I'm here to help you, I love you.

Can we talk?

HELP!

Ask someone to help you.

Child sexual exploitation is a form of abuse in which young people (boys or girls) are tricked or exploited into taking part in sexual activity for something. The something could be attention, love, food, cigarettes, drugs, alcohol or money.

What is sexual exploitation?

Exploitation can happen when the abuser takes control of the relationship. They could introduce sexual talk at this point; they can isolate you from friends and family.

Grooming is when an abuser targets a young person. They could pretend to be a boyfriend/girlfriend and gain your trust by buying gifts or giving you lots of attention.

Listen to your instinct. Trust yourself when something doesn't feel ok. If someone makes you feel uncomfortable or scared, listen to your inner voice.

Ask for help, there are lots of people who can help. It's not your fault, so don't be afraid to speak out.

Learn from yesterday, live for today and hope for tomorrow.

Please open me up for more information.
• Be careful you mix with
• Don’t add randomers on your Facebook
• Block people who are inappropriate when talking to you
• Check people out
• Listen to your gut feeling
• If you’re worried, talk to someone
• Tell the police
• Think about where you’re going
• Stay on your phone
• Stay round your area
• Let people know where you are
• Set time for returning home
• Don’t go off by yourself if you are taking drugs and drink
• Don’t be scared to say no
• Have relevant phone numbers and know where your drink is
• Don’t let them hurt you
• If it sounds too good to be true, it probably is

This leaflet has been written for you by other children and young people, some of whom have experienced child sexual exploitation and who want to raise awareness of the issue. They came up with the 5 T’s - Tricked, Trapped, Trust, Tell and Talk which explains what it is and what you can do to protect yourself. They’ve also included phone numbers which you can call if you’re worried that you, or someone you know might be going through something similar.

WARNING SIGNS
Here are some signs that could put you at risk of sexual exploitation:
• Having a much older boyfriend/girlfriend
• Staying out late or going missing for periods of time
• Being bought nice presents or given food, money, drink or drugs
• Chatting to people online who you don’t know
• Not going to school
• Receiving calls/texts from strangers asking to meet up
• Misusing alcohol or drugs
• Accepting lifts from people you don’t know
• Parties

If you think you might be at risk of exploitation, don’t feel embarrassed or ashamed, please talk to someone you trust or contact the numbers provided of people who can help you.

CHILDLINE 0800 1111
POLICE 999
NSPCC HELPLINE: 0800 389 1701
BARNARDO’S SAFE CHOICES 028 9065 8511
CHILDLINE 0800 1111
Belfast HSC Trust T: 028 9050 7000
South Eastern HSC Trust T: 0300 1234 333
Northern HSC Trust T: 028 9133 745
Southern HSC Trust T: 028 7333 742
Western HSC Trust T: 028 7131 4091

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