THIS BOOKLET...

- HELPS YOU UNDERSTAND WHAT SEXUAL EXPLOITATION CAN BE
- GIVES YOU INFORMATION THAT EMPOWERS YOU TO MAKE POSITIVE CHOICES
1) Targeting/Contacting
The groomer, could be a male or female and will be looking for a young person or a group of young people in places such as schools, parks or by creating false profiles on the internet. They will show an interest in you and perhaps offer you something, for example, a cigarette, a drink or someone to talk to for support.

2) Relationship Building/Sharing Activities
The groomer will want to keep contact with you and may give you a mobile phone. They may compliment you on your looks and maturity; do favours for you, such as giving you a lift; do fun things with you. You may begin to spend less time with your friends and family.

3) Fake Loving Relationship/Friendship
You may enter a sexual relationship with the groomer. Within the fake friendship you may be introduced to sex through, for example, porn or watching sexual acts. You may think everything is fine and that you are in control, but the groomer is slowly gaining more control.

4) Control and Reinforcement
This is when you and the groomer do things that can be dangerous and/or against the law like drinking, taking/selling drugs or criminal activity. You may be forced to do sexual favours in return for not being hurt or for something you need. This may include violence or threats of violence.

5) Abusive Relationship/Sexual Exploitation
This is when you may be forced into having sex with others for something you need or want, by either force or persuasion. Groomers can persuade you to do sexual things like being filmed performing sexual acts by using emotional blackmail and making it sound normal.

TRAFFICKING: IT’S WHEN CHILDREN OR YOUNG PEOPLE ARE MOVED FROM ONE PLACE TO ANOTHER TO BE EXPLOITED, INCLUDING SEXUAL EXPLOITATION.
STAY SAFE

• Tell someone where you’re going and when you’ll be back.
• Make sure your phone is charged and you have credit to use it.
• Make sure you have enough money to get home.
• Only use a licensed taxi firm and if you’re in a taxi alone let someone know the driver’s badge number.
• Look after your drink. Drugs are used to spike drinks and can be hard to spot.
  • Avoid drinking too much alcohol.
• Trust your gut feeling. If you think something is wrong, tell someone you trust. If they won’t listen tell someone else.
  • Speak out.
• Don’t do anything you are not comfortable with.
• Don’t pressure someone else into having sex.
  • It’s OK to say no; it’s your choice.
• Whatever anyone else says it’s not your fault. You don’t deserve it.
• You can stop at any time, even when you think things have gone too far!

BEING HONEST AND TALKING ABOUT EMBARRASSING THINGS IS HARD, BUT IT’S IMPORTANT THAT YOU TRY! REMEMBER THAT ABUSE IS NEVER YOUR FAULT.

YOU COULD SPEAK TO: A PARENT, CARER, TEACHER, SOCIAL WORKER, YOUTH OR KEY WORKER OR ANY OTHER WORKER YOU TRUST.

ONLINE SAFETY

THINGS THAT CAN KEEP YOU SAFE

• Never put your full address on your site; it’s best to leave the space blank, or if you want to add some information, make sure that you make your profile private so that only your friends can see it!
• It’s a good idea to use a nickname rather than your full name; your friends will know it’s your nickname so will know it’s you!
• It’s a good idea to put your real age on your site – if you lie and say you are older, you may get an adult trying to contact you.
• It’s also not a good idea to put your mobile number on your site – your real friends will already have it!
• Use your privacy settings! Adjust your account settings so only approved friends can instant message you. This means that people you don’t want to see your profile can’t!

IF ANYTHING MAKES YOU SUSPICIOUS TELL AN ADULT YOU TRUST OR REPORT YOUR CONCERNS.

INFORMATION FROM:
WWW.THINKUKNOW.CO.UK | WWW.FACEUP2IT.ORG
THINGS THAT MAY PUSH YOU INTO DIFFICULT SITUATIONS

- Accepted as part of a group.
- Feeling unpopular or unloved.
- Being part of an alternative scene, such as a gang.
- Getting a buzz from doing something risky or rebellious.
- Poor relationships with authority figures such as police, teachers, parents, social worker.
- Not going to school or exclusion from school.
- Problems at home.
- Feeling alone and isolated.
- Exploring your sexuality.
- Running away.
- Paying a debt.
- Being bullied or threatened.
- Feeling not listened to.

SEXUAL EXPLOITATION IS LESS TALKED ABOUT WITH BOYS AND BOYS ARE LESS LIKELY TO CONTACT SERVICES FOR HELP AND SUPPORT.

TRICKS USED BY ABUSERS

- Groomed through sports such as football, swimming, athletics.
- Invited and taken to houses and flats by other young people for parties.
- Given alcohol, drugs, money and gifts.
- Having a controlling partner who then forces you to have sex with their friends.
- Friends who introduce you to abusive people.
- Offered somewhere to stay in return for sex.
- Meeting someone through the internet who are not who they say they are.
- Meeting people through online video games.
- Wanting to be accepted by other young people.
- Given lifts, taken to new places and having adventures with someone you have just met.
- Someone making you feel good about yourself then becoming abusive.
- Being taken into red light or cruising areas.
If you suspect that a family member or friend could be at risk of sexual exploitation, these are some signs to look out for:

- Going missing for either short periods of time or days.
- Staying out late or not knowing where they are.
- Being secretive about where and who they are going with.
- Distancing themselves from family and friends.
- Change in behaviour, such as, withdrawn or aggressive.
- A change in appearance, for example, not caring for themselves or bathing constantly.
- Having things you haven’t bought for them or given to them that are unexplained.
- Sexualised behaviour, touching people when they don’t want it.
- Being picked up by people you don’t know.
- A change in academic performance.
- Increase in drug or alcohol use.
- Starting to miss school/college/training/work.

An abuser, male or female, exploiting children or young people has some kind of power over them, be it their age, gender, intellect, physical or financial means.

Substance use
Eating disorder
Shocked
Nightmares
Flashbacks
Depressed
Suicidal
Ashamed
Made to feel it’s a secret
Snitching, grassing
Worthless
Tormented

It’s hard to recover from sexual abuse by yourself. You can do it if you ask for help! Look on the back page for help and support.
YOU ARE NOT ALONE!

If you suspect a situation of abuse or trafficking or that someone you know is being groomed for sexual purposes ring:

Rape and Abuse Women 0808 8000 123
Men 0808 8000 122
24hr National Domestic Violence 0808 2000 247
New Pathways - Rape Crisis and Sexual Abuse Support Services 01685 379 310
Emergency 07423 437 020
Broken Rainbow - National LGBT Domestic Violence Helpline 0300 999 5428
FPA Sexual Health Helpline 0845 122 8690
www.fpa.org.uk
NHS Direct: 111 www.nhsdirect.nhs.uk
Drug/Alcohol Support: Talk to Frank 0800 776 600 TXT 82111
www.talktofrank.com
Meic – Information, advice and support for your life 0808 802 3456
Email: help@meic.org.uk
www.meic.org.uk
Childline: 0800 1111 (24hr helpline)
www.child-line.org.uk
NSPCC (information) 0808 800 5000
e-mail: help@nspcc.org.uk
Samaritans 08457 90 90 90
www.samaritans.org
Missing or Runaway Helpline: 116000
Children’s Rights
Children’s Commissioner for Wales
www.childcom.org.uk
THE SERAF SERVICE WAS STARTED IN 2006 BY BARNARDO’S CYMRU. THE SERVICE SUPPORTS YOUNG PEOPLE ACROSS WALES. THIS BROCHURE WAS DESIGNED BY YOUNG PEOPLE TO RAISE AWARENESS ABOUT CHILD SEXUAL EXPLOITATION. WE WOULD LIKE TO SAY A BIG THANK YOU TO; THE YOUNG PEOPLE OF THE SERAF SERVICE, GRASSROOTS, BRIDGES RCT PROJECT AND SAFER WALES.

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