

Relationship Check

It's really important to consider what a healthy relationship looks like. To help you make the right choices we have provided a quick relationship check.



Are you being exploited? **PASS IT ON**
#CSE #ItCouldHappenToMe

Where to go for help

If you think you or someone you know is being exploited there are places you can get help and support. You shouldn't blame yourself, it's not your fault. Start by telling an adult you trust who is no way involved in your exploitation experience. This could be a family member, older friend, teacher, youth worker, social worker or any other adult you think can help you.

You will be listened to; you will be believed!

First points of contact

ThinkUknow (CEOP)
www.thinkuknow.co.uk

Police
CALL 999
Missing People
CALL 116 000



This leaflet has been made by:

with support from:

The A Team

NHS England

AMY, DANIEL, EMILY, EUAN,
JADE, JAMES, JESSICA,
NAOMI, RACHEL, SOPHIA,
SOPHIE, THOMAS



ARE YOU BEING EXPLOITED?

CSE

**IT COULD
HAPPEN TO ME**



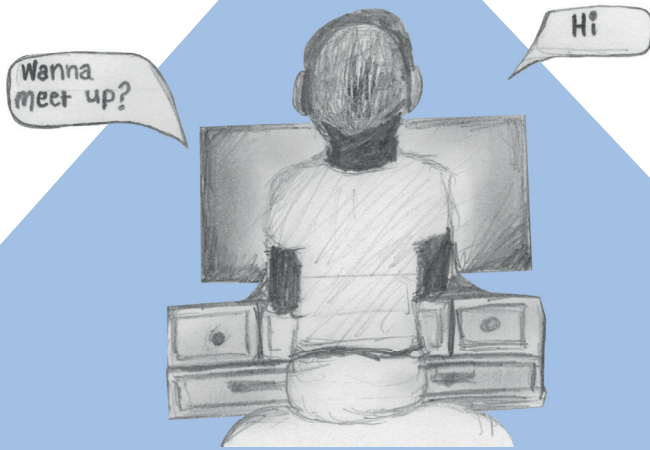
What is Child Sexual Exploitation (CSE)?

Child sexual exploitation is a form of abuse in which someone manipulates a child, young person under the age of 18 or a vulnerable adult into engaging in

sexual activity in return for something for example alcohol, drugs, cigarettes, money, lifts or other gifts and treats. Exploitation happens when there is an imbalance of power. This can be in relation to age, status, intellect and/or physical strength. People who choose to exploit children and young people are normally very clever and socially skilled and are hard to identify.

Who can be targeted?

ANYONE can be a target of sexual exploitation regardless of gender, age, race or sexual orientation. Most commonly it is young people aged 12-18; however young adults can also be victims of sexual exploitation. Vulnerable people are considered to be at a greater risk. People can be considered to be vulnerable for a range of reasons for example being in the care system, being bullied, socially isolated, experiencing neglect within the home, poor relationships with school, disability, poor mental or emotional health and LGBTQ.



The CSE Process

Recruitment: This can often be known as grooming. During this process the victim could be targeted on social media or approached face to face. It is possible to be targeted by both individuals and groups during this process. They are often complimented and given gifts (typically a mobile phone). These tactics enable them to keep in contact with their victim. Often exploitation begins by appearing very innocent and normal. You may be invited to parties, associate with older friends and be offered drink and/or drugs. These parties may be happening in larger cities or you may be invited to go further afield to places like London. It is common for the victim to believe that they are in a 'romantic' relationship with the abuser which usually becomes sexual. Sexual activity in return for something becomes the norm.



Control: This is a very important stage in the CSE process. It is at this stage where the abuser establishes their power over the young person. It is typical at this stage for the young person to be encouraged to cut ties with their support system; this could include friends, family and school life. The young person then becomes dependent on their abuser as they no longer have contact with the people who care about them.

Exploitation: By this stage the victim is often dependant on the abuser and swapping alcohol, drugs, tobacco and affection etc. for sexual activity on a regular basis. Abusers often threaten or use violence or even blackmail their victim in order to exploit them further; this can include passing them round their friends or 'trafficking' them to other locations.

Signs of Exploitation



There are many different signs that can be associated with CSE. Some of the most common ones are outlined below;

Going missing from home for a length of time or staying out late • Isolating themselves from friends and family • Poor attendance at school or disruptive behaviour • Possessing unexplained gifts • Moods swings and changes in behaviour • Displaying inappropriate sexualised behaviour • Pregnancy or contracting STI's • Signs of unexplained physical harm • Increased use of drugs and/or alcohol • Unknown adults dropping off/collecting young people • Having an older boyfriend/girlfriend

Myths

IT ONLY HAPPENS TO FEMALES

Many people believe it is only females that are targeted, in reality 1 in 3 cases involve a male victim. Males are less likely to report if they have been exploited, or seek support.

ABUSERS ARE NORMALLY FROM CERTAIN ETHNIC OR CULTURAL COMMUNITIES

In 95% of reported cases the abuser is white British; however this is not always reflected in the media.

IT ONLY HAPPENS IN LARGE TOWNS + CITIES

CSE can happen anywhere including small villages and coastal towns. In some cases being from a rural area can make you more vulnerable as you are more easily isolated.

ABUSERS ARE ALWAYS MALE

Gender doesn't affect the ability to abuse a position of power. Women are known to commit this crime too.