

What are the signs?

Children and young people who are the victims of sexual exploitation often do not recognise they are being exploited. However, there are signs that a young person may be being groomed or abused.

These might include:

- being taken into a hotel room by adults who do not seem to be family members
- being in a hotel room which is visited by a number of additional adults
- going by taxi to a hotel or other venue to meet a group of adults who do not seem to be family members
- being out late with older adults who do not seem to be family members
- being bought alcoholic drinks by adults although the young person is intoxicated
- being bought food/drinks by a much older adult they treat as a boyfriend / girlfriend
- indications of sexual activity with adults significantly older than the young person
- indications of sexual activity with a young person you know or suspect to be under 16

What can I do?

In your work you may see or suspect child sexual exploitation. Talk to your manager, staff and colleagues about what you can do to protect children from being at risk where you work, and how you could act if you did suspect abuse.

You can ask your local council for guidance on what to do and who to contact about concerns.

If you do suspect sexual exploitation, you can help protect young people by:

- contacting the police on 999 if a young person may be in immediate danger
- raising your concerns immediately with your manager or senior staff
- letting customers know that your company will not tolerate child sexual exploitation
- letting young people know how to get help, for example by putting up information about children's helplines or local services
- telling the police and your local council about your concerns.

Os ydych chi'n poeni bod plentyn mewn perygl o ddiweddef camfanteisio rhywiol, efallai y byddwch chi eisiau cysylltu ag un o'n prosiectau camfanteisio rhywiol arbenigol i gael cyngor: www.barnardos.org.uk/specialist_sexual_exploitation_projects

Os yw'r plentyn mewn perygl uniongyrchol, ffoniwch 999 neu cysylltwch â'r heddlu lleol.

If you are concerned that a child is at risk of sexual exploitation, you may want to contact one of our specialist sexual exploitation projects for advice: www.barnardos.org.uk/specialist_sexual_exploitation_projects

If a child is in immediate danger, call 999 or contact the local police.

Mae Barnardo's wedi lansio ymgyrch o'r enw Torri'n Rhydd i leihau nifer y plant sy'n dioddef erchylltra camfanteisio rhywiol yn y DU.

Gallwch gael rhagor o wybodaeth a dangos eich cefnogaeth yn: www.barnardos.org.uk/cutthemfree

Barnardo's has launched its Cut them free campaign to reduce the number of children experiencing the horror of sexual exploitation in the UK.

You can find out more and show your support at: www.barnardos.org.uk/cutthemfree

Credwch mewn plant Believe in children



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Ydych chi'n gweithio yn y sector gwasanaethu? Do you work in the service sector?

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Helpwch i dorri plant a phobl ifanc yn rhydd o gamfanteisio rhywiol
Help cut children and young people free from sexual exploitation



Mae camfanteisio rhywiol yn effeithio ar filoedd o blant a phobl ifanc ar draws y DU bob blwyddyn. Mae camfanteisio rhywiol yn digwydd yn breifat gan amlaf, ond gellir defnyddio lleyfydd cyhoeddus fel caffis, gwestai, bariau, parciau neu dacsis i gyfarfod, paratoi a cham-drin plant. Os ydych chi'n amau bod rhywun yn camfanteisio ar blentyn, gallwch gymryd camau i'w torri'n rhydd rhag y math erchyll hwn o gam-drin.

Beth yw camfanteisio'n rhywiol ar blant?

Ffurf o gam-drin rhywiol yw camfanteisio rhywiol, ble mae pobl ifanc hyd at 18 oed yn cael eu dylanwadu neu eu gorfodi i gymryd rhan mewn gweithgarwch rhywiol. Efallai fod y person ifanc yn meddwl bod y sawl sy'n eu cam-drin yn ffrind iddynt, neu hyd yn oed yn gariad iddynt. Ond bydd y sawl sy'n cam-drin yn rheoli ac yn dylanwadu ar y person ifanc i wneud iddynt wneud pethau nad ydynt eisiau eu gwneud.

Ar bwy mae hyn yn effeithio?

Gall y math hwn o gam-drin effeithio ar bobl o unrhyw gefndir. Mae bechgyn a dynion ifanc yn cael eu cam-drin yn ogystal â merched a menywod ifanc. Does dim bai ar y dioddefwyr.

Sut mae'n digwydd?

Mae nifer o ddiodefwyr yn cael eu 'paratoi' gan oedolyn sy'n cam-drin a fydd wedi llunio cyfeillgarwch gyda'r person ifanc a gwneud iddynt deimlo'n arbennig. Felly mae gan y sawl sy'n cam-drin bŵer dros y person ifanc ac mae'n gallu eu rheoli. Caiff pobl ifanc gael eu targedu ar-lein neu'n bersonol. Gall rhai sefyllfaoedd olygu bod pobl ifanc yn fwy agored i ddiodefwyr camfanteisio rhywiol. Gall digwyddiadau mawr ym maes diwylliant a chwaraeon (fel y Gemau Olympaidd) arwain at risgiau penodol i bobl ifanc agored i niwed, ond mae bob amser yn bwysig bod yn effro i gamfanteisio'n rhywiol ar blant.

Beth yw'r arwyddion?

Yn aml ni fydd plant a phobl ifanc sy'n diodefwyr camfanteisio rhywiol yn sylweddoli bod pobl yn camfanteisio arnynt nhw. Fodd bynnag, mae arwyddion bod person ifanc yn cael eu paratoi neu eu cam-drin o bosib. Gallai'r rhain gynnwys:

- oedolion nad ydynt yn ymddangos eu bod yn aelodau o'r teulu yn mynd â nhw i ystafelloedd mewn gwestai
- bod mewn ystafell mewn gwesty lle mae nifer o oedolion eraill yn galw heibio-
- mynd mewn tacsï i westy neu leoliad arall i gyfarfod grŵp o oedolion nad ydynt yn ymddangos eu bod yn aelodau o'r teulu
- bod allan yn hwyr gydag oedolion hŷn nad ydynt yn ymddangos eu bod yn aelodau o'r teulu
- oedolion yn prynu diodydd meddwol iddynt er bod y person ifanc yn feddw
- oedolyn llawer hŷn yn prynu bwyd/diodydd iddynt a hwythau'n trin yr oedolyn fel cariad
- arwyddion o weithgarwch rhywiol gydag oedolion sydd gryn dipyn yn hŷn na'r person ifanc
- arwyddion o weithgarwch rhywiol gyda pherson ifanc yr ydych yn gwybod eu bod o dan 16

Beth alla' i ei wneud?

Efallai y byddwch chi'n gweld neu'n amau bod rhywun yn camfanteisio'n rhywiol ar blentyn yn eich gwaith chi. Siaradwch â'ch rheolwr, staff a chydweithwyr am yr hyn y gallwch ei wneud i amddiffyn plant rhag risg ble rydych chi'n gweithio, a beth allech chi ei wneud petaech chi'n amau bod plentyn yn cael ei gam-drin.

Gallwch ofyn i'ch cyngor lleol am arweiniad ynghylch beth i'w wneud a phwy y dylech gysylltu â nhw ynghylch eich pryderon.

Os ydych chi'n amau bod rhywun yn diodefwyr camfanteisio rhywiol, gallwch helpu i amddiffyn pobl ifanc drwy:

- ffonio'r heddlu ar 999 os yw person ifanc, o bosib, mewn perygl uniongyrchol
- lleisio eich pryderon ar unwaith gyda'ch rheolwr neu uwch staff
- gan roi gwybod i gwsmeriaid na fydd eich cwmni'n goddef camfanteisio'n rhywiol ar blant
- rhoi gwybod i bobl ifanc sut i gael help, er enghraifft, drwy arddangos gwybodaeth am linellau cymorth i blant neu wasanaethau lleol
- rhoi gwybod i'r heddlu a'ch cyngor lleol am eich pryderon.



Sexual exploitation affects thousands of children and young people across the UK every year. Most sexual exploitation takes place in private, but public places such as cafes, hotels, bars, parks or taxis can be used to meet, groom and abuse children. If you suspect exploitation you can take steps to help cut children free from this horrific abuse.

What is child sexual exploitation?

Sexual exploitation is a form of sexual abuse, in which young people up to 18 years old are manipulated, or forced into taking part in sexual activity. The young person may think that their abuser is their friend, or even a boyfriend or girlfriend. But the abuser will control and manipulate the young person to make them do things they don't want to do.

Who does it affect?

This abuse can affect young people from any background. Boys and young men are abused as well as girls and young women. The victims of abuse are not at fault.

How does it happen?

Many victims are 'groomed' by an abusing adult who befriends the young person and makes them feel special. The abuser then has some power over the young person so they can control them. Young people are targeted online or in person. Some situations can make young people more vulnerable to sexual exploitation. Major cultural or sporting events (such as the Olympics) may create particular risks for vulnerable young people, although it is always important to be alert to child sexual exploitation.