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 2222 (out of hours and weekends)
- Child line 0800 111 or visit <u>www.childline.org.uk/Pages/Home.aspx</u> 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.









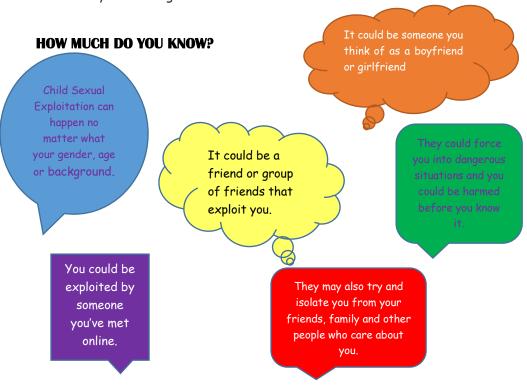
Child Sexual Exploitation



A YOUNG PERSONS GUIDE TO KEEPING SAFE

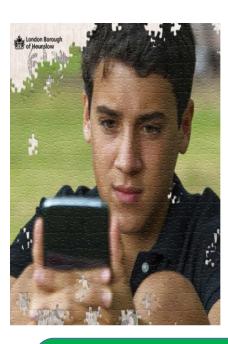
What is Child Sexual Exploitation?

- 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.



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 -

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