

## HOW CAN I SUPPORT MY CHILD?

Parents/carers can discuss the differences between healthy and unhealthy relationships with their children, this is really important in helping highlight potential risk to them.

There are also practical steps you can take, such as:

- **Don't wait.** Collect evidence, if you suspect that your child is at risk – act now and call ChildLine or any of the numbers below.
- **Stay alert** to changes in behaviour or any physical signs of abuse, e.g. bruising.

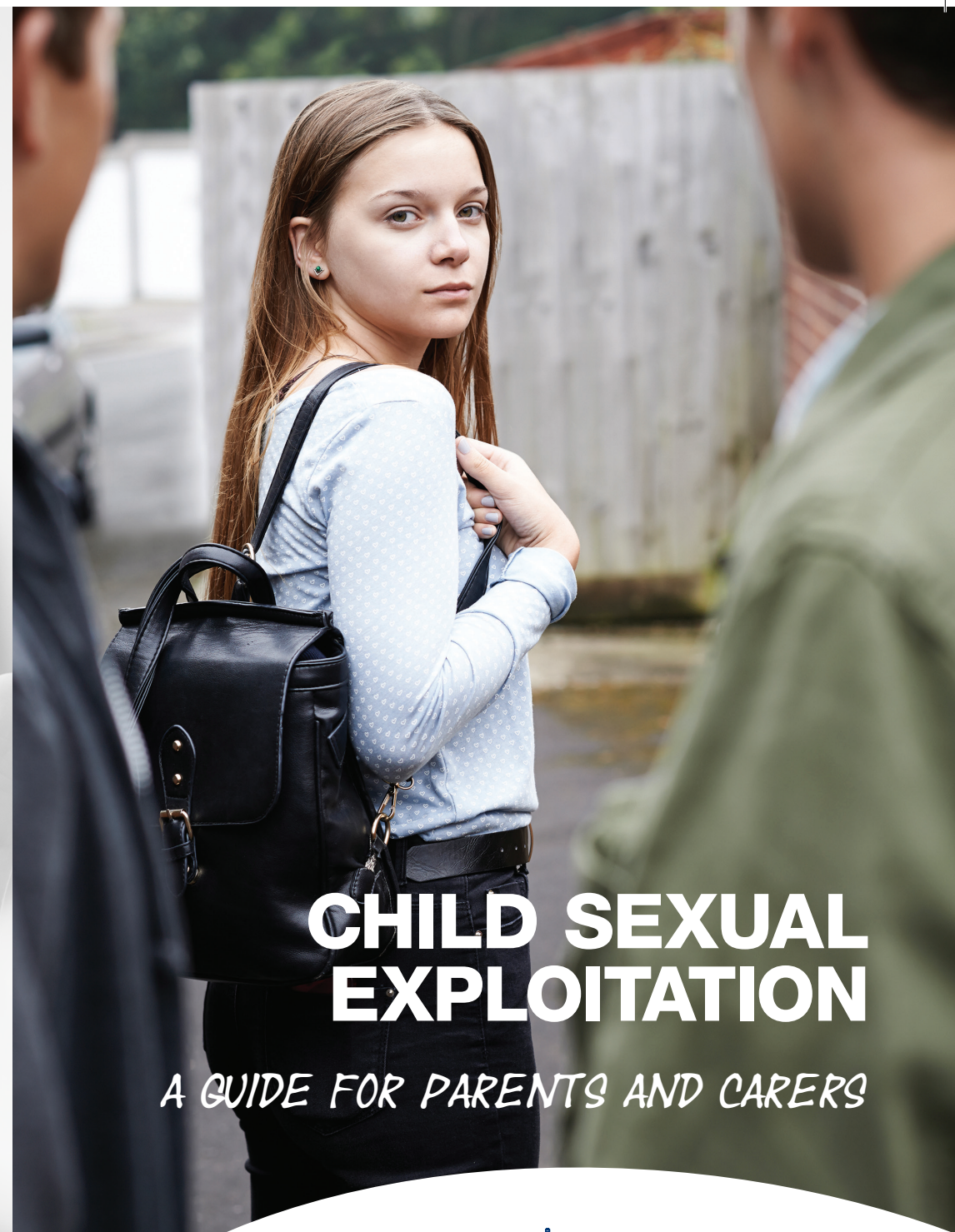
## WEBSITES FOR MORE INFORMATION AND SUPPORT:

<http://paceuk.info/>  
<http://knowaboutcse.co.uk/parents/>  
[www.parentinfo.org.uk](http://www.parentinfo.org.uk)  
[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)  
[www.childrenssociety.org.uk/CSE](http://www.childrenssociety.org.uk/CSE)  
[www.nwvg.org.uk](http://www.nwvg.org.uk)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)  
<http://parentzone.org.uk>  
[www.barnardos.org.uk](http://www.barnardos.org.uk)  
[www.GSCB.org.uk](http://www.GSCB.org.uk)

**If you are concerned about a child please call the Gloucestershire Multi Agency Safeguarding Hub (MASH) on 01452 426565 or Police 101. If you would like to remain anonymous please call Crimestoppers on 0800 555 111.**

- **Be aware** of new, unexplained gifts or possessions, e.g. mobile phones, and carefully monitor any instance of staying out late or not returning home.
- **Be cautious** around older friends your child may have, or relationships with other young people where there appears to be a power imbalance.
- **Understand the risk** associated with your child being online and put measures in place to minimise them.

**This parent leaflet is a useful guide to help you talk to your child about CSE.**



# CHILD SEXUAL EXPLOITATION

*A GUIDE FOR PARENTS AND CARERS*



**SEXUAL EXPLOITATION AFFECTS THOUSANDS OF CHILDREN AND YOUNG PEOPLE ACROSS THE UK EVERY YEAR.**

**AS A PARENT OR CARER, YOU COULD HAVE AN IMPORTANT ROLE TO PLAY IN PROTECTING CHILDREN FROM EXPLOITATION, HELPING TO CUT THEM FREE FROM THIS HORRIFIC FORM OF CHILD ABUSE.**

### **WHAT IS CHILD SEXUAL EXPLOITATION?**

Child Sexual Exploitation is a form of sexual abuse, in which a person is manipulated or forced into taking part in a sexual act. Abusers can be anyone of any age or gender.

**CSE** can AFFECT any child or young person from any background; male or female, any time, any place, any where.

**CSE** can OCCUR through use of technology without the young person recognition.

The perpetrators have POWER over the victims and may use a GROOMING process:

Children or young people don't usually know that they are being drawn into sexual exploitation (grooming) or realise that the situation they are in is abuse. They often trust their abuser and don't understand that they're being abused. They may depend on their abuser or be too scared to tell anyone what's happening.

### **THE PERPETRATORS:**

**Use** of threats and violence.

**Introduction** of alcohol and drugs creating dependency.

#### **Special attention -**

Giving gifts or pretending to be a boyfriend / girlfriend.



**The victims of sexual exploitation are not at fault!**

### **SPOTTING THE SIGNS**

When a child or young person is being exploited it can be difficult for them to see what is happening or know how to tell someone.

It is important therefore that as parents and carers we are able to spot the warning signs and know how to best offer support.

### **MISSING FROM HOME / REDUCED CONTACT WITH FAMILY AND FRIENDS**

This might be returning home late, staying out over night or missing school. They might be defensive about where they have been, who they have been with and what they have been doing.

### **PHONE**

Receiving excessive or strange messages or phone calls from people you and/or they don't know. Having adults as friends on social networking sites. Possession of multiple phones or SIM cards. Becoming more secretive.

### **GIFTS**

Coming home with new expensive items that they couldn't normally afford like phone, jewellery, new trainers or computer games. Or talking about people who give them free food or cigarettes.

### **ADULT FRIENDS**

Associating with or developing close relationships with people over 18. They may give them lifts or invite them into adult activity like drinking, parties or even offer them the chance of a job.

### **ALCOHOL OR DRUGS**

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

### **MOODS**

Changes in mood, maybe acting secretive, withdrawn or aggressive, agitated or stressed before going out.

### **INJURIES / SEXUAL HEALTH**

Unexplained injuries or a child suffering a STI or pregnancy.

### **SUDDEN CHANGE**

In friendship groups, friendships that appear unhealthy, music taste, clothes, behaviour, school attendance.

### **CARS**

Getting picked up or dropped by unknown people, or talking about going to new places.