



Child Sexual Exploitation (CSE)

English version

Believe in
children
 Barnardo's

Who is Better Futures?

Better Futures is a service run by Barnardo's working with children and young people who have concerns around sexual behaviour. This includes topics such as sexual needs, sexual identity, sibling abuse, harmful sexual behaviour and child sexual exploitation.

What is CSE?

Child sexual exploitation is a form of sexual abuse involving a child or young person and usually includes some sort of exchange e.g. sexual activities in return for money, drugs, gifts, affection or meeting emotional or other needs etc. It can also include the withdrawal of something, including the withdrawal of violence or threats of abuse to another person.

CSE can happen when you are socialising face to face or online, it can happen anywhere.

Anyone can be affected by CSE but what do they look like?

People who could be groomed and/or exploited	People who groom and/or exploit
Any gender – boy, girl, transgender	Any gender – male/female, transgender
Any ethnicity	Any ethnicity
Any religion	Any religion
Any background	Any background
Any sexual belief	Any sexual belief
Any age	Not just adults – young people as well

GROOMING

It can be hard to know when you are being exploited. In most cases, CSE may start with GROOMING, so here are some things to be aware of:

- A person wanting to be your friend
- A person building a relationship and gaining your trust (this can take months or even minutes).
- Encouraging or exposing you to adult behaviours and spaces, such as drinking alcohol, drugs, which may seem exciting
- Asking you to do 'important' jobs for them because they did something for you.
- They may make you feel:
 - Good / Important / Safe / Give you gifts
 - Provide a sense of belonging
 - Make you feel that you both share a connection and understand each other. There is likely to be a difference in power that you may not recognise, for example differences in age, gender, status, ability.

Always keep this in mind and if you are worried, concerned or just want to talk to someone about what is happening, talk to an adult you trust or call one of the helplines .

Children or young people are never to blame for their sexual exploitation. Even if they do things that others feel were not safe. The blame always lies with the person(s) causing harm.

Sexual Consent:

The legal age for sexual consent is 16. For sexual consent you MUST agree by choice and have the freedom and capacity to do so.

You CAN'T CONSENT if:

- You're under the influence of alcohol or drugs.
- You are being pressured or feel you don't have a choice.
- You are being threatened, forced, bribed, blackmailed or hurt into sexual activity.
- You have been groomed into sexual activity.
- You are sleeping or unconscious.
- You don't know what is about to happen.
- You don't understand.

And

- YOU CAN'T CONSENT TO BEING ABUSED OR EXPLOITED.

▶ WATCH

To understand more about consent watch this video.

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Real Love Rocks



www.barnardosrealloverocks.org.uk

How to get help

Scan the QR code for CSE helpline numbers or local Children's Services Departments.

Call 999 if you or another child or young person is in immediate danger.

If you are concerned about yourself, other children or young people or the behaviour of someone worries you, call 101.

Anyone up to the age of 18 can be a victim of CSE. After 18, you are still classed as a victim, just not a child.

If parents and carers would like further information regarding CSE, visit the Better Futures webpage for information and resources.

QR Codes:

Helpline
guidance



Better Futures
webpage





How a child or young person views CSE

"Sexual exploitation is when someone may be tricking you to have sexual contact with them or other people. This could include doing sexual things in exchange for money, drugs, somewhere to stay, gifts or favours. It can be hard to recognise because you often believe you are in a good relationship with the person/people who are abusing you."

"Canfanteisio rhywiol yw pan fydd rhywun yn eich twyllu i gael cyswllt rhywiol â nhw neu bobl eraill. Gallai hyn gynnwys gwneud pethau rhywiol yn gyffnewid am arian, cyffuriau, rhywle i aros, rhoddion neu ffaftrau. Mae'n gallu bod yn anodd ei adnabod oherwydd rydych chi'n aml yn credu eich bod chi'n mewn perthynas dda â'r person/pobl sy'n eich cam-drin."

Sut mae plentyn neu berson ifanc yn gweld CSE

Cydsyniad Rhywiol:

Yr oedran cyfreithiol ar gyfer cydsyniad rhywiol yw 16. Ar gyfer cydsyniad rhywiol RHAIÐ i chi gytuno drwy ddewis a bod â'r rhyddid a'r gallu i wneud hynny.

NI ALLWCH GYDSYNIO o dan yr amodau canlynol:

- Os ydych chi dan bwysau neu'n teimlo nad oes gennyhych ddewis.
- Os ydych chi'n cael eich bygwth, eich gorfodi, eich llwgrwobrwyo, eich blacmellio neu eich brifo i gymryd rhan
- Os ydych wedi cael eich hudo i gymryd rhan mewn gweithgarwch rhywiol.
- Os ydych chi'n cysgu neu'n anymwybodol.
- Os nad ydych yn gwytod beth sydd ar fin digwydd.
- Os nad ydych yn deall.

Ac

- NI ALLWCH CHI GYDSYNIO I GAEL EICH CAM-DRIN NEU EICH ECSBLOETIO.

GWYLLIO

I ddeall mwy am gydsyniad, am gwyblich y fideo hwn.

Darparwyd gan
Real Love Rocks



www.barnardosreallove.rocks.org.uk

Sut mae cael help

Sganiwch y cod QR ar gyfer rhifau ffôn llinellau cymorth ar gyfer camfanteisio'n rhywiol ar blant neu Adranau Gwasanaethau Plant lleol.

Ffoniwch 999 os ydych chi neu blentyn neu berson ifanc arall mewn perygl uniongyrchol.

Os ydych chi'n poeni amdanoch chi eich hun, neu am blant a phobl ifanc eraill, neu os yw ymddygiad rhywun yn eich poeni, ffoniwch 101. Gall unrhyw un hyd at 18 oed ddi-ddedf o gamfanteisio'n rhywiol ar blant. Ar ôl 18 oed, nid ydych yn blentyn mwyach, rydych chi'n dal i gael eich ystyried yn ddi-ddedfwr.

Os yw rhieni a gofaliwyr cael rhagor o wybodaeth am gamfanteisio'n rhywiol ar blant, ewch i dudalen we Dyfodol Gwell i gael gwybodaeth ac adnoddau.

Codau QR:

Cod QR ar gyfer
Canllawiau'r
Llinell Gymorth



Cod QR ar gyfer
tudalen we
Dyfodol Gwell



Pwy yw Dyfodol Gwell?

Mae'r gwasanaeth yn gweithio gyda phlant a phobl ifanc sy'n poeni am ymddygiad rhywiol. Mae hyn yn cynnwys pynciau fel anghenion rhywiol, hunaniaeth rhywiol, cam-drin rhwng brodyr a chywilydd, ymddygiad rhywiol niweidiol a chamfanteisio'n rhywiol ar blant.

Beth ydy CSE (camfanteisio'n rhywiol ar blant)?

Mae camfanteisio'n rhywiol ar blant yn fath o gam-drin rhywiol gyda phlentyn neu berson ifanc, ac mae'n cynnwys elfen o gyfnwedd, e.e. gweithgareddau rhywiol yn gyfnwedd am artan, cyffuriau, rhoddion, ennill hoffter rhywun neu ddiwallu anghenion emosïynol neu anghenion eraill ac ati. Gall hefyd gynnwys tynnu rhywbedd yn ôl, gan gynnwys rhoi'r gorau i drats neu fygythiadau i gamdrin unigolyn arall.

Mae camfanteisio'n rhywiol ar blant yn gallu digwydd pan fyddwch chi'n cynddethasu wneb yn wneb neu ar-lein, mae'n gallu digwydd yn unrhyw le.

Gall Camfanteisio'n Rhywiol ar Blant effeithio ar unrhyw un, gweler isod.

Plant sy'n cael eu hudo a/neu	eu hecsbloetio
Y rheini sy'n hudo a/neu'n	ecsbloetio
Unrhyw ryw – bachgen, merch, trawsryweddol	Unrhyw ryw – gwryw, benyw, trawsryweddol
Unrhyw ethnigrwydd	Unrhyw ethnigrwydd
Unrhyw grefydd	Unrhyw grefydd
Unrhyw gefndir	Unrhyw gefndir
Unrhyw gred rwyoli	Unrhyw gred rwyoli
Pobl o unrhyw oed	Nid dim ond oedolion – pobl ifanc hefyd

MEITHRIN PERTHYNAS AMHRIODOL

Gall fod yn anodd gwybod pryd rydych chi'n cael eich hudo neu'ch ecsbloetio. Yn y rhan fwyaf o achosion, gall camfanteisio'n rhywiol ar blant ddechrau gyda MEITHRIN PERTHYNAS AMHRIODOL, felly dyma rhai pethau i chi fod yn ymwybodol ohonyn nhw:

- Rhywun sydd eisau bod yn ffrind i chi

- Rhywun sy'n meithrin perthynas ac yn ennyn eich ymddiriedaeth (gall hyn gymryd misoedd neu hyd yn oed funudau).

- Eich annog neu eich cyflwyno i ymddygiadau oedolion ac ardaloedd ar gyfer oedolion, fel yfed alcohol, cymryd cyffuriau, a allai ymddangos yn gyffrous.

- Gofyn i chi wneud tasgau 'pwysig' iddyn nhw am eu bod nhw wedi gwneud rhywbeth i chi.

- Effaith y byddan nhw'n gwneud i chi deimio:
 - yn Dda / yn Bwysig / yn Ddiogel / Rhoi anrhegion i chi
 - Rhoi ymdeimlad o berthyn
 - Gwneud i chi deimio bod y ddau ohonoch yn rhannu cysylltiad ac yn deall eich gilydd.

Cofiwch hyn bob amser ac os ydych chi'n poeni, yn bryderus neu eisau siarad â rhywun am yr hyn sy'n digwydd, siaradwch ag oedolyn rydych chi'n ymddiried ynddo neu ffoniwch un o'r llinellau cymorth.

Does byth fai ar blant a phobl ifanc eu bod yn cael eu camfanteisio'n rhywiol. Hyd yn oed os ydynt yn gwneud pethau sydd ddim yn ddiogel ym marn pobl eraill. Y person/bobl sy'n achosio'r niwed sydd ar fai.

Fersiwn cymraeg

Camfanteisio'n rhywiol ar blant (CSE)

