

Somerset Youth and Community Service

Sexual Exploitation Session plan

Aim: To enable young people to understand Child Sexual Exploitation (CSE) and ways to prevent becoming a victim of it.

Learning Outcomes:

By the end of the session the participants will:

- ➔ Know the signs of an exploitative relationship
- ➔ Be able to make positive choices in this area
- ➔ Know where to go for help if they're worried

Group size: 6-10

Time: 1 hour

Venue: small room

Materials:

- Sexual exploitation process cards
- Agree / disagree cards
- Continuum statements
- Boiling frog story brief
- Where to get help cards
- Flipchart paper and marker pens, blu-tac

TIME	WHAT	WITH
15 mins	<p>Sexual exploitation – what is it?</p> <p>Tell the group that it is basically being tricked or pressured into having sex contact with someone for something in return – this could be money, drugs, presents or being included in a cool group.</p> <p>It can be confusing and difficult to spot because you might be in what you think is a good relationship with the abuser. Emphasise it often starts as 'friendship' and could be linked to their interests, for example, with a consequent period where the groomer breaks down barriers of mistrust a young person may have, and use of drugs/alcohol before sex. They will often present as the 'only one who understands', feeding on insecurities of adolescence and young people who may have fallen out with family/carers.</p> <p>Give out the process cards and ask the young people to put them in order.</p>	Sexual exploitation process cards
20 mins	<p>Signs to look for</p> <p>It's good if you people can identify when they, or someone they know, may be on the way to an abusive relationship.</p> <p>This is a continuum exercise. Put the 'Agree' card at one end of the room and the 'Disagree' at the other. Read out the following statements and ask young people to show whether they agree that it is a sign of sexual exploitation, or disagree by standing somewhere on the continuum line. Ask young people to give their reasons – the statements contain discussion points for the worker to use</p>	Agree / Disagree cards Continuum statements

TIME	WHAT	WITH
15 mins	<p>How can you stay safe?</p> <p>Split the group into two and give each a big piece of paper (flip chart paper is good) and marker pens. Ask each smaller group to draw a blobbie picture of a young person who is protecting themselves against sexual exploitation and assault. They can either write things around their picture or draw actual objects etc – for example, a mobile phone for having a charged mobile, some money for a taxi etc. When they've finished, ask them to stick their pictures on the wall to compare. Make sure the following points have been covered – talk the groups through them:</p> <ul style="list-style-type: none"> • Money to get a taxi home, so you're not reliant on someone else • The name of a taxi firm you trust, so you don't get into a car with just anyone • A charged phone with credit on, so you can contact friends and family (and they can contact you) • Telling someone where you are and when you'll be back • Keeping an eye on your drink, so it isn't spiked • Not drinking so much you don't know what you're doing, or you make dangerous choices • Trusting your gut – if something seems too good to be true – it is! Don't go along with it • Keeping your ears open - avoiding dodgy people your friends tell you about – trust your instincts! • Remember to use social media safely, e.g. be careful who you share information with, don't use web cams, careful about what's on your profile and meeting up with people, etc. • Being assertive with friends and not doing <i>anything</i> your uncomfortable with (it can be a slippery slope and you can be slowly edged into behaviour you wouldn't dream of doing , if you were asked directly) • Keep an eye on your friends to make sure they're safe and they can do the same for you. • Identify an adult you trust and you can talk to – in case things get a bit out of hand • Don't pressure someone else into sex – it's their choice, not yours – pressuring makes you part of the abuse. 	Flip chart paper and marker pens
10 mins	<p>Remind the group that sexual exploitation isn't common, but they need to be aware of it, so that they can avoid it. Tell them about the story about the boiling frog (see story brief).</p> <p>Give out the 'Where to go for help' cards. Stress that they can always report worrying things (about themselves or others) anonymously through the police non-emergency number '101' – this way there are no repercussions.</p>	<p>Boiling frog story brief</p> <p>'Where to go for help' cards</p>

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Sexual Exploitation Process Cards

These are in order – mix them up when you give them out!

Targeting

The abuser (who can be male or female) could make contact at school, youth groups or by creating misleading profiles on social media. They'll be interested and may offer you something – from cigarettes to a listening ear for your problems

Sharing

The abuser will keep up contact with you – they may even give you a mobile phone! They will say nice things about you and do you favours, such as giving you lifts, giving you gifts and doing fun things with you. As a result, you'll spend less time with your friends and family

Loving relationship

You may start having sex (or sexual contact) with the abuser because you feel you want to. They might introduce you to this idea by showing you porn or watching other people have sex. They know things about you know and you may feel in control, but they are slowly getting more control over you.

Control

The abuser starts getting you to do dangerous things or things that are illegal. You may be forced into these things, and into having to have sex, in return for not being hurt, to get something you need, or to continue the relationship.

Exploitation

You get forced into having sex with others for something you want or need, either by force or persuasion. The abuser may want to share you out or film you having sex by using emotional blackmail, or by making it sound normal.

Agree

Disagree

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Signs to look for...

Read out the statement (in burgundy) the notes are for your use, during the discussion.

Staying out late and no-one knowing where you are

Notes:

- This is unsafe behaviour and not a good idea – it also causes lots of worry
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs

Going missing, for short periods or for days at a time

Notes:

- This is very unsafe behaviour and not a good idea – the young person could be anywhere and if they're in trouble, no-one would know – this makes the young person very vulnerable to the person / people they're with
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs. Check that adults know this is happening.

Starting to miss school / college / training / work

Notes:

- This isn't a good idea, because it can affect the rest of their life and limit their future choices – if there's a problem, address it, don't avoid school etc
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs

Distancing yourself from family and friends

Notes:

- Lots of young people change friendship groups and growing up often means growing away from their family, it's more worrying if they're secretive about their new friends
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs

Change in behaviour, for example, becoming aggressive or withdrawn

Notes:

- Changes in their personality are usually a result of a change in their circumstances – the question is always ‘what’s changed and why?’
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs. It is definitely a sign that someone is troubled, or in troubled and it would be good to find out why and help.

Increase in drug or alcohol use

Notes:

- This is unsafe behaviour and not a good idea – being off their face can make them very vulnerable in two ways – they’re easier to talk into things and easier to force into things. Being ‘under the influence’ removes inhibitions – and many inhibitions are there for a very good reason!
- This may not be a symptom of sexual exploitation; it could be an experimentation phase or a change in friendship groups. However, it would be good to (at least) keep an eye on anyone doing this and look for other signs

A change in academic performance

Notes:

- This could be because of boredom, family issues, a new partner or a dislike to teachers and subjects. The young person need to find a way to pick up again if at all possible – speak to a friendly teacher if possible.
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs

Being secretive about where you’re going and who you’re going with

Notes:

- This is unsafe behaviour and not a good idea – it makes the young person vulnerable and it also causes lots of worry. It’s good to ask themselves why they’re being secretive – it’s usually a marker for some sort of unsafe behaviour. Does the young person know that they’re making bad choices?
- This may not be a symptom of sexual exploitation, but it would be good to (at least) keep an eye on anyone doing this and look for other signs

A change in appearance, such as bathing constantly or not caring for yourself

Notes:

- This is a real marker for distress of some sort – particularly sexual abuse. This is worth looking at and bringing it to the attention of a responsible adult the young person trusts.
- This may not be a symptom of sexual exploitation, but it is generally a sign that something is seriously wrong – speak to someone!

Sexualised behaviour – touching people when they don't want it

Notes:

- This can sometimes be someone who just doesn't understand social cues – like what's acceptable or what isn't. However, it is more likely to be someone who's learnt harmful things about what's acceptable sexualised behaviour through their own experience.
- This is usually a symptom of sexual abuse of some sort – maybe organised sexual exploitation; bring it to the attention of a responsible adult the young person trusts.

Being picked up by strangers

Notes:

- Getting into a car with someone the young person doesn't know is very dangerous – the young person is completely in that person's power and this should be avoided at all times. This can be a sign that someone is being 'passed around', or at the very least is involved in dangerous or illegal activities – making them vulnerable to exploitation.
- This is usually a symptom of sexual exploitation or something else undesirable and dangerous; bring it to the attention of a responsible adult the young person trusts.

Having lots of things bought for you that you don't want to explain

Notes:

- This is a real marker for a relationship the young person knows won't be approved of. They should ask themselves why? Is there anyone the young person can speak to, to test this out with? If the vast majority of people think a relationship is bad for the young person, then it usually is. And no, there are no circumstances where an adult male would invest his energies into an under sixteen year old person that aren't exploitative in some way.
- This may not be a symptom of sexual exploitation, but it is generally a sign that something is seriously wrong – speak to someone! This is worth looking at and bringing it to the attention of a responsible adult the young person trusts

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The boiling frog - story brief

A lovely green frog is hopping along one day and she comes across a human offering her a big juicy fly – yum! She's seen the human before, so she thinks she'll take the fly.



The next day, the human is there again, with more flies. This is great, free flies! She decides she likes the human – it gives her nice things.

The day after, whilst eating a few more lovely flies, she is suddenly picked up by the human and put in a saucepan of water. The frog is a bit frightened by this, but the pan is big and the water pleasant and you never know – there may be more snacks! The human tells her it's fine and gives her a beetle! Double yum! So she decides to stay in the pan and continue with her adventure, rather than hopping straight out which she could do. She is frog who likes the thrill of a new experience!

Whilst swimming around, she notices the water is getting warmer, but the human tells this is OK, warm swimming water is all the rage at the moment and she should relax and enjoy it, which she does – after all, the human has treated nicely so far. Another beetle would be good.



A bit later, she notices the water is getting still warmer and she's having to swim a bit faster to keep comfortable (frogs are cold-blooded and getting too hot is bad for them). The human tells her it's fine and describes exotic hot tubs and saunas. The human tells her she needs to grow up a bit, have some fun, try new things! It reminds her about all the flies she's had and gives her another beetle. She knows she is an inexperienced frog and there a lot she doesn't know, so she goes with it and tries to enjoy it.

The water continues to get hotter and hotter. She has to swim faster and faster to keep her temperature down. She complains to the human. The human shouts at her and tells her to stop whining. If she knew the water would get this hot, she would've jumped out immediately that she was put in! She decides to leave the pan now, she's had enough, she doesn't like this adventure anymore. Unfortunately, she's tired herself out with all her swimming, so she has no energy to jump. Also, the circles she's swimming in have made her dizzy. She can't jump out.

She can't escape, she doesn't know what to do, so she just keeps swimming and swimming and swimming, in the hope it will all be OK. It isn't, the poor adventurous frog is gradually boiled to death. And the human? The human has a very tasty snack. Next day, it is back looking for another frog to fool.

Sexual exploitation is a bit like the boiling frog – it's feels OK (and even fun) when the grooming starts, but before you know it, you're in too deep, feel you can't get out and end up being a tasty snack for an experienced abuser.

So, look for the signs and avoid getting in to it – and remember that (unlike the poor frog) there is always, **always** a way out, just tell someone!

NB The analogy is true – if you drop a live frog into boiling water it will jump straight out, however, if you start with cold water and heat it up, the frog will just swim faster and faster to try to control its temperature and finally be boiled to death. Please don't try this out though – take our word for it!



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Where to go for help...

Cut out these cards and give to young people!

WORRIED ABOUT SEXUAL EXPLOITATION?

You can get information or help from:

- A youth worker, teacher or other adult you trust
- **Police emergency number** 999 or 101
- **National Domestic Violence Hotline** 0800 2000 247
- **Childline** 0800 1111 www.childline.org.uk
- **NSPCC** 0808 800 5000 www.nspcc.org.uk
- **Samaritans** 116 123 www.samaritans.org
- **Missing People Helpline** 116 000 (phone & text)
- **NHS Choices** ww.nhs.uk

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