

I am worried that CSE may happen to me.

What can I do?

You need to talk to an adult who you trust. This may be a teacher,  
Student Support Officer, Sports Coach

If you don't want to talk to someone you know, you can also talk to:

Peterborough Children's Services — 01733 864180 or 01733 864170

Cambridgeshire Children's Services—0345 045 5203

National Society for the Prevention of Cruelty to Children

24 Hour Help line — Tel 0800 800 5000

Child Line on 0800 1111



If you, or a friend, are in immediate  
danger or want urgent help, call 999  
and talk to the Police.

What might happen when I have told someone?

You have been really brave. People will listen to what you have told  
them and will explain to you what might happen next.

To download this leaflet, please visit  
[www.peterboroughlscb.org.uk](http://www.peterboroughlscb.org.uk) or  
[www.cambslscb.org.uk](http://www.cambslscb.org.uk) or call Peterborough or  
Cambridgeshire LSCB



**CHILD  
SEXUAL  
EXPLOITATION**

**A YOUNG PERSON'S GUIDE TO  
KEEPING SAFE**



## BE AWARE, STAY ALERT AND KEEP SAFE – Three 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 agree to meet someone who you have only talked to online.

3

Don't be tricked into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more dangerous than you realise.

## HOW MUCH DO YOU KNOW?

You could be exploited by someone you've met online.

It could be a friend, or group of friends

It could be someone you think of as a boyfriend or girlfriend.

## WHAT COULD HAPPEN?

They could use clever ways to take advantage of you

They might give you money, drugs, alcohol, gifts or somewhere to stay and then force you to do sexual things in return

They could force you into dangerous situations and you could be harmed before you know it

**YOU NEED TO BE AWARE OF WARNING SIGNS THAT SOMEONE MAY WANT TO EXPLOIT YOU - AND TO BE VERY CAREFUL WHO YOU TRUST.**

## WHO CAN YOU TRUST?

It becomes a problem if that person starts to try ways of controlling you, making promises they can't keep, threatening you, becoming violent if you don't do what they want.

Sexual exploitation can happen to you, no matter what your gender, age or background

They might also try and isolate you from your friends, family and other people who care for you.

Difficulties at home and the excitement of older 'friends' mean sometimes it is easy to get drawn into an abusive situation very quickly.

### Sarah's Story

'My mum wasn't around any more, my dad was drinking and my sister was skipping school. I was 15 and got involved with a group of friends outside school – they were older. At first I thought it was really cool to have older friends, I didn't think there was anything wrong with it – they were drinking and there was a lot of drugs around. I thought, if they were doing it – then it must be okay. There was a lot of peer pressure to get involved. But nothing told me it was wrong. Anyway, at first it was okay – I could get the money from my dad. But after a couple of weeks, I was getting hooked and there wasn't enough money.

'My new friends said that it was fine and introduced me to a new male friend. They said he fancied me, they said that I should go out with him. I didn't realise what was happening – I was being set up. After I had slept with him – I realised that I'd been used but it was too late, I was hooked on drugs. The need and the want became more and more.'