

## How can I keep safe online?

- Make sure you know who you are talking to
- Only tell people you know where you live
- Only give people you know your telephone number. Do not give out any personal details
- Do not meet people you have met online without talking to an adult you trust first
- Do not send photos or videos that show private body parts

## What can I do?

- If you are being forced to do something, you should tell someone
- If you are worried about what is happening to you or someone else, tell an adult you trust straight away
- Your parents, family, teachers, carers or social workers are some of the adults you can talk to
- You can phone **Childline** on **0800 1111**. Childline is for young people aged 0 – 19 years old. It is free to call. It can be called at any time
- You can call or text **116 000** for free at any time. This is a helpline called “**Say Something**” for young people

# Keeping safe from child sexual exploitation

A guide for young people with learning disabilities.



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### What is child sexual exploitation?

- When young people are used by adults or other young people for sex
- This is also called “sexual abuse”

### Who could sexually exploit me?

- An adult you know
- A stranger
- Someone your own age

### What could they do to make me trust them?

- Spend time getting to know you
- Be really nice and friendly
- Make you feel special
- Tell you that they love you

- Tell you that they will be your boyfriend or girlfriend
- Give you things like alcohol, drugs, money or mobile phones
- Give you somewhere to stay

This is sometimes called “grooming”. It’s a good idea to think carefully about who you trust.

### Why would they want me to trust them?

So they can get you to do things they want. They could try to make you:

- Have sex with them
- Have sex with their friends
- Let them touch you
- Make you touch them
- Watch or look at sex films or photos

### What if someone asks me to do sexual things with them?

- Nobody should make you have sex when you do not want to
- If someone gives you something ... this does not mean that you have to have sex with them, or with anyone else
- If someone forces you to have sex, it is never your fault and it is not OK

### How does sexual exploitation happen online?

- People online can pretend to be someone else
- They can pretend to be your friend
- They may talk to you about sex
- They may want to meet you
- They may ask you to send them naked photos of yourself. This can happen on any websites you use, including games and social media