

Where can I find any further help or advice?



You can always speak to a responsible adult like your parents or a teacher



Get advice and support

- Problems at home/school
- Jobs and training
- Apprenticeships
- Staying safe online
- Sex and health
- Relationships
- Mental Health
- Self Harm
- Bullying
- Drugs and alcohol
- Someone to talk to
- Things to do
- Housing, rights and money
- What age can I?
- Age 12-19**
(up to 25 for young people with learning difficulties or disabilities)

TALKZONE can be contacted in a variety of ways including text messages

YOU CAN CONTACT TALKZONE
7 DAYS A WEEK FROM
10 AM TO 10 PM
TEL: 0800 511111
TEXT: 077865 11111

Help is also available from CEOP, Childline and Thinkuknow.co.uk



A video to support this booklet can be found on YouTube
www.youtube.com/watch?v=_xnEXOd59z8

As young citizens we have a responsibility to make a positive contribution
Making a positive contribution is:
Encouraging a friend to report an incident
Being brave enough to report an abusive adult
Having self-respect and not allowing yourself to be controlled in a relationship
Being part of and encouraging healthy relationships
Helping others and yourself to understand the true meaning of love



BE AWARE STAY SAFE



Child Sexual Exploitation
Advice Booklet



EXPLOITATION MEANS?

"Treating or using someone unfairly for your own benefit"

LOVE is patient.
is kind. ♥

IT DOES NOT ENVY. IT DOES NOT BOAST.
IT DOES NOT DISHONOUR OTHERS

IT IS NOT { SELF-SEEKING IT KEEPS NO
EASILY ANGERED RECORD OF WRONGS

LOVE DOES NOT DELIGHT IN EVIL
BUT REJOICES WITH THE TRUTH

[IT] **ALWAYS** { PROTECTS
TRUSTS
HOPES
PERSEVERES

LOVE. NEVER. FAILS.

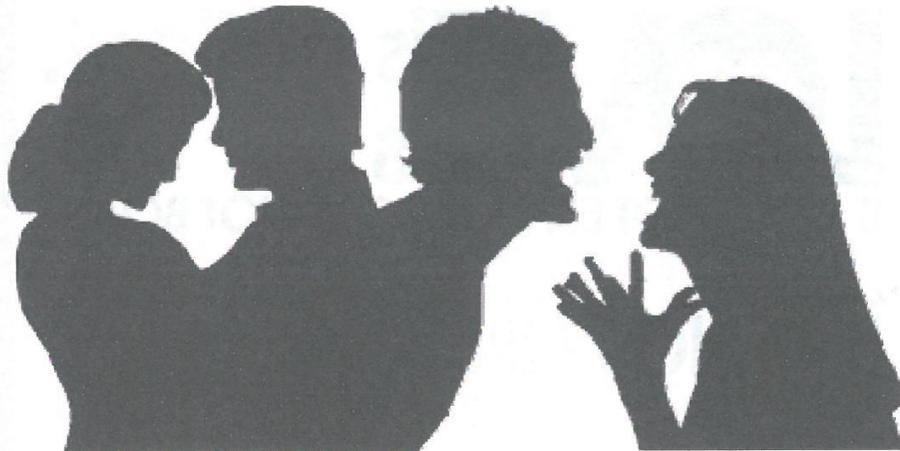
BE AWARE STAY SAFE

HOW TO DESCRIBE A HEALTHY RELATIONSHIP

Is there mutual love?
Do both partners make decisions together?
Is there trust and equality?

COULD YOU DESCRIBE AN UNHEALTHY RELATIONSHIP?

Does one partner control the other?
Is there an obvious unhappiness?
Does one of the partners try to buy love?



*“GROOMING IS WHEN AN ADULT BEFRIENDS A CHILD WITH
A MOTIVE OF PREPARING THEM FOR ABUSE”*

*“THEY OFTEN MAKE THE CHILD FEEL SPECIAL BY SAYING
NICE THINGS OR GIVING THEM GIFTS OR MONEY”*

WARNING SIGNS?

Why am I being given money or expensive gifts?
Why am I being offered alcohol, cigarettes or drugs?
Am I being asked for graphic or sexualised images?
Am I being introduced to older friends?
Are they trying to isolate me from friends and family?
Are we showing the signs of a healthy relationship?



HOW TO MINIMISE RISK?



Assess the risk before going out

How well do I know the person I am with?
How well do I know the friends that they have brought along?
Where am I going?
Who knows where I am?
Is this person the age they claim to be and who they say they are?
Can I get out of this situation?

TIPS TO MAKE SURE YOU KNOW WHO YOU ARE REALLY MEETING

Check them out online
Get to know them first in a safe environment
Ask your parents if they know them
Look at their friends online to see if they are a similar age
Top Tip—Don't dress to draw attention

