

Worksheet 8

Understanding the Person of Concern / Young Person of Concern

This is not about blame. It is about understanding behaviour so you can protect yourself and your children. This worksheet applies to both an adult person of concern (POC) and a young person of concern (Y-POC). Complete the section that is relevant to your situation, or both.

SECTION A – If the person of concern is an ADULT (POC)

Behaviour I have seen or know about	Who could this put at risk?	How worried am I? (0–10)

Risk factors I recognise in the adult POC (tick any that apply):

☐ Mental-health difficulties	☐ Substance use
☐ History of trauma or abuse	☐ Impulsivity / poor self-control
☐ History of violence or sexual offending	☐ Social isolation
☐ Access to / use of pornography	☐ Patterns of grooming behaviour
☐ Minimises or denies behaviour	☐ Breaches boundaries / rules

SECTION B – If the person of concern is a YOUNG PERSON (Y-POC)

Remember: a Y-POC is a child or young person who has displayed harmful sexual or other abusive behaviour. They are both a risk and a person with needs of their own.

Behaviour I have seen or know about	Who could this put at risk?	How worried am I? (0–10)

Risk factors I recognise in the Y-POC (tick any that apply):

☐ Has experienced trauma or abuse themselves	☐ Difficulties with relationships or peers
☐ Exposure to pornography / harmful online material	☐ Social isolation or exclusion
☐ Mental-health or emotional difficulties	☐ Impulsivity / poor self-control
☐ Lack of empathy or remorse	☐ History of challenging or harmful behaviour
☐ Minimises or denies what happened	☐ Seeks unsupervised access to younger/ vulnerable children

What specific supervision arrangements are in place for the Y-POC?