

LOOK OUT FOR THESE SIGNS WHICH COULD INDICATE CHILD EXPLOITATION



VERY RECLUSIVE



GOING MISSING



ADULT ASSOCIATIONS



AGGRESSIVE



USING DRUGS & ALCOHOL



SEXUALISED BEHAVIOUR



INJURIES

What should I do next?

COMMUNICATE

Talk to your children about the qualities that make a healthy relationship. Discuss strategies to help them protect themselves if they find themselves in difficult situations. Help them learn how to keep safe.

GET IN TOUCH WITH PACE

Pace seeks to enable parents and carers to safeguard and stop their children being sexually exploited. They work with parents and partners to disrupt CSE and bring perpetrators to justice.

Across Cheshire PACE are able to offer parents and carers:

- A free e-learning resource which is designed for parents which we have been developed with the Virtual College.
- Pace Parent Forum. The forum is a safe, private space for parents to connect online to share experiences, information on what works, news, and support to keep going when things are difficult.

- Telephone Support via National Parent Support team.

www.paceuk.info

If you think your child is being sexually exploited...

CHILD SEXUAL EXPLOITATION IS ABUSE AND A CRIME.

If you suspect that a young person is a victim or is at risk of child sexual exploitation you must act. Seek the help of specially trained professionals who can offer support to you and your family.



REPORT ABUSE

Call Police on **101**



REPORT ABUSE ANONYMOUSLY

Call Crimestoppers on **0800 555 111**



REPORT SOMEONE IN IMMEDIATE DANGER

Call Emergency Services on **999**

FOR MORE INFORMATION VISIT:

www.knowandsee.co.uk

KNOW & SEE THE SIGNS



ALEX'S ROOM

What is it?
Something isn't
right. We never see
Alex anymore.

DO NOT
PARENTS
ENTER

KEEP
OUT!

ALEX

Child Sexual Exploitation

Advice for parents and carers to know
and see the signs.

Protecting your child from being sexually exploited

Sexual exploitation affects thousands of children and young people across the UK every year. As a parent or carer, you have an important role to play in protecting children from exploitation, helping to cut them free from this horrific form of child abuse.

Child sexual exploitation can be hard to detect, and abusers are often very clever and manipulative. The young person may think this person is their friend, and that their relationship is consensual, or may be offered money, attention, affection or alcohol in return for sex. Abusers use power to control their victim, including verbal or physical violence, and will try to keep the young person isolated from their friends and parents.

Some young people won't even be aware of what is happening to them. It's not always easy to know what our children are up to, or if anything is bothering them, but any combination of these tell-tale signs is a strong indicator that something is wrong and you should get help.

Who does it affect?

Abuse is not discriminative. It can happen to young people from any background; boys and young men are abused as well as girls and young women. Abuse is not the fault of the victim, but the abuser will make them feel this way, using fear as a means to get what they want.



What signs can I look out for as a parent or carer?

- ! **Bruising on their arms or body**
May try to hide them or are unable to explain how they got them.
- ! **Regularly using drugs or drinking alcohol**
E.g. Hungover and being sick a lot, puncture marks on arms etc.
- ! **Mood swings, aggression towards others**
Involved in conflicts with others and showing extremes in emotions.
- ! **Truancy or a drop in performance at school**
Unable to focus during exams and reluctance to attend school.
- ! **Self-harm – cutting or eating disorders**
Sudden weight loss, reluctance to expose arms etc.
- ! **Change in appearance, or borrowing clothes from others**
Dressing unlike their usual self, unable to explain why.
- ! **Always tired**
Irregular sleeping patterns and extreme signs of fatigue.
- ! **Unexplained relationships with older people**
They are reluctant to tell you their name or how they know them.
- ! **Staying out late, not returning home**
Unable to give a plausible explanation as to where they have been.
- ! **They have unexplained gifts, expensive clothes, mobile phones**
When they have no means of paying for the items themselves.
- ! **Unexplained money, frequently taking part in activities requiring money**
Finding amounts of cash, or being frequently asked for money.
- ! **Unknown vehicles dropping the young person off**
May also rather have them pick them up/drop off around the corner.
- ! **Unknown friends on their social media sites**
People who are not familiar trying to talk to them.
- ! **Secretive phone-calls and internet use**
Walking out of the room to answer phone calls or turning the computer screen to face themselves.



Help your child stay safe on the internet

In today's digital age children are becoming more and more active online. One main reason is to access social media. Young people use social networking sites on a day-to-day basis to share photos, connect with friends and much more.

This increase in activity has made it harder for parents and guardians to keep track of what their children are accessing online, many CSE victims are targeted through social media and on the internet.

Tips to help keep your child safe online:

- 1 **Check their profile settings**
Some children may think their online profiles are set to private however sometimes this is only partial privacy. Make sure to check the 'settings' sections of online profiles to enable maximum privacy. See below for help.
- 2 **Nothing is completely hidden online**
Remind your child that anything that goes on the internet isn't totally hidden and if it's private or personal, it shouldn't go online.
- 3 **Unknown 'friends'**
Sometimes they may receive a 'friend' request or someone trying to engage with them online who they don't know. It is important to tell them not to talk to anyone who is unfamiliar.
- 4 **Talk about online activity**
Openly talk about online activity with your child. If they think you are being invasive, calmly explain the dangers social media can some pose.

For more information and tips of how to ensure your child is safe online, visit:

www.thinkuknow.co.uk

www.childnet.com