

How do I tell someone?

If you or your friend is experiencing CSE, the most important thing is that you tell someone.

If you're concerned about your friend, talk to them. Even if they try to distance themselves from you, let them know that you will be there to listen to them. If they do choose to tell you, do not promise them that you won't tell anyone else. Encourage them to tell an adult or, if you have to, tell the adult yourself - you have to tell someone so they can get help.

If you are being sexually exploited, you may be scared of what will happen if you tell someone - but it is vital that you do.

Tell an adult that you trust; it can be helpful to prepare what you will say and practice how you will tell someone.

Make sure you find the right time to talk, where the adult won't be distracted - e.g., go to a teacher outside of lesson time.

Once you have told an adult, they can help you - remember, it is not your fault, and you can get help.

Where to go for help

You can talk to any member of staff in school that you trust, but you need to



know that, depending on what you tell them, the member of staff might need to report what they have been told - this is to keep you safe.

If you don't want to talk to a member of staff, talk to another adult that you trust, this could be a parent/carer or your doctor - the main thing is that you talk to someone.

The following organisations have websites you can visit for further support:

NSPCC

Barnardo's

CEOP

Do you know how to spot the warning signs of child sexual exploitation (CSE)?



What is CSE?

CSE is when a child (someone under 18) is manipulated, forced, pressurised, or intimidated into taking part in a sexual act in exchange for something. 'Sexual acts can include sending nude photos or videos, kissing, touching, or having sex with one or more people.

At Southlands we are committed to keeping our pupils safe; if you are worried you or a friend is being sexually exploited, you can talk to any member of school staff at any time.

How do I know if it's CSE?

Knowing if you are being sexually exploited can be confusing; in a lot of cases, you may think the abuser is your 'friend' or you might even be in a relationship with them. But if someone is forcing you to perform sexual acts or to send inappropriate pictures or messages - this is exploitation and abuse.

CSE can happen online and face-to-face; it is important that you are able to spot the warning signs so that you can protect yourself and your friends.

You may find it difficult to admit that you are being sexually exploited - especially if your abuser is a friend, or your boyfriend or girlfriend.

If someone is acting inappropriately or forcing you to perform any sexual acts, it is vital that you speak up.

Signs you should look out for if any of the following warning signs apply to you speak to someone you trust as soon as you feel ready.

Is an individual or a group:

- Showing you a lot of attention
- Buying you gifts like mobile phone or clothes?
- Telling you to lie about where you are when you are with them?
- Telling you that your friends and family don't love and understand you like they do - have they told you that they are the only person you need?
- Encouraging you to take drugs or drink **alcohol**?
- **Controlling** or **threatening** you?
- **Forcing** you to perform **sexual acts** in **exchange for something**?



defensive when you ask them where they have been? Your friend may not want to tell you if they are being sexually exploited - if you spot these signs, you need to speak to them.

Is your friend:

Being **secretive** about who they are spending time with?

Using a mobile phone, you haven't seen before? Do they have any other **unexplained new things**?

Having **mood swings** or being **aggressive**?

Spending time with people you **do not recognise** - are they **older**?

Receiving lots of **calls** or **texts** from someone you **don't recognise**?

Showing signs of physical abuse - do they have **marks** or **bruises** that they try to **cover up**?

Skipping school?

Taking **drugs** or drinking **alcohol**?



Are you worried about a friend?

Has your friend not been themselves recently? Have they **distanced** themselves from you and started spending time with other people? Are they being **secretive** or

