

# TEACH YOUR KIDS 5 SMART RULES TO STAY SAFE ONLINE

Offenders can be very clever at targeting and grooming young people online. Teaching young people these five rules can help to keep them safe online.



**1 Safety** – Don't give out information like your address, email address or phone number.



**2 Meeting** – Don't meet with someone you've talked to online – how do you really know they are who they say they are?



**3 Accepting** – Don't accept emails, messages or images from people you don't know – they could be anything including 'sexts' or viruses.



**4 Reliable** – How do you really know who you're talking to online? Check who you're talking to is who they say they are – do your research.



**5 Tell** – Make sure you tell someone you trust if anything online makes you feel uncomfortable.

# REPORTING CHILD SEXUAL EXPLOITATION

If you think a child is at immediate risk of harm call 999

If you have concerns that your child or someone you know is a victim of CSE you can talk in confidence to specially trained people

- Bedfordshire Police 101
- NSPCC 0808 800 5000

Find more help and advice at:

[www.bedfordshireagainstcse.org](http://www.bedfordshireagainstcse.org)

SPOT IT AND REPORT IT –  
IT'S EVERYONE'S RESPONSIBILITY

IT'S NOT OKAY

CHILD SEXUAL  
EXPLOITATION IS  
CHILD ABUSE



CHILD SEXUAL EXPLOITATION  
THE MORE YOU KNOW, THE MORE YOU SEE  
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# CHILD SEXUAL EXPLOITATION IS CHILD ABUSE

Child Sexual Exploitation (CSE) is happening and it can happen to any child or young person from any background.

Most young people don't realise they're being exploited and some even think it's okay.

**IT'S NOT OKAY – IT WRECKS LIVES**

## RECOGNISE GROOMING

Grooming is when someone convinces a child they are a safe and trustworthy person for the purpose of sexually exploiting them. It can happen either in person or online.

### They may gain a child's trust by:

- Giving them money
- Buying them gifts – including food, phone credit, alcohol or drugs
- Taking them to nice places
- Giving them lifts
- Giving them somewhere to stay
- Giving them attention, affection and a sense of belonging
- Telling them they love them

### In return they make the young person

- Have sex or do something sexual with them or others
- Take sexual images and share them online
- Look at sexual pictures or watch them do something sexual

Offenders can use violence, fear or blackmail to make a child feel guilty or worthless and that they've got no choice.

# SPOT THE SIGNS

CSE can be hard to identify. Being aware of the signs and acting upon them early can prevent abuse happening or escalating.

A change in behaviour may seem like normal teenage behaviour but it could be a sign of something more serious.



## GIFTS

Coming home with gifts that have appeared out of the blue, especially expensive items that they could not normally afford, such as phones, jewellery and new clothes.



## PHONE

Being secretive with their phone. Spending a lot of time online, or receiving an excessive number of strange messages from people you don't know.



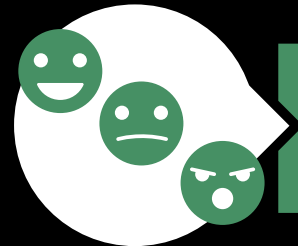
## ALCOHOL OR DRUGS

Being under the influence of alcohol or other drugs on a regular basis.



## ADULT FRIENDS

Making friends with or associating with people over 18. This may occur through older people giving them lifts or inviting them to go to parties and drinking.



## MOOD CHANGES

Sudden or unusual mood changes; acting aggressively or secretively or becoming withdrawn for example.



## INJURIES

Trying to hide marks or scars on their body, which could have been caused by themselves or others.



## MISSING FROM HOME

Returning home late, staying overnight away from home or missing school. Being defensive or lying about where they have been and who they have been with.



## SUDDEN CHANGES

Changes in friendship groups, music, clothes, behaviour or school attendance for example.