

I am worried that this may be happening to me.

What can I do?

You need to talk to an adult who you can trust. This may be a family member, youth worker, teacher, doctor, school nurse, social worker or police officer.

You can also talk to someone from;

Hounslow Children's Services

- ☎ 020 8583 6600 (Option 1) (Monday - Thursday 9.00am - 5.00pm and Friday 9.00am - 4.45pm)
- ☎ 020 8583 2222 (out of hours and weekends)
- **Child line** - 0800 111 or visit www.childline.org.uk/Pages/Home.aspx for help and advice. You can chat to someone on the phone or online if you prefer.
- **NSPCC** can be contacted 24/7 for help and advice on 0808 800 5000 or visit <https://www.nspcc.org.uk/>.
- **Child Exploitation and Online Protection (CEOP)** - www.ceop.police.uk. If you see something online you don't like you can contact someone to discuss it.



Child Sexual Exploitation



**A YOUNG PERSONS GUIDE TO
KEEPING SAFE**

What is Child Sexual Exploitation?

- Child Sexual Exploitation is a form of child sexual abuse.
- It is when someone uses a child (anyone under 18 years) by giving them money, gifts, food, alcohol, accommodation, power and/or status in exchange for them engaging in sexual activities.
- They might be invited to parties and given drugs and alcohol.
- People who do this want young people to think they are a friend, or a boyfriend or girlfriend.

HOW MUCH DO YOU KNOW?

Child Sexual Exploitation can happen no matter what your gender, age or background.

It could be a friend or group of friends that exploit you.

It could be someone you think of as a boyfriend or girlfriend

They could force you into dangerous situations and you could be harmed before you know it.

You could be exploited by someone you've met online.

They may also try and isolate you from your friends, family and other people who care about you.

The child may be asked to do something that makes them feel uncomfortable. It is **not** their fault. This is sexual exploitation and it is a **crime**.

YOU NEED TO BE AWARE OF THE WARNING SIGNS THAT SOMEONE MAY WANT TO EXPLOIT YOU – AND BE VERY CAREFUL WHO YOU TRUST.



It's not ok for someone to ask you or threaten you to have sex or be involved in sexual activities with someone:

- in exchange for food or a place to stay
- in return for sharing drugs or alcohol
- by threatening to end a friendship or relationship
- in return for gifts or money

It's not ok for someone to take or ask you to take sexual photos:

- and share these photos online or by text
- threaten to share these photos in exchange for sex or being involved in sexual activities.

BE AWARE, STAY ALERT AND KEEP SAFE – 3 TOP TIPS TO KEEP SAFE

1

Trust yourself to know when something is wrong. If someone makes you feel unsafe. Pressured or frightened follow your instincts and seek help.

2

Don't trust people you don't know, even if they seem friendly - and make sure you know who you are talking to online. Never give away personal details or arrange to meet someone you have met on line

3

Don't be tricked into doing things that are unsafe even if they feel like fun. What might look exciting might be more dangerous than you realise.