

Safeguarding Snapshot - 12.06.26

Understanding Child-to-Parent Aggression & Violence (CAPA / CAPVA)

It can be incredibly isolating and frightening when a child or young person directs physically or emotionally harmful behaviour toward a parent or caregiver at home. This issue is far more common than most people realise, but it is deeply under-reported because parents often feel too much shame or fear to speak out.

Many parents suffer in silence, but recent research shows how widespread this challenge really is:

- At least 40% of parents who experience violence from their children choose not to report it. The most common reasons are feeling deep shame or fearing that their child will end up in the criminal justice system.
- Studies show that CAPA features in up to 27% of youth offending cases and accounts for up to 67% of police domestic abuse incidents involving a suspect under 18.
- Often, the stress of what is happening at home starts showing up at school first through changes in a child's behaviour, dropping attendance, or emotional struggles. School staff are there to help, and opening up to them can be a safe first step.

Where to Find Help: Capa First Response

You do not have to navigate this by yourself. Capa First Response CIC is a specialist, UK-wide organisation dedicated to helping families experiencing child-to-parent aggression.

They use a non-blaming, relational approach. Instead of just trying to manage or punish the surface behaviour, they work with you to understand the deeper reasons beneath why your child is acting out. Notably, they purposely avoid using the word abuse when describing a child's behavior, focusing instead on healing the family dynamic.

Who They Support

- Children and young people up to age 18.
- Young people up to age 25 if they have additional needs or are neurodivergent (whether they have a formal diagnosis or not).

Because Capa First Response operates as an online platform, their support is accessible to any family across the UK, no matter where you live. Their services are in high demand; referrals doubled last year alone, but their impact is clear: 98% of families who used their services reported a real improvement in their parent-child relationship.

Next Steps & Resources

If you or someone you know is experiencing this please contact the Vyners safeguarding team via the school office office@vynersschool.org.uk.

You can also find more information, resources, and options for support directly on their platform, capafirstresponse.org.