

I AM WORRIED CSE MAY HAPPEN TO ME.

CHILD SEXUAL EXPLOITATION

What can I do?

If you need support or advice, please talk to an adult you can trust. If you do not want to talk to someone you know you can also talk to:

CHILDREN AND FAMILIES SOCIAL CARE:

0191 424 5010 (Office Hours)

0191 456 2093 (Outside Office Hours)

CHILD LINE:

0800 1111 – 24 hours a day

(this number will not show up on anyone's bill)

REMEMBER: IF YOU ARE IN ANY DANGER OR FEEL UNSAFE, GET IN TOUCH WITH THE POLICE IMMEDIATELY ON 999 OR TALK TO AN ADULT YOU CAN TRUST.

A young person's guide to keeping safe

SOUTH TYNESIDE SAFEGUARDING CHILDREN BOARD



What might happen if I have told someone?

You have been really brave. People will listen to what you have told them and will explain to you what might happen next to keep you safe.

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 agree to meet someone who you have only talked to online.

3 Don't be tricked into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more dangerous than you realise.

WHO CAN YOU TRUST?

It becomes a problem if that person:

- starts to try ways of controlling you
- is making promises they cannot keep and is threatening you
- becoming violent if you don't do what they want

Sexual exploitation can happen to you, no matter what your gender, age, religion or background

They might also try and isolate you from your friends, family and other people who care for you

Difficulties at home and the excitement of older 'friends' mean sometimes it is easy to get drawn into an abusive situation very quickly

Sarah's story:

"My mum wasn't around anymore, my dad was drinking and my sister was skipping school. I was 15 and got involved with a group of friends outside school – they were older. At first I thought it was really cool to have older friends, I didn't think there was anything wrong with it – they were drinking and there was a lot of drugs around. I thought if they were doing it then it must be okay. There was a lot of peer pressure to get involved. Anyway, at first it was okay – I could get the money from my dad. But after a couple of weeks, I was getting hooked and there wasn't enough money. My new friends said that it was five and introduced me to a new male friend. They said he fancied me, they said that I should go out with him. I didn't realise what was happening – I was being set up. After I had slept with him, I realised that I'd been used but it was too late, I was hooked on drugs. The weed and the want became more and more."

HOW MUCH DO YOU KNOW?

You could be exploited by someone you've met online

It could be a friend, or group of friends.

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

WHAT COULD HAPPEN?

- They could use clever ways to take advantage of you
- They might give you money, drugs, alcohol, gifts or somewhere to stay and then force you to do sexual things in return
- They could force you into dangerous situations and you could be harmed before you know it