

# Do you work with young people?

Believe in children

 Barnardo's Cymru

Help cut children and young people free from sexual exploitation



Sexual exploitation affects thousands of children and young people across the UK every year.

As a professional working with young people in an education, health or social care setting, you could have an important role to play in protecting children from exploitation – helping to cut them free from this horrific form of child abuse.



## What is child sexual exploitation?

Sexual exploitation is a form of sexual abuse, in which a young person is manipulated or forced into taking part in a sexual act. This could be as part of a seemingly consensual relationship, or in return for attention, affection, money, drugs, alcohol or somewhere to stay.

The young person may think that their abuser is their friend, or even their boyfriend or girlfriend. But they will put them into dangerous situations, forcing the young person to do things they don't want to do. The abuser may physically or verbally threaten the young person, or be violent towards them. They will control and manipulate them, and try to isolate them from friends and family.

## Who does it affect?

This type of abuse could happen to any young person from any background. It happens to boys and young men as well as girls and young women.

The victims of abuse are not at fault. Abusers are very clever in the way they manipulate and take advantage of the young people they abuse.

## How does it happen?

Many young people Barnardo's work with have been 'groomed' by an abusing adult who befriends the young person and makes them feel special by buying them gifts or giving them lots of attention. Young people may be targeted online or in person. Sexual exploitation can also occur between young people of a similar age.

In most cases, the abuser will have power of some kind over the young person. It may be that the abuser is older or more emotionally mature, physically stronger, or that they are in a position where they are able to control the young person.

There are some situations that can make young people more vulnerable to exploitation; by becoming distant from the people who would usually look after them. Young people who are having difficulties at home, regularly go missing or who have experienced care may be particularly vulnerable.

## What are the signs?

Children and young people that are the victims of sexual exploitation often do not recognise that they are being exploited. However, there are a number of telltale signs that a child may be being groomed for sexual exploitation. These include:

- going missing for periods of time or regularly returning home late
- regularly missing school or not taking part in education
- appearing with unexplained gifts or new possessions
- associating with other young people involved in exploitation
- having older boyfriends or girlfriends
- suffering from sexually transmitted infections
- mood swings or changes in emotional wellbeing

- drug and alcohol misuse
- displaying inappropriate sexualised behaviour.

## What can I do as a professional?

As a professional working with young people, you may have opportunities to identify issues early so it is important to familiarise yourself with the signs that a young person is being exploited and to share this information with your colleagues or professionals in other agencies.

Other steps you can take to help protect young people include:

- staying alert to changes in behaviour or any physical signs of abuse and investigating these further
- ensuring you know who the child protection lead is in your workplace and that you are aware of the procedure to follow if you have concerns about a young person
- thinking about ways that you might be able to better support and help young people to share information if they are worried about their own or another young person's situation
- identifying opportunities to educate young people and their parents about healthy relationships and about sexual exploitation.



Barnardo's have produced a range of tools, including B Wise 2 Sexual Exploitation, Nae Danger and Respecting Self, to equip professionals with the resources to educate young people about sexual exploitation. For more information go to: [www.barnardos.org.uk/research\\_and\\_publications.htm](http://www.barnardos.org.uk/research_and_publications.htm).

Further guidance on how to safeguard children and young people can be found in 'Safeguarding Children and Young People from Sexual Exploitation': [www.wales.gov.uk/topics/childrenyoungpeople/publications/exploitation](http://www.wales.gov.uk/topics/childrenyoungpeople/publications/exploitation).

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

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](http://www.barnardos.org.uk/cutthemfree).

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[www.barnardos.org.uk](http://www.barnardos.org.uk)

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# Ydych chi'n gweithio gyda phobl ifanc?

Credwch mewn plant

 **Barnardo's**  
Cymru

Helpwch i dorri plant a phobl ifanc yn rhydd o gamfanteisio rhywiol



Mae camfanteisio rhywiol yn effeithio ar filoedd o blant a phobl ifanc ar draws y DU bob blwyddyn. Fel gweithwyr proffesiynol sy'n gweithio gyda phobl ifanc ym myd addysg, iechyd neu ofal cymdeithasol, gallech chi chwarae rhan bwysig drwy amddiffyn plant rhag i bobl gamfanteisio arny'n nhw – eu helpu i dorri'n rhydd rhag y math erchyll hwn o gam-drin plant.



## Beth yw camfanteisio'n rhywiol ar blant?

Mae camfanteisio rhywiol yn fath o gam-drin rhywiol, lle bydd person ifanc yn cael ei ddylanwadu neu ei orfodi i gymryd rhan mewn gweithred rywiol. Gallai hyn fod yn rhan o berthynas sy'n ymddangos yn gydsyniol, neu yn gyfnedig am sylw, anwylydeb, arian, cyffuriau, alcohol neu rywle i aros.

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 byddant yn eu rhoi mewn sefyllfaoedd peryglus, gan orfodi'r person ifanc i wneud pethau nad oes arnynt eisiau eu gwneud. Gall y sawl sy'n cam-drin fygwth y person ifanc yn gorfforol neu'n llafar, neu fod yn dreisgar tuag atyn nhw. Byddant yn dylanwadu arny'n nhw ac yn eu rheoli, ac yn ceisio eu hynysu oddi wrth ffrindiau a theulu.

## Ar bwy mae hyn yn effeithio?

Gallai'r math yma o gam-drin ddigwydd i unrhyw berson ifanc o unrhyw gefndir. Mae'n digwydd i fechgyn a dynion ifanc yn ogystal â merched a menywod ifanc.

Does dim bai ar y dioddefwyr. Mae'r rheini sy'n cam-drin yn glyfar iawn yn y ffordd maent yn dylanwadu ac yn manteisio ar y bobl ifanc maent yn eu cam-drin.

## Sut mae'n digwydd?

Mae nifer o'r bobl ifanc mae Barnardo's yn gweithio gyda nhw wedi cael eu 'paratoi' gan oedolyn sy'n cam-drin a fydd wedi llunio cyfeillgarwch gyda'r person ifanc a gwneud iddynt deimlo'n arbennig drwy brynu anrhegion iddynt neu roi llawer o sylw iddynt. Gall pobl ifanc gael eu targedu ar-lein neu'n bersonol. Mae camfanteisio rhywiol hefyd yn gallu digwydd rhwng pobl ifanc o'r un oed.

Yn y rhan fwyaf o achosion, bydd gan y sawl sy'n cam-drin bŵer o ryw fath dros y person ifanc. Efallai fod y sawl sy'n cam-drin yn hŷn neu'n aeddfetach yn emosiynol, yn gryfach yn gorfforol, neu eu bod mewn sefyllfa sy'n golygu eu bod yn gallu rheoli'r person ifanc.

Ceir rhai sefyllfaoedd sy'n golygu bod pobl ifanc yn fwy agored i ddioddef camfanteisio; drwy ymbellhau oddi wrth y bobl a fyddai'n gofalu amdanynt fel rheol. Gall pobl ifanc sy'n cael anawsterau gartref, sy'n mynd ar goll yn gyson neu sydd wedi bod mewn gofal fod yn arbennig o agored i niwed.

## Beth yw'r arwyddion?

Yn aml ni fydd plant a phobl ifanc sy'n dioddef camfanteisio rhywiol yn sylweddoli bod pobl yn camfanteisio arny'n nhw. Serch hynny, mae nifer o arwyddion bod plentyn efallai'n cael ei 'baratoi' er mwyn camfanteisio arno'n rhywiol. Mae'r rhain yn cynnwys:

- mynd ar goll am gyfnodau neu ddychwelyd adref yn hwyr yn rheolaidd
- colli'r ysgol yn rheolaidd neu beidio â chymryd rhan mewn addysg
- cael rhoddion neu eiddo newydd heb esboniad
- ymwneud â phobl ifanc eraill sy'n ymwneud â chamfanteisio
- cael cariadon hŷn
- dioddef o heintiau a drosglwyddir yn rhywiol
- newid sydyn mewn tymer neu newid mewn lles emosiynol

- camddefnyddio cyffuriau ac alcohol
- dangos ymddygiad rhywiol amhriodol ei natur.

## Beth allaf i ei wneud fel gweithiwr proffesiynol?

Fel gweithiwr proffesiynol sy'n gweithio gyda phobl ifanc, efallai cewch chi gyfleoedd i ddod o hyd i faterion yn gynnar, felly mae hi'n bwysig eich bod yn dod yn gyfarwydd â'r arwyddion bod rhywun yn camfanteisio ar berson ifanc a rhannu'r wybodaeth honno â'ch cydweithwyr neu â gweithwyr proffesiynol mewn asiantaethau eraill.

Dyma gamau eraill gallwch chi eu cymryd i helpu i amddiffyn pobl ifanc:

- cadw llygad ar agor am newidiadau mewn ymddygiad neu unrhyw arwyddion corfforol o gam-drin ac ymchwilio i'r rhain ymhellach
- sicrhau eich bod yn gwybod pwy sy'n arwain amddiffyn plant yn eich gweithle a'ch bod yn gwybod y weithdrefn i'w dilyn os oes gennych chi bryderon am berson ifanc
- meddwl am ffyrdd gallech chi gefnogi a helpu pobl ifanc yn well i rannu gwybodaeth os ydynt yn poeni am eu sefyllfa eu hunain neu sefyllfa person ifanc arall
- dod o hyd i gyfleoedd i addysgu pobl ifanc a'u rhieni am berthnasau iach ac am gamfanteisio rhywiol.



Mae Barnardo's wedi cynhyrchu offer, gan gynnwys B Wise 2 Sexual Exploitation, Nae Danger a Respecting Self, i arfogi gweithwyr proffesiynol â'r adnoddau i addysgu pobl ifanc am gamfanteisio rhywiol. I gael gwybod mwy ewch i: [www.barnardos.org.uk/research\\_and\\_publications.htm](http://www.barnardos.org.uk/research_and_publications.htm).

Mae rhagor o ganllawiau am sut mae diogelu plant a phobl ifanc ar gael yn 'Amddiffyn Plant a Phobl Ifanc rhag Camfanteisio Rhywiol': <http://wales.gov.uk/topics/childrenyoungpeople/publications/exploitation/?skip=1&lang=cy>.

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

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](http://www.barnardos.org.uk/cutthemfree).

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