety, depression, and PTSD. Feelings of shame, guilt, and isolation are common, as parents fear judgment or blame themselves for the abuse. Bonds with the child can become strained, with affection replaced by fear.

CPA impacts the wider family as well. Siblings may experience secondary trauma, and marital relationships often suffer due to differing approaches to the abuse. Social withdrawal is frequent, cutting families off from essential support networks.

The emotional toll on parents and families is profound. Parents report living in constant fear of violent outbursts, verbal degradation, or property destruction. Siblings, too, are often secondary victims — witnessing aggression and internalising trauma. In some cases, families are forced to separate for safety, with parents sleeping in their cars or relocating temporarily.

Despite this, parents frequently express love, guilt, and confusion, torn between fear and the instinct to care for their child. The complexity of CPA challenges simple solutions and demands a shift from blame to understanding. The UK is only beginning to confront this hidden form of domestic abuse, and recognising it publicly is the first step toward building systems that offer safety, empathy, and accountability for all involved.



Risks of Child-to-Parents Abuse

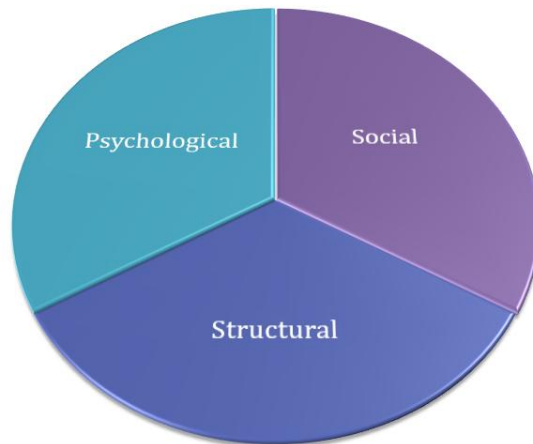
Child-to-parent abuse (CPA) poses serious risks to parents, children, siblings, and the wider family system, as well as to broader social networks.

- ✚ **Physical and Emotional Harm to Parents:** CPA can involve physical violence, threats, and property damage, placing parents at risk of injury. Emotional abuse—including verbal threats, intimidation, and manipulation—can result in chronic stress, anxiety, depression, and symptoms of PTSD. Over time, parents may experience feelings of helplessness, guilt, and fear within their own homes.
- ✚ **Impact on Children:** Children engaging in CPA are often struggling with underlying mental health issues, trauma, or substance misuse. Without intervention, they risk escalating patterns of aggression, school exclusion, involvement in criminal activity, and long-term difficulties in forming healthy relationships.
- ✚ **Family Dynamics:** CPA disrupts family relationships and can create persistent conflict between siblings and between parents, potentially leading to family fragmentation. Marital or co-parenting relationships may be strained by disagreements over how to respond, further destabilising the household.
- ✚ **Social Isolation and Stigma:** Parents may withdraw from friends, colleagues, and community activities to hide the abuse, reducing access to vital social support. Stigma surrounding CPA can exacerbate isolation and delay help-seeking.
- ✚ **Long-Term Socioeconomic Risks:** CPA can indirectly lead to financial strain due to property damage, legal costs, missed work, or the need for specialised services. Persistent abuse may also limit parents' ability to engage in employment or education, while children may face educational disruption or contact with youth justice services.
- ✚ **Intergenerational Impact:** If unaddressed, CPA can contribute to cycles of abuse, with children potentially normalising aggression as a way to resolve conflict, perpetuating patterns of violence into adulthood.



Why does it Happen?

Child-to-parent abuse (CPA) arises from a complex interplay of psychological, social, and structural factors.



Child-to-parent abuse (CPA) arises from a complex interplay of psychological, social, and structural factors. Psychologically, children who engage in CPA may struggle with emotional regulation, impulse control, or underlying mental health conditions such as anxiety, depression, ADHD, or personality disorders. Trauma, including exposure to domestic violence or neglect earlier in life, can also increase risk.

Social factors play a key role. Peer influence, substance misuse, and patterns of learned behaviour within the family can normalise aggression. In some cases, unclear boundaries or inconsistent parenting may exacerbate conflict, though it is crucial to note that abuse is never the parent's fault.

Structural factors in the UK context—such as poverty, housing instability, and limited access to mental health or family support services—can intensify stress within households and reduce opportunities for early intervention. Together, these factors create conditions in which CPA can develop and persist.

The Factors behind CPA in UK context

<p style="text-align: center;">Psychological</p>	<p>Children who engage in CPA often struggle with emotional regulation and impulse control. They may have underlying mental health conditions such as anxiety, depression, ADHD, or personality disorders, which can intensify frustration and aggressive behaviour. Early exposure to trauma—such as witnessing domestic violence, experiencing neglect, or suffering abuse—can shape maladaptive coping strategies. Some children use aggression to assert control or express unmet emotional needs when they lack healthier outlets for stress and frustration.</p>
<p style="text-align: center;">Social</p>	<p>A child's environment strongly influences the development of abusive behaviours. Peer pressure, involvement in gangs, or substance misuse can reinforce aggression and disrespect for authority. Patterns of learned behaviour within the family—such as parents resolving conflict through anger or aggression—can normalise abusive responses. Unclear boundaries, inconsistent parenting, or over-permissiveness may further exacerbate tension and conflict. Importantly, CPA is never the fault of the parent.</p>
<p style="text-align: center;">Structural</p>	<p>Socioeconomic pressures significantly contribute to family stress that can trigger or worsen CPA. Poverty, housing instability, and overcrowded living conditions increase tension within households. Limited access to mental health services, family support programmes, or early intervention schemes can mean that signs of escalating conflict go unaddressed. Schools and social care systems, already under strain, may struggle to provide timely support for at-risk families. Cultural and societal stigma around CPA can also prevent families from seeking help, leaving abusive dynamics unchecked. Together, these structural challenges create conditions in which CPA is more likely to emerge and persist, even in families where parents are attentive and caring.</p>



UK Statistics on Child-to-Parent Abuse

Child-to-parent abuse (CPA) remains a significant yet underreported issue in the UK. Research indicates that approximately 3% of UK families experience CPA, though this figure is likely an underestimation due to the hidden nature of the abuse [Pegsupport](#). A 2022 study commissioned by London's Violence Reduction Unit found that over 40% of CPA incidents go unreported to the police. Parents often hesitate to report due to fears of criminalising their child, social stigma, and concerns about potential child removal [The Guardian](#).

The prevalence of CPA is notably high among youth offending cases. A study by Respect and Numbers for Good revealed that CPA accounts for 21–27% of cases in youth offending services, with 64–67% of police domestic abuse incidents involving suspects under 18 [Respect](#).

Gender dynamics also play a role; the majority of known CPA cases involve adolescent boys and their mothers. However, incidents involving young women and girls are less frequently reported and may receive different responses from services [The Guardian](#).

The COVID-19 pandemic exacerbated the situation, with 70% of parents reporting an increase in CPA incidents during lockdowns. Confinement and heightened family stress created a "pressure cooker" environment, intensifying existing tensions [University of Oxford](#).

These statistics underscore the urgent need for comprehensive support systems and public awareness to address CPA effectively.



Case for change

Child-to-parent abuse (CPA) is a serious but often overlooked form of domestic abuse that has far-reaching consequences for families, communities, and society. Current research and service data indicate that CPA affects thousands of UK households each year, yet awareness, early intervention, and specialist support remain limited. Many parents suffer in silence due to stigma, fear of judgment, or concern about the consequences for their child, leaving abuse unreported and unaddressed.

The impact of CPA extends beyond the immediate family. Children who engage in abusive behaviours may be at higher risk of involvement with the criminal justice system, school exclusion, or long-term mental health challenges. Parents and siblings experience chronic stress, anxiety, and trauma, while strained family relationships can fragment social networks and reduce community cohesion.

Despite its prevalence, CPA receives disproportionately little attention compared with other forms of domestic abuse. Services are under-resourced, and professionals may lack the training to recognise or respond effectively to CPA. Without systemic change—including increased awareness, specialist intervention, and multi-agency collaboration—families remain trapped in cycles of fear, isolation, and unresolved trauma.

Addressing CPA is not only a moral imperative but a social and economic one. Early intervention can reduce the long-term costs to healthcare, social services, and the criminal justice system while preserving family relationships and improving outcomes for children and parents alike. A proactive, evidence-based approach can transform how society recognises and responds to this hidden form of abuse, ensuring safety, support, and dignity for affected families.



Towards Better Responses:

What the UK Can Do?

Addressing child-to-parent abuse (CPA) in the UK requires a strategic, multi-layered, evidence-based response that recognises the complexity of the issue and goes beyond immediate crisis management. CPA not only endangers the physical and emotional safety of parents but also has profound consequences for children, siblings, and the wider family system. Effective interventions must balance protection with support, ensuring that parents feel safe while children receive the guidance, therapy, and behavioural support they need to address the underlying causes of their aggression. Early identification of risk factors—such as trauma, mental health difficulties, substance misuse, or patterns of learned behaviour—is essential to prevent escalation.

A holistic approach integrates mental health services, parenting support, educational interventions, and community resources, recognising that no single solution can address the multi-dimensional nature of CPA. By adopting a comprehensive, coordinated response, the UK can break cycles of abuse, reduce long-term harm, and empower families to rebuild trust, resilience, and stability within the home.

- ✚ **Raise Awareness and Reduce Stigma**
- ✚ **Early Intervention and Support Services**
- ✚ **Multi-Agency Collaboration**
- ✚ **Training and Guidance for Professionals**
- ✚ **Tailored Legal and Policy Measures**
- ✚ **Strengthen Research and Data Collection**
- ✚ **Community and Peer Support**

By combining awareness, early intervention, coordinated services, and policy reform, the UK can develop a proactive, compassionate, and effective response to CPA—one that protects parents, supports children, and strengthens family relationships for the long term.



Raise Awareness and Reduce Stigma

One of the greatest barriers to addressing child-to-parent abuse (CPA) in the UK is the lack of public awareness and understanding of the issue. Many parents feel shame, guilt, or fear judgment, believing that abuse by a child reflects their failure as a parent. This stigma discourages families from seeking help, leaving abusive dynamics unreported and unresolved. Raising awareness is therefore essential, both to validate parents' experiences and to shift societal perceptions of CPA as a legitimate form of domestic abuse.

Awareness campaigns can target the general public, professional sectors, and community organisations, highlighting the signs, impacts, and support options for CPA. Schools, healthcare providers, social services, and law enforcement all need education and training to recognise the abuse, respond appropriately, and avoid victim-blaming. Media coverage that responsibly reports on CPA can also play a role in normalising open discussion while reducing shame.

Reducing stigma also involves framing CPA as a behavioural and relational issue rather than a moral failing. Parents must be reassured that seeking help is a sign of strength, not weakness, and that early intervention can prevent escalation while protecting both themselves and their children. By fostering an environment of understanding, empathy, and non-judgment, the UK can encourage more families to come forward, access support, and begin the process of recovery.



Early Intervention and Support Services

Early intervention is crucial in addressing child-to-parent abuse (CPA) because it can prevent abusive behaviours from escalating and reduce long-term harm to both parents and children. Many families experiencing CPA struggle silently for months or years before seeking help, often due to shame, fear of judgment, or uncertainty about where to turn. Providing timely, accessible support services ensures that families can access help before patterns of abuse become entrenched.

Support services should be holistic and tailored to the needs of the whole family. For parents, this may include counselling, safety planning, peer support groups, and access to practical resources. For children displaying abusive behaviour, services might involve mental health support, behavioural therapy, anger management programmes, substance misuse treatment, and educational interventions. Family therapy can help address relational dynamics, improve communication, and rebuild trust between parents and children, while also promoting healthier coping strategies and conflict resolution skills.

Effective early intervention also requires proactive identification of risk factors. Professionals across healthcare, social care, education, and youth services must be trained to recognise signs of CPA, assess family risk, and refer cases to specialist support promptly. This includes recognising underlying issues such as trauma, mental health difficulties, or social stressors that may contribute to abusive behaviour.

By prioritising early intervention and accessible support services, the UK can reduce the immediate and long-term impacts of CPA, break cycles of abuse, and help families develop resilience. Timely support empowers parents to maintain safety and authority, while children receive the guidance and treatment necessary to change behaviour and restore family relationships.



Multi Agency Collaboration

Effectively addressing child-to-parent abuse (CPA) requires a coordinated, multi-agency approach that brings together education, social care, healthcare, law enforcement, and community services. CPA is a complex issue, influenced by psychological, social, and structural factors, so no single agency can address it in isolation. Collaboration ensures that families receive comprehensive support, risks are properly assessed, and interventions are consistent and coordinated.

Schools play a critical role, often identifying early signs of behavioural problems, aggression, or trauma in children. Social services can provide safeguarding, counselling, and family support, while healthcare professionals address mental health and developmental needs. Police and youth justice services are essential for managing situations involving physical violence or criminal activity, ensuring safety while avoiding unnecessarily punitive approaches that may exacerbate family stress. Community organisations and voluntary support networks add further capacity, offering peer support, advocacy, and practical resources.

Effective multi-agency collaboration relies on clear communication, shared protocols, and agreed-upon risk assessment frameworks. Regular information sharing, joint planning, and case reviews prevent gaps in support and reduce the likelihood of abuse escalating. Training across agencies ensures that professionals understand CPA, recognise the signs, and respond without blame or stigma.

By integrating the expertise and resources of multiple sectors, the UK can provide families affected by CPA with coordinated, timely, and holistic support. This approach enhances protection, promotes early intervention, and empowers families to rebuild trust, safety, and stability.



Training and Guidance for Professionals

A critical component of an effective response to child-to-parent abuse (CPA) is ensuring that professionals across all relevant sectors are well-trained and equipped to recognise, assess, and respond appropriately. CPA is often hidden, misunderstood, and minimised, and without specialised training, professionals may fail to identify early warning signs or inadvertently blame parents for the abuse. Comprehensive training ensures that teachers, social workers, healthcare practitioners, police officers, and youth justice staff can respond with both competence and empathy.

Training should cover the nature and dynamics of CPA, including its psychological, social, and structural drivers. Professionals need guidance on recognising both physical and emotional abuse, understanding risk factors such as trauma, mental health issues, or substance misuse, and distinguishing between disciplinary conflict and coercive behaviour. It should also provide clear protocols for intervention, safety planning, referral pathways, and safeguarding, ensuring families receive timely and consistent support.

In addition, training must emphasise the importance of avoiding victim-blaming and understanding the unique challenges parents face, including shame, fear of judgment, and social isolation. Practical skills, such as de-escalation techniques, conflict resolution strategies, and effective communication with children displaying aggressive behaviour, are essential. Multi-disciplinary training can further enhance collaboration across agencies, promoting shared understanding, coordinated responses, and continuity of care.

By investing in high-quality training and clear guidance, the UK can empower professionals to respond effectively to CPA, safeguard parents, support children in changing harmful behaviours, and ultimately reduce the long-term impact of abuse on families and communities.



Tailored Legal and Policy Measures

A comprehensive response to child-to-parent abuse (CPA) requires legal and policy frameworks that protect parents while addressing the needs of children displaying abusive behaviour. Current legislation often focuses on adult domestic abuse or youth offending, leaving CPA under-recognised and under-addressed. Tailored measures are needed to ensure that parents are safeguarded, children receive appropriate support, and interventions are proportionate and rehabilitative rather than purely punitive.

Legal measures should provide clear protections for parents, including restraining orders or emergency interventions when abuse escalates to physical violence, threats, or coercion. At the same time, policies should prioritise the welfare of children, recognising that many are acting out due to trauma, mental health issues, or social disadvantage. Diversionary programmes, restorative justice approaches, and access to therapeutic interventions can help children modify abusive behaviours while maintaining family connections whenever safe and appropriate.

Policy frameworks should also strengthen multi-agency coordination, ensuring that social services, law enforcement, education, and health providers operate within clear guidance for risk assessment, reporting, and intervention. Funding for specialist CPA services, training for professionals, and public awareness campaigns should be embedded within national and local strategies.

By adopting legal and policy measures tailored to the dynamics of CPA, the UK can provide a balanced approach that protects parents, addresses the root causes of children's abusive behaviour, and promotes long-term family stability and wellbeing. Such measures recognise CPA as a serious form of domestic abuse requiring both protection and support, not stigma or blame.



Strengthen Research and Data Collection

Addressing child-to-parent abuse (CPA) effectively requires a robust evidence base, yet in the UK, comprehensive data on the prevalence, causes, and outcomes of CPA remains limited. Without accurate statistics and research insights, policymakers, practitioners, and support services face significant challenges in designing interventions, allocating resources, and measuring impact. Strengthening research and data collection is therefore essential for understanding the scale of the problem, identifying at-risk families, and developing evidence-based strategies.

This includes systematic collection of data on the frequency, severity, and types of CPA, as well as demographic information such as age, gender, socioeconomic status, and family composition. Research should also explore the psychological, social, and structural factors contributing to abuse, the effectiveness of existing interventions, and the long-term impacts on both parents and children. Qualitative studies capturing parents' lived experiences can highlight barriers to disclosure, help-seeking, and service access, providing crucial insight into the human dimensions of CPA.

Improved data collection enables early identification of trends and hotspots, helping agencies to target resources where they are most needed. It also allows for rigorous evaluation of interventions, ensuring that support services are effective, scalable, and responsive to evolving needs.

By investing in high-quality research and comprehensive monitoring, the UK can develop a more strategic, evidence-based response to CPA, ultimately improving outcomes for families and breaking cycles of abuse.



Community and Peer Support

Community and peer support play a vital role in helping families affected by child-to-parent abuse (CPA) to break cycles of abuse and reduce isolation. Parents often experience shame, guilt, and fear of judgment, which can prevent them from seeking help. Community-based initiatives, local support groups, and peer networks offer a safe space for parents to share experiences, gain practical advice, and access emotional support from others who understand the challenges they face.

Peer support can also help normalise the discussion of CPA, reduce stigma, and encourage earlier engagement with professional services. Support groups tailored for children exhibiting abusive behaviours can provide a structured environment where they learn healthy communication, anger management, and conflict resolution skills, guided by trained facilitators. Community organisations can complement formal services by offering practical resources, workshops, and outreach programmes that strengthen family resilience and cohesion.

Collaboration between community groups, voluntary organisations, and statutory services ensures that support is accessible, inclusive, and responsive to the diverse needs of families. By fostering networks of understanding and solidarity, community and peer support initiatives empower parents to regain confidence and authority, help children develop positive coping strategies, and promote safer, more stable family environments.



Conclusion

Child-to-parent abuse (CPA) is a hidden yet urgent crisis in the UK, affecting thousands of families each year. Its consequences reach far beyond immediate physical harm, causing profound emotional trauma, fractured family relationships, and long-term societal and economic burdens. Many parents suffer in silence, burdened by shame and fear of judgment, which delays help-seeking and allows abuse to escalate.

Tackling CPA demands a coordinated, evidence-based response that protects parents while addressing the needs of children displaying abusive behaviour. Early intervention, specialist support services, multi-agency collaboration, professional training, targeted legal measures, research, and community-based initiatives are essential. By implementing these strategies, families can break cycles of abuse, restore safety, and rebuild trust and stability within the home.

CPA is not a reflection of parental failure; it is a complex social and behavioural issue that requires decisive action. By raising awareness, reducing stigma, and investing in holistic support and policy reform, the UK can safeguard parents, guide children toward positive behaviours, and strengthen family resilience. Now is the time to act—ensuring that families are empowered, protected, and supported to thrive for generations to come.



Resources

Support Services for Parents and Families

- **Parents Against Child Abuse (UK)** – Helpline, support groups, and resources for parents experiencing CPA.
- **Family Lives** – Provides advice, emotional support, and practical guidance for families under stress: <https://www.familylives.org.uk>
- **Refuge (Domestic Abuse Helpline)** – Offers guidance for parents experiencing domestic abuse, including child-to-parent scenarios: <https://www.refuge.org.uk>
- **Victim Support** – Free confidential support for parents experiencing abuse in the home: <https://www.victimsupport.org.uk>
- **YoungMinds** – Support for children and young people with behavioural or mental health challenges contributing to CPA: <https://www.youngminds.org.uk>

Professional Guidance & Training

- **Respect – Child-to-Parent Violence Toolkit** – Guidance for social workers, educators, and practitioners on recognising and responding to CPA: <https://www.respect.org.uk>
- **NSPCC Learning** – Training and resources on child abuse, family dynamics, and safeguarding: <https://learning.nspcc.org.uk>
- **SafeLives** – Tools for domestic abuse risk assessment, multi-agency collaboration, and intervention: <https://www.safelives.org.uk>

Research & Policy Resources

- **Respect – Child-to-Parent Violence Toolkit** – Guidance for social workers, educators, and practitioners on recognising and responding to CPA: <https://www.respect.org.uk>
- **NSPCC Learning** – Training and resources on child abuse, family dynamics, and safeguarding: <https://learning.nspcc.org.uk>
- **SafeLives** – Tools for domestic abuse risk assessment, multi-agency collaboration, and intervention: <https://www.safelives.org.uk>

Community & Peer Support

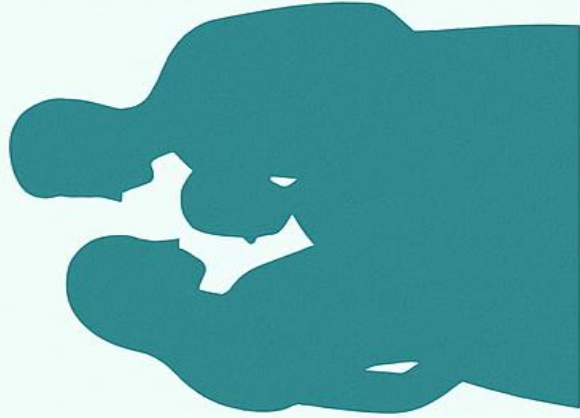
- **Local Council Family Support Services** – Check your local council for parent support groups and family therapy services.
- **Peer-led Online Forums** – Closed, moderated forums where parents can discuss CPA safely, e.g., <https://www.netmums.com> parenting support sections.

Helplines

- **National Domestic Violence Helpline:** 0808 2000 247
- **Childline:** 0800 1111
- **Samaritans:** 116 123

Child-to-Parent Abuse (CPA)

Supporting Families.
Protecting Parents.
Helping Children.



You are not alone.
Help is available.

What is Child-to-Parent Abuse?

Children's abuse of their parents

- Physical violence (hitting, kicking, throwing objects)
- Verbal abuse (shouting, insults, threats)
- Emotional manipulation or intimidation.
- Property damage

Important: CPA is never the parent's fault.

Children often act out due to trauma, mental health issues, or behavioural challenges



How to Get Help

Support Services for

Parents

- Parents Against Child Abuse (UK) <https://www.pegssupport.co.uk>
- Family Lives <https://www.familylives.org.uk>
- Refuge <https://www.refuge.org.uk>
- Victim Support <https://www.victimsupport.org.uk>

Support for Children

- YoungMinds <https://www.youngminds.org.uk>
- Childline 0800 1111
- Samaritans 115 129

CPA is complex, but with support, families can regain safety, stability, and hope.

Taking Action Against CPA

1. Recognise the Signs
2. Seek Support Early
3. Build a Safety Plan
4. Engage Professional Help
5. Reduce Stigma

There are...

...resources available

to help you

take the next steps

