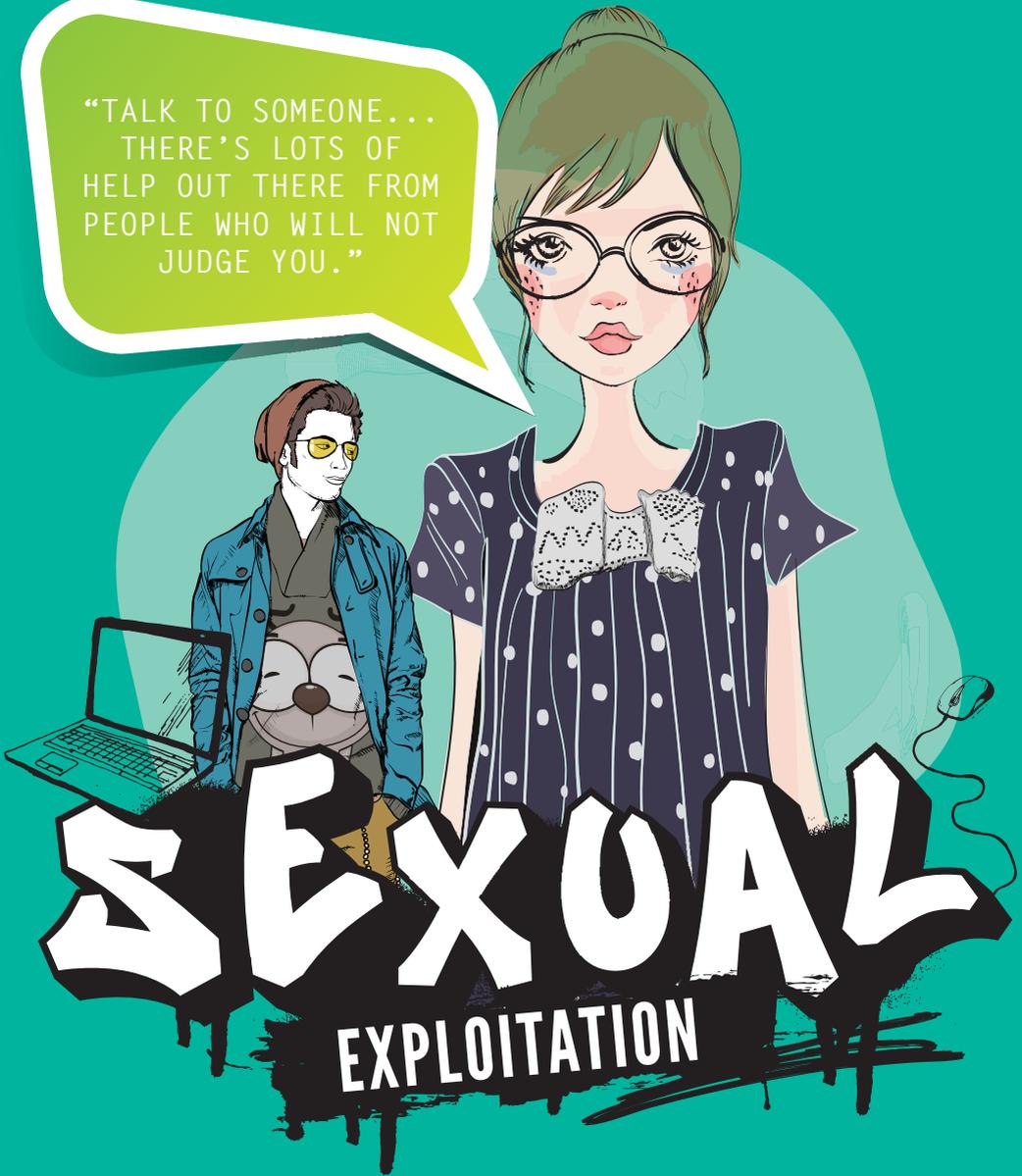


“TALK TO SOMEONE...  
THERE'S LOTS OF  
HELP OUT THERE FROM  
PEOPLE WHO WILL NOT  
JUDGE YOU.”



YOUR GUIDE TO SEXUAL EXPLOITATION  
WHAT IT MEANS, RELATIONSHIPS AND SAFETY TIPS.

kairos<sup>w</sup>  
women working together

Supported by



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## ONLINE

Child Exploitation & Online Protection Centre  
[www.thinkyounow.co.uk](http://www.thinkyounow.co.uk)

My Dangerous Loverboy  
[www.mydangerousloverboy.com](http://www.mydangerousloverboy.com)

Women's Aid  
[www.thehideout.org.uk](http://www.thehideout.org.uk)





# WHAT IS SEXUAL EXPLOITATION

Child sexual exploitation is where someone uses power over a young person to sexually abuse them. Sexual exploitation is something that can happen to anyone regardless of their gender, ethnicity or age. The UK Government uses the following definition:

☞ The sexual exploitation of children and young people under 18 involves exploitative situations, contexts and relationships.

☞ This may be where young people (or a third person or persons) receive 'something' (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of performing, and/or others performing on them, sexual activities.

☞ Child sexual exploitation can occur through use of technology without the child's immediate recognition

☞ For example the persuasion to post sexual images on the internet/mobile phones with no immediate payment or gain.

☞ In all cases, those exploiting the child/young person have power over them by virtue of their age, gender, intellect, physical strength and/or economic or other resources.



# CONSENT

Giving consent is saying “yes”. To be able to say “yes”, you need to be able to make a REAL choice. You are able to give consent to a sexual activity if you agree by CHOICE, and have the FREEDOM and CAPACITY to make that choice. (Source: Sexual Offences Act 2003) There may be times where you do not have the choice, freedom or capacity to make a choice. Below are some examples of when someone would not have capacity.

## CHOICE

You would not have choice if you were:  
Threatened / Blackmailed / Pressurised / Manipulated

## FREEDOM

You would not have freedom if you were:  
Tied up / Locked in a room / Forced / Kidnapped

## CAPACITY

You would not have capacity if you were:  
Drunk / Asleep / Unconscious / Under the influence of drugs / Having a mental health crisis  
Underage (sexual age of consent is 16) / Someone who has a learning difficulty that makes it difficult to make decisions





# THE GROOMING PROCESS



Grooming is where someone tries to befriend a young person with the aim of sexually abusing them. There is often an exchange of something (affection, drugs, money, food, place to stay) for the sexual activity.

To the right is an example of the way this might happen. (Adapted from: Barnardos, B Wise 2, Sexual Exploitation, 2007)



## TARGETING

- Identifying young people to target
- Sharing information with other abusers about young people
- Befriending the young person
- Gaining the trust of the young person

## FORMAL FRIENDSHIPS

- Making the young person feel special
- Giving gifts (drugs, money, fags, clothes)
- Listening to the young person
- Spending time together
- Offering the young person support
- Keeping secrets
- Testing out physical contact

## LOVING RELATIONSHIPS

- Becoming boyfriend/ girlfriend
- Establishing a physical relationship
- Lowering inhibitions (e.g. by showing porn)
- Taking part in illegal activity (drugs, crime)
- Inconsistency—being nice sometimes and horrible at other times

## ABUSIVE RELATIONSHIPS

- Domestic abuse (see page 6)
- Reinforcing dependency
- Forcing the young person to have sex with other people
- Playing on the young person's feelings of guilt and shame

# RELATIONSHIPS

Ideally, relationships would be full of love, respect, trust and honesty. Unfortunately, some people are in relationships that are abusive. Outlined below are some of the ways someone can be domestically abusive:

## DOMESTIC ABUSE

### SEXUAL

- Doing sexual things without your consent
- Calling a person sexualised names, e.g. slut, whore, frigid.
- Controlling how you dress.

### PHYSICAL

- Hitting, Punching, Burning, Pinching, Hair pulling, Smashing things, Stabbing, Killing

### FINANCIAL

- Taking your money
- Not letting you work.
- Controlling how you spend your money.

### ISOLATION

- Stopping you from seeing friends.
- Stopping you going to school / work / college.
- Not letting you have a phone.
- Not letting you go out alone.

### EMOTIONAL

- Putting you down.
- Lying to you.
- With-holding affection.
- Threatening to leave you.
- Threatening to attempt suicide
- Checking up on you.

### THREATS

- Telling you they will kill you, your pet, your family.
- Saying they will spread rumours about you.
- Making you feel scared through looks and gestures.
- Saying they will smash things.

# SOCIAL MEDIA



Do you know how to stay safe online and on your phone? The table below shows you some of the risks of using social media and how you can reduce those risks/ take action.

## BULLYING

### SOMEONE USING SOCIAL MEDIA TO UPSET SOMEONE ELSE.

Try to block the bully on IM or delete them from your contacts. Speak to someone you trust, for example, parent, teacher, youth worker. Try not to retaliate as this might make things worse. Keep texts, emails etc as proof of the bullying; the police may be able to charge the bully with harassment or threatening behaviour.

## GROOMING

### SOMEONE BEFRIENDS YOU ONLINE OR VIA IM BECAUSE THEY WANT TO SEXUALLY ABUSE YOU.

Only speak to people you know online or via IM (strangers may not be who they say they are). Keep personal information private as people could use this to try and start a friendship or find out where you live/ hang out. Meeting someone from the internet can be dangerous; always let an adult know where you are going, never go alone and meet in a crowded place. If someone is acting oddly online, contact CEOP.

## SEXTING

### SENDING AN INDECENT (SEXUAL) PICTURE OF YOURSELF TO SOMEONE ELSE VIA SOCIAL MEDIA.

Once pictures are sent to someone else you are unable to control who sees them. They could be sent to your friends, family or be put on the internet for the whole world to see. They could be used to blackmail you into doing things you are not happy about (e.g. sexual acts). The safest thing you can do is not to send this type of picture. If pictures are posted of you online, contact CEOP.

# SAFETY

## — TIPS —

- Always let someone know where you are going and what time to expect you back; this could be someone you live with, a friend or a family member.
- Do not give out personal information to people you do not know (BBM pin, phone numbers, address etc).
- Always use licensed taxi cabs; these will have a plaque on the back of the taxi issued by Coventry City Council.
- Carry a charged mobile phone but keep it out of sight.
- Keep some spare cash in case you need to get a taxi/ bus.
- Avoid walking in quiet, poorly lit areas. Do not listen to music when walking alone.
- Do not accept lifts from strangers or people you feel unsure about.
- Think about why someone might be offering you a gift. What is their reason for doing it? See page 5.
- Do not accept drinks unless you see the drink being poured / opened yourself.
- Always journey home with a friend
- Walk facing oncoming traffic to avoid people pulling over to talk to you.
- Avoid walking past parked vehicles with their engines running.





# MYTH BUSTING

# FACTS

A woman in an abusive relationship is assaulted on average 35 times before she seeks help.

1 in 4 women will experience domestic abuse in their lifetime.

If you carry a knife you are more likely to be stabbed yourself.

Child sex offenders target boys as well as girls.

The majority of rapes are carried out by someone the victim knows; for example, friend, lover, colleague, partner or ex-partner.

Abusers can be any age, gender or ethnicity.

75% of women involved in prostitution as adults were sexually exploited in childhood.

One third of young people have received unwanted sexual or nasty comments via email, chat, instant messaging or text messaging.

1 in 6 men will experience domestic abuse in their lifetime.

# REAL LIFE

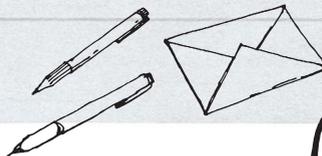
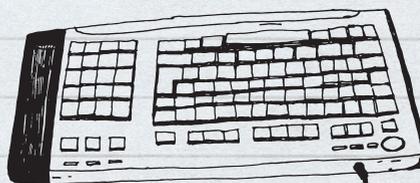
## ACCOUNT OF SEXUAL EXPLOITATION

When I was a child I used to hide in the corner of my bedroom waiting for my dad to come and hit me. The violence had been going on for a number of years, so I ran away from home and slept outside. I was hungry, thirsty and very cold. It was very lonely.

I was walking down the road the next evening when I saw a girl my age. She told me that she had run away from a children's home and had a family in Wolverhampton who I could stay with. I thought it sounded exciting and that it would be somewhere warm to stay. I thought that this girl was very friendly and would make good company, someone who I could have a laugh with.

When I reached Wolverhampton, my life changed for the worse. We went into a taxi and on arrival at our destination she told me to wait in the taxi for her while she knocked on the door. She went and then appeared with two other women who shouted at her, asking why she knocked on the door and ran away. I didn't understand what was happening.

**"Sex should be something you want to do, not something you have to do."**



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## SEXUAL EXPLOITATION EXPLAINED

I was confused and really scared. One of the women was tall in jeans and the other woman was tall and voluptuous, wearing a really short skirt. The larger of the two dragged me from the taxi and thumped me in the eye. I was in a lot of pain and was crying so much. Little did I know that it was going to get a lot worse.

The blonde girl and the tall slim girl were laughing and joking and here I was with a tear stained face and a black eye. I didn't know what was going to happen next.

The larger woman told me that I would do whatever she said; otherwise she would really hurt me. I was so scared. She took me to a corner and I waited. A man came and she told me I had to do what he wanted.

**"I WAS TOO SCARED TO SAY NO TO HER AND HAD TO DO SEXUAL THINGS I HAD NEVER DONE BEFORE. I TOLD HIM I DIDN'T WANT TO DO THIS AND PLEASE GET ME HELP, BUT HE SAID HE DIDN'T WANT TO GET INVOLVED."**

That single day changed who I was.

I kept things to myself for a long time, but that only made things worse. I just hoped that everything would go away, but it didn't. I knew I needed help. I started going to a group and my life began to change for the better. I started to gain confidence and realised that I wasn't on my own and that other people had been through the same ordeal as I had. I also had a great Support Worker who helped me with practical issues and helped me to start to deal with the problems I faced. I now have a very bright future ahead of me.

SEE PAGE 12 FOR PLACES TO  
GET HELP IN COVENTRY...



# WHERE TO GET HELP IN COVENTRY

## Coventry Haven

Support for people affected by domestic abuse  
Telephone: 024 7644 4077

## Defuze project

Helping young people (up to 18) affected by domestic violence & abuse  
Telephone: 024 7622 1112

## Integrated Sexual Health Clinic (ISHS)

3rd floor, City of Coventry Health Centre, Stoney Stanton Road, Coventry  
Telephone: 0300 020 0027

## Coventry Rape & Sexual Abuse Centre

Support for survivors of rape and sexual abuse  
Telephone: 024 7627 7777

## Compass

Drug and alcohol advice for young people under 18  
Telephone: 024 7625 1653  
non-emergency 101  
emergency 999

## The Recovery Partnership

Drug and alcohol advice for over 18's  
Telephone: 024 7663 0135

## VIBES

Mental and emotional health support for young people 7-19 years old  
Telephone: 024 7655 2847

## Streetwise Project

Supports young people under 18 years old at risk of or subject to child sexual exploitation  
Telephone: 024 7652 0124

## Kairos WWT

Support for women over 18 at risk of or subject to sexual exploitation

## Brook

Advice on sexual health, pregnancy and abortion  
Telephone: 0808 802 1234