



## Community Sex Offender Group Programme (CSOGP)

### What is CSOGP?

This is a group programme for men who have committed sexual offences. The court may have ordered you to follow this programme as part of a community sentence, or it may be a condition of your prison licence.

### How will it help me?

The programme will help you understand and change your sexually abusive behaviour so that you do not commit similar offences again.

### What will I do in the group?

#### You will:

- work with other men convicted of similar offences
- learn new ways to think about problems and make decisions
- learn to deal with problems without offending and learn ways to control your behaviour

#### You must:

- attend all sessions, arrive on time and stay to the end
- face up to what you have done and, if need be, make changes in your life to avoid re-offending
- actively take part and do work between sessions
- arrive with a clear head, not under the influence of drugs, alcohol or solvents
- treat tutors and other group members with respect
- respect confidentiality

- turn off your mobile phone

### How long does the group last?

You will need to attend every day for the first week of the programme.

Next you will need to follow five full days or 10 half days at weekly intervals. This is the Induction Programme. It is not possible to follow the induction sessions during the evening.

You would need to take time off work for this.

The next stage is a treatment session of half a day a week for up to two years. If you are working you may follow these treatment sessions in the evening.

After the Induction stage, if you are assessed as not needing the long-term Treatment stage, we may put you on a 65-hour Relapse Prevention programme instead.

You will also have meetings on your own with your offender manager before, during and after the programme.

### What happens if I miss a session?

You have to come to every session. If you miss a session you will need to do a catch-up session before you can carry on with the group. The programme is split into modules. If you miss more than two sessions in any module, you will need to do the whole module again. If you miss two sessions without good reason, you will be in breach of your Order and will have to go back to court.

### How will I know if I am making progress?

We will report back regularly to your offender manager who will discuss your progress with you. We will ask you a set of questions at the start and end of the programme. This will show how much your skills and views have changed.

## **Who do you share information with?**

Our staff keep information about you in paper records and on computer. We keep all records safe and secure. If you wish to know more, please ask your offender manager for details.

## **Do you record sessions?**

We record all programme sessions. We watch the recordings to check how programme facilitators have delivered the programme. Offender managers may use the recordings, for example if someone's behaviour in the group leads to enforcement action.

## **Diversity**

The Probation Service is committed to valuing and respecting differences between individuals. If you have concerns or questions about race, religion, culture, gender, sexual orientation, childcare or other issues, please discuss this as soon as possible with your offender manager.

## **Remember.....**

We must take you back to court if you fail to attend two group sessions or other probation appointments without good reason.