



'I wish someone had noticed sooner **so I could have got help.**'

Anonymous  
West Sussex victim



'**Exploitation was my life,** it was only when I got support that I could see how bad it was.'

Anonymous  
West Sussex victim

**FOR PARENTS AND CARERS**

## HOW TO OFFER SUPPORT?

**If you are worried about a child or young person, you must do something, but it may not be easy to find out what is going on from them.**

Your child may have been told not to talk about what they are doing, threatened with violence or they may think they have an exciting grown-up life with a boyfriend or girlfriend which they don't want to end.

Find a time to talk to them calmly about how they feel. The child may open up and admit they are unhappy about a part of their life. They may even admit they need help.

But if they won't talk to you, please do not let the matter drop. Is there someone else that you both trust that could talk to them; a trusted family member, family friend, or someone from your religion or local community? Tell the trusted person about your concerns and ask them to have a word.

Ensure that your child knows how to keep themselves safe online and encourage open conversations about what games, social media and apps they use.

Visit the [www.saferinternet.org.uk](http://www.saferinternet.org.uk) for more information and ideas.

## WHO CAN HELP?

### Support and advice

If you have any concerns about your child, or another child being exploited please contact one of the following:

**POLICE:** 101 or 999 in an emergency (open 24/7)

**West Sussex Multi-Agency Safeguarding Hub (MASH):** 01403 229900

(Out of Hours - Mon-Fri 5pm-8am, weekends & bank holidays: 0330 222 6664)

**Parents Against Child Sexual Exploitation**

**(PACE):** 0113 2405226 or [www.paceuk.info](http://www.paceuk.info)  
(open Mon - Thurs 9 - 5 / Fri 9 - 4)

**Anonymous National CSE Line**

- text or call free: 116 000 or email [116000@missingpeople.org.uk](mailto:116000@missingpeople.org.uk) (open 24/7)

Find all this information and more at [www.westsussex.gov.uk/CSE](http://www.westsussex.gov.uk/CSE)

**TOGETHER, WE CAN STOP  
CHILD SEXUAL EXPLOITATION.**  
#StandAgainstCSE



WS1947(3) 6.16



## CHILD SEXUAL EXPLOITATION

How to get help if you think a child or young person is being sexually exploited.



# SPOT THE SIGNS

- Have they come home with money, clothes, jewellery, a mobile phone or other presents they can't account for?
- Do they use their mobile phone secretly?
- Do they have a boyfriend, girlfriend or friends you're concerned about? Are they significantly older?
- Have they been picked up from home or school by someone you don't know?
- Do they skip school or regularly go missing from home?
- Are they secretive about where they go, who they see or talk to online?
- Have you noticed any signs of physical harm?
- Are you worried about unsafe sexual behaviour?
- Are you worried they are using drugs or alcohol?
- Have they lost contact with family and friends? Are they spending more time online than with friends?
- Do they chat to people online they have never met via social media or online games?

You may think some of these signs are normal for a teenager, but you know your child better than anyone else and if you think their behaviour is out of character then you need to speak to them or seek support.



**Child sexual exploitation is a crime.**  
The police and social services will act to stop it happening.



## WHAT IS SEXUAL EXPLOITATION?

**Child sexual exploitation is a form of abuse.**

It involves children and young people being forced or manipulated into sexual activity in exchange for something; money, gifts, accommodation or less tangible goods such as affection or status. The sexual activity and exchange may be seen as consensual, but are based on an imbalance of power.

It can also occur through the use of technology without the child's immediate recognition; for example, being persuaded to post sexual images on the internet. Rewards or gifts for such images can be hidden in online games such as getting to the next level, in game 'gold/coins' or points being exchanged.

There are different models of Child Sexual Exploitation; below are three of the main ones:

**Inappropriate relationship:** the child/young person is in a relationship with an older partner who exerts a great deal of influence and control over them. The child/young person is likely to believe they are in a serious adult relationship and not recognise its exploitative nature.

**Peer exploitation:** the child/young person is in a relationship with another child/young person who is coercing them into sexual activity with their friends.

**Organised exploitation:** the child/young person is being groomed or sexually exploited by a network of perpetrators and may be coerced into sexual activity with different people.

## HOW DOES IT HAPPEN?

**We know from experience that some people target children and young people and draw them into abusive sexual relationships.**

**This is how it can happen:**

- At the beginning, the perpetrator/s make young people feel special by showing them a lot of interest and affection.
- Sometimes they ask groups of young people to come back to their house or go to parties.
- Sometimes young people are offered drugs, alcohol and a place to chill out.
- They may be given presents like clothes, a mobile phone, or money to buy alcohol or cigarettes.
- After they have gained a young person's trust and affection things change.
- They may expose them to pornography, drugs and violence to de-sensitise them.
- They will ask for sexual favours for themselves or other people in return for alcohol, drugs, presents, money etc. All the things they previously gave the young person for free.
- The perpetrator stops being nice and can become violent or threatening.
- They will try to separate the young person from their friends and family.
- They may encourage the young person to keep secrets from you.