YOUR GUIDE

SEXUAL EXPLOITATION
SEX, SECRETS AND LIES

THIS BOOKLET...

• HELPS YOU UNDERSTAND WHAT SEXUAL EXPLOITATION CAN BE

• GIVES YOU INFORMATION THAT EMPOWERS YOU TO MAKE POSITIVE CHOICES
SOMEONE WHO WANTS TO SEXUALLY EXPLOIT YOU WILL TAKE TIME TO MAKE YOU AND YOUR FRIENDS TRUST THEM; THIS IS KNOWN AS GROOMING.

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.

TRAFFICKING: IT’S WHEN CHILDREN OR YOUNG PEOPLE ARE MOVED FROM ONE PLACE TO ANOTHER TO BE EXPLOITED, INCLUDING SEXUAL EXPLOITATION.
SEXUAL EXPLOITATION BASICALLY MEANS THAT SOMEONE 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.

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BEING 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!

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.

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 ANY OTHER WORKER YOU TRUST.
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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.
• 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.
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**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.

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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 THERE 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

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.

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

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FAMILY AND FRIENDS

If you suspect that a family member or friend could be at risk of sexual exploitation these are some signs to look out for...

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.

• 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.

• Change in appearance, such as, not caring for themselves or bathing constantly.

• Sexualised behaviour, touching people when they don’t want it.

• 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.

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.

The Effects of Abuse

Some signs to look out for...

• Being secretive about where and who they are going with.

• Disarming themselves from family and friends.

• A change in appearance, such as, not caring for themselves or bathing constantly.

• Change in behaviour, such as, withdrawn or aggressive.

• Change in academic performance.

Substance use, eating disorders, nightmares, depression, shock, suicidal thoughts, feeling made to feel it’s a secret, feeling ashamed, feeling worthlessness, feeling tormented, feeling dirty, feeling empty, feeling meltdowns, feeling panicked, feeling out of control, feeling withdrawn, feeling anxious, feeling guilty, feeling to blame, feeling angry.

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...
YOU ARE NOT ALONE!
If you suspect a situation of abuse or trafficking or that someone you know is being groomed for Sexual Exploitation:

**Support Within Reach**

**District 1:**
Bemidji Office - 1-218-444-9524
Park Rapids Office - 1-218-237-0300
Walker Office - 1-218-547-4892
Bemidji, Park Rapids, & Walker - 24 hour crisis line 1-800-708-2727

**District 2:**
Grand Rapids Office - 1-218-326-5008
Aitkin Office - 1-218-927-6226
Grand Rapids & Aitkin - 24 hour crisis line 1-866-747-5008

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

**EVERY CHILD HAS THE RIGHT TO BE FREE FROM ABUSE, EXPLOITATION OR KIDNAP.**

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 16 years old.

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.

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Every child has the right to be free from abuse, exploitation or kidnap.

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 16 years old.

IT’S OK YOU DON’T HAVE TO DO SOMETHING THAT MAKES YOU FEEL UNCOMFORTABLE WHETHER THAT’S ONCE, TWICE OR LOT 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.

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.

Support Within Reach
LOOK AFTER YOURSELVES

& KEEP EACH OTHER SAFE

Credwch mewn plant
Believé in children

Barnardo's Cymru

Arms: ymylon
Llywodraeth Cymru
Funded by Welsh Government