

SEXUAL EXPLOITATION

SEX, SECRETS AND LIES

YOUR GUIDE



THIS BOOKLET...

- HELPS YOU UNDERSTAND WHAT SEXUAL EXPLOITATION CAN BE
- GIVES YOU INFORMATION THAT EMPOWERS YOU TO MAKE POSITIVE CHOICES



SEXUAL WHAT

SEXUAL EXPLOITATION BASICALLY MEANS THAT SOMEBODY MAY BE TRICKING YOU TO HAVE SEXUAL CONTACT WITH THEM OR OTHER PEOPLE. THIS COULD INCLUDE DOING SEXUAL THINGS IN RETURN 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.

1) Targeting/Contacting

The groomer, could be a male or female and will be looking for a young person or a group of young people in places such as schools, parks or by creating false profiles on the internet. They will show an interest in you and perhaps offer you something, for example, a cigarette, a drink or someone to talk to for support.

2) Relationship Building/Sharing Activities

The groomer will want to keep contact with you and may give you a mobile phone. They may compliment you on your looks and maturity; do favours for you, such as giving you a lift; do fun things with you. You may begin to spend less time with your friends and family.

3) Fake Loving Relationship/Friendship

You may enter a sexual relationship with the groomer. Within the fake friendship you may be introduced to sex through, for example, porn or watching sexual acts. You may think everything is fine and that you are in control, but the groomer is slowly gaining more control.



EXPLOITATION IS IT?



SOMEONE WHO WANTS TO SEXUALLY EXPLOIT YOU WILL TAKE TIME TO MAKE YOU AND YOUR FRIENDS TRUST THEM; THIS IS KNOWN AS GROOMING.

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4) Control and Reinforcement

This is when you and the groomer do things that can be dangerous and/or against the law like drinking, taking/selling drugs or criminal activity. You may be forced to do sexual favours in return for not being hurt or for something you need. This may include violence or threats of violence.

5) Abusive Relationship/Sexual Exploitation

This is when you may be forced into having sex with others for something you need or want, by either force or persuasion. Groomers can persuade you to do sexual things like being filmed performing sexual acts by using emotional blackmail and making it sound normal.

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TRAFFICKING: IT'S WHEN CHILDREN OR YOUNG PEOPLE ARE MOVED FROM ONE PLACE TO ANOTHER TO BE EXPLOITED, INCLUDING SEXUAL EXPLOITATION.

BEING SAFE

BOTH BOYS AND GIRLS CAN BE VICTIMS OF SEXUAL ASSAULT AND RAPE, SO DO WHAT YOU CAN TO KEEP YOURSELF SAFE;



STAY SAFE

- Tell someone where you're going and when you'll be back.
- **Make sure your phone is charged and you have credit to use it.**
- Make sure you have enough money to get home.
- **Only use a licensed taxi firm and if you're in a taxi alone let someone know the driver's badge number.**
- Look after your drink. Drugs are used to spike drinks and can be hard to spot.
 - **Avoid drinking too much alcohol.**
 - Trust your gut feeling. If you think something is wrong, tell someone you trust. If they won't listen tell someone else.
 - **Speak out.**
 - Don't do anything you are not comfortable with.
 - **Don't pressure someone else into having sex.**
 - It's OK to say no; it's your choice.
 - **Whatever anyone else says it's not your fault. You don't deserve it.**
- You can stop at any time, even when you think things have gone too far!



BEING HONEST AND TALKING ABOUT EMBARRASSING THINGS IS HARD, BUT IT'S IMPORTANT THAT YOU TRY! REMEMBER THAT ABUSE IS NEVER YOUR FAULT. YOU COULD SPEAK TO: A PARENT, CARER, TEACHER, SOCIAL WORKER, YOUTH OR KEY WORKER OR ANY OTHER WORKER YOU TRUST.

ONLINE SAFETY

THINGS THAT CAN KEEP YOU SAFE

- Never put your full address on your site; it's best to leave the space blank, or if you want to add some information, make sure that you make your profile private so that only your friends can see it!

- It's a good idea to use a nickname rather than your full name; your friends will know it's your nickname so will know it's you!

- It's a good idea to put your real age on your site – if you lie and say you are older, you may get an adult trying to contact you.



- It's also not a good idea to put your mobile number on your site – your real friends will already have it!

- Use your privacy settings! Adjust your account settings so only approved friends can instant message you. This means that people you don't want to see your profile can't!

**IF ANYTHING MAKES YOU SUSPICIOUS
TELL AN ADULT YOU TRUST OR REPORT
YOUR CONCERNS.**

INFORMATION FROM:

WWW.THINKUKNOW.CO.UK | WWW.FACEUP2IT.ORG

ARE YOU REALLY

TRICKS USED BY ABUSERS

- Groomed through sports such as football, swimming, athletics.

- Invited and taken to houses and flats by other young people for parties.

- Given alcohol, drugs, money and gifts.

- Having a controlling partner who then forces you to have sex with their friends.

- Friends who introduce you to abusive people.

- Offered somewhere to stay in return for sex.

- Meeting someone through the internet who are not who they say they are.

- Meeting people through online video games.

- Wanting to be accepted by other young people.

- Given lifts, taken to new places and having adventures with someone you have just met.

- Someone making you feel good about yourself then becoming abusive.

- Being taken into red light or cruising areas.



IN CONTROL?

THINGS THAT MAY PUSH YOU INTO DIFFICULT SITUATIONS

- Accepted as part of a group.

- **Feeling unpopular or unloved.**

- Being part of an alternative scene, such as a gang.

- **Getting a buzz from doing something risky or rebellious.**

- Poor relationships with authority figures such as police, teachers, parents, social worker.



- Not going to school or exclusion from school.

- **Problems at home.**

- Feeling alone and isolated.

- **Exploring your sexuality.**

- Running away.

- **Paying a debt.**

- Being bullied or threatened.

- **Feeling not listened to.**

SEXUAL EXPLOITATION IS LESS TALKED ABOUT WITH BOYS AND BOYS ARE LESS LIKELY TO CONTACT SERVICES FOR HELP AND SUPPORT.

FAMILY AND FRIENDS

SOME SIGNS TO LOOK OUT FOR

IF YOU SUSPECT THAT A FAMILY MEMBER OR FRIEND COULD BE AT RISK OF SEXUAL EXPLOITATION THESE ARE SOME SIGNS TO LOOK OUT FOR...

- Going missing for either short periods of time or days.
 - **Staying out late or not knowing where they are.**
- Being secretive about where and who they are going with.
- **Distancing themselves from family and friends.**
 - Change in behaviour, such as, withdrawn or aggressive.
- **A change in appearance, for example, not caring for themselves or bathing constantly.**
 - Having things you haven't bought for them or given to them that are unexplained.
- **Sexualised behaviour, touching people when they don't want it.**
 - Being picked up by people you don't know.
 - **A change in academic performance.**
 - Increase in drug or alcohol use.
- **Starting to miss school/college/training/work.**

AN ABUSER, MALE OR FEMALE, EXPLOITING CHILDREN OR YOUNG PEOPLE HAS SOME KIND OF POWER OVER THEM. BE IT THEIR AGE, GENDER, INTELLECT, PHYSICAL OR FINANCIAL MEANS.

THE EFFECTS OF ABUSE

SUBSTANCE
USE

EATING
DISORDER

SHOCKED

NIGHTMARES

FLASHBACKS

DEPRESSED

SUICIDAL

ASHAMED

MADE TO FEEL
IT'S A SECRET

SNITCHING,
GRASSING

WORTHLESS

TORMENTED



TO BLAME

GUILTY

ANGRY

ANXIOUS

OUT OF
CONTROL

WITHDRAWN

STOMACH
CHURNING

RACING
HEART

SELF HARM

FEELING
NUMB

EMPTY

DIRTY

IT'S HARD TO RECOVER FROM SEXUAL ABUSE BY YOURSELF. YOU CAN DO IT IF YOU ASK FOR HELP! LOOK ON THE BACK PAGE FOR HELP AND SUPPORT.

YOUR RIGHTS

CHILD PROTECTION PROTECTS YOU UP TO THE AGE OF 18 YEARS OLD. IT'S IMPORTANT TO REMEMBER THAT NOBODY HAS THE RIGHT TO TOUCH YOU IF YOU DON'T WANT TO BE TOUCHED, OR TO PERSUADE YOU TO ENGAGE IN SEX IF YOU DON'T WANT TO DO IT.



It's against the law for anyone to have sex with a young person under the age of 16. This is the same for boys and girls (straight or gay). This is known as the age of consent.

It's illegal for a person in a position of authority, such as a teacher, carer, doctor etc., to engage in a sexual act with anyone under the age of 18 years old.

IT'S OK YOU DON'T HAVE TO DO SOMETHING THAT MAKES YOU FEEL UNCOMFORTABLE WHETHER THAT'S ONCE, TWICE OR LOTS OF TIMES.

NOBODY HAS THE RIGHT TO TAKE IMAGES OR PICTURES OF YOUR GENITALS, BREASTS OR ANY SEXUAL ACTS AND PUT THEM ON THE INTERNET. IT'S ALSO ILLEGAL FOR YOU TO SEND THEM.

THE UNITED NATIONS RIGHTS OF THE CHILD STATES THAT EVERY CHILD HAS THE RIGHT TO BE FREE FROM ABUSE, EXPLOITATION OR KIDNAP.



**IF YOU SUSPECT A SITUATION OF
ABUSE OR TRAFFICKING OR THAT
SOMEONE YOU KNOW IS BEING
GROOMED FOR SEXUAL
PURPOSES RING:**

**POLICE
999**

**24hr National
Domestic
Violence
0808 2000 247**

**New Pathways - Rape
Crisis and Sexual
Abuse Support
Services
01685 379 310
Emergency
07423 437 020**

**Broken Rainbow -
National LGBT
Domestic
Violence
Helpline
0300 999 5428**

HELP

**YOU ARE NOT
ALONE!**

**SOMEONE
TO TALK TO:**

**Childline:
0800 1111
(24hr helpline)
www.child-line.org.uk**

**NSPCC (information)
0808 800 5000
e-mail: help@nspcc.org.uk**

**Samaritans 08457 90 90 90
www.samaritans.org**

Missing or Runaway Helpline: 116000

**Children's Rights
Children's Commissioner for Wales
www.childcom.org.uk**

**FPA Sexual
Health
Helpline
0845 122 8690
www.fpa.org.uk**

**NHS Direct Wales:
0845 46 47
www.nhsdirect.wales.nhs.uk**

**Drug and Alcohol
Support:
Dan 24/7
0808 808 2234
or text DAN to: 81066
www.dan247.org.uk**

**Drinkline:
0800 917 8282
www.patient.co.uk**

**Meic - Information,
advice and support
for your life
0808 802 3456
TXT: 84001
Chat/IM
www.meic.cymru.org**

LOOK AFTER YOURSELVES



& KEEP EACH OTHER SAFE

THE SERAF SERVICE WAS STARTED IN 2006 BY BARNARDO'S CYMRU. THE SERVICE SUPPORTS YOUNG PEOPLE ACROSS WALES. THIS BROCHURE WAS DESIGNED BY YOUNG PEOPLE TO RAISE AWARENESS ABOUT CHILD SEXUAL EXPLOITATION. WE WOULD LIKE TO SAY A BIG THANK YOU TO; THE YOUNG PEOPLE OF THE SERAF SERVICE, GRASSROOTS, BRIDGES RCT PROJECT, CARDIFF COUNCIL STREET BASED TEAM AND SAFER WALES.

Credwch
mewn plant
Believe in
children



Barnardo's
Cymru

