

## Advice and support for CSE



The UK's Leading Male Only Sexual Exploitation Service. The sexual exploitation of boys and young men is often unrecognised and undisclosed; however, boys and young men are also vulnerable to sexual exploitation.

07921 372896 or 0113 2444209

[www.reconstruct.co.uk](http://www.reconstruct.co.uk)  
[www.mesmac.co.uk](http://www.mesmac.co.uk)

Childline is a free 24-hour counselling service for children and young people provided by the NSPCC.

0800 1111

[www.childline.org.uk](http://www.childline.org.uk)

The NSPCC provide a wide range of services including national helplines staffed by trained helpline counsellors for 24/7 help and advice.

0800 1111 (ChildLine)  
0808 800 5000 (Parents and carers)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

Pace helps parents across the UK understand what is happening to their child and how they can leave exploitative relationships.

0113 240 5226

[www.paceuk.info](http://www.paceuk.info)

BASE (Barnardo's Against Sexual Exploitation) is a Barnardo's project in Bristol which supports young people affected by CSE.

0117 934 9726

[www.barnardos.org.uk/basebristol](http://www.barnardos.org.uk/basebristol)



Missing People offers emotional support and practical advice during a disappearance and can also help with concerns about CSE

116 000

[www.missingpeople.org.uk](http://www.missingpeople.org.uk)



Stop It Now! works to prevent the sexual abuse of children before they are harmed.

0808 1000 900

[www.stopitnow.org](http://www.stopitnow.org)



Young Victims' Service is for young people from 8 - 18 (up to 25 for those with additional needs) who have been victims of crime and/or anti-social behavior.

01275 88 44 88

[www.youngvictims.wordpress.com](http://www.youngvictims.wordpress.com)



The survivor pathway is a guide for anyone wanting to know more about specialist sexual violence services. Anyone who has experienced rape or any kind of sexual assault/abuse needs to be involved in decisions about what happens next, be informed enough to make their own choices & have control over their journey.

[www.survivorpathway.org.uk](http://www.survivorpathway.org.uk)



A website for children which gives honest and frank advice on topics including sex and relationships, and the internet.

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)



Crimestoppers enables anyone with details of criminal activity to pass information to the police anonymously.

0800 555 111

[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)



# Understanding Child Sexual Exploitation

A guide for parents and carers

**this is not  
an excuse**

Look, listen, ask, ask again, be curious...

[www.thisisnotanexcuse.org](http://www.thisisnotanexcuse.org)

## What is Child Sexual Exploitation?

Child sexual exploitation (CSE) is a form of child abuse.

CSE involves offenders grooming young people and using this control to sexually abuse them. It can be part of a seemingly consensual relationship where someone pretends to be a young person's friend, boyfriend or girlfriend and manipulates them with bribes, threats or violence. Victims are forced to have sex, or do sexual things with the offenders or other people.

It can happen to any child or young person under the age of 18, from any background. It happens to boys and young men as well as girls and young women. Sexual exploitation affects thousands of children and young people every year.

Many young people who are being abused don't view themselves as victims and won't ask for help.

Child sexual exploitation is happening now and we can all play an important role in helping to end this abuse.



## Spot the signs

Tackling CSE is everyone's business and as a parent or carer it's important to talk to children about the differences between healthy and unhealthy relationships, to help highlight potential risks.

While there is no stereotypical victim of exploitation, there are warning signs in children's behaviour that may indicate something is wrong – and if you know what to look for, you can take steps to help.

There are a number of tell-tale signs that a child may be being groomed for sexual exploitation:

- Becoming especially secretive; stop seeing their usual friends; have really sharp, severe mood swings
- Developing relationships with older men and/or women (although not all perpetrators are older)
- Going missing from home and being reluctant to say where they've been or what they've been doing. Staying out all night
- Receiving calls and messages from outside their normal circle of friends
- New, expensive items that they couldn't afford, such as mobile phones, iPods or jewellery – as well as 'invisible' or 'virtual' gifts such as phone credit and online gaming credits
- Suddenly changing their taste in dress or music
- Looking tired or unwell and sleeping at unusual hours
- Marks or scars on their body which they try to hide
- Regularly missing school
- Displaying inappropriate sexualised behaviour

## Perpetrators of CSE can be:

- An adult
- Another young person under 18yrs old
- Men or women
- Any ethnicity
- Visible in everyday life
- Articulate, plausible and 'savvy'

Abusers are very clever in the way they manipulate and take advantage of the young people they abuse. In most cases, the abuser will have power of some kind over the young person.

## Reporting CSE

If you suspect a child or young person may be at risk, or have any information relating to child sexual exploitation, don't wait to act on your concerns or be worried about telling someone, please call 101 or visit a local police station. We will listen to you.

If you know or suspect a child or young person is in immediate danger, you should dial 999 now.

If you would prefer to tell us online you can complete a secure reporting form at: [www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk)

