

IT HAPPENS HERE — HELP AND SUPPORT IF YOU ARE CONCERNED ABOUT CSE

We all have a duty to keep children and young people safe. Talking with your child about healthy and unhealthy relationships, and consent will help to highlight potential risks.



She's making me go to another party tonight...

Talking with your children about consent (saying yes to something without being pressured to) is an ongoing process which should begin at an early age:

- teach them how to ask for consent "Is it OK if I...?"
- let them know that consent can be given or taken away at any time and should be asked for each time
- discuss the importance of "No"
- help them understand the difference between enthusiastic and non-responsive consent
- be a good role model
- when appropriate, ensure they know that they cannot give consent to anything sexual under the age of 16, when they are drunk or under the influence of drugs, or when they are asleep
- Put measures in place to ensure that your child is safe online, there are resources online to support this

If you think a child or young person is in immediate danger, dial 999 and speak to the Police

If you are worried that a child or young person may be at risk of or experiencing child sexual exploitation please call 030 33 33 3001 and ask for the Child MASH.

You can find more information about Child Sexual Exploitation on - www.dgppp.org.uk

NSPCC
SCOTLAND



Child Sexual Exploitation IT HAPPENS HERE

Dumfries and Galloway



He always needs to know where I am...

**A Guide for
Parents and Carers**

Help protect your child from sexual exploitation by understanding the signs and knowing where to get help and support if you are concerned in any way.

This leaflet has been produced as part of a local campaign to raise awareness of Child Sexual Exploitation (CSE) in Dumfries & Galloway.

CSE is happening in Dumfries and Galloway, not just in cities like we see on the news.

IT HAPPENS HERE - WHAT IS CSE?

CSE, a form of sexual abuse, involves a young person under the age of 18 being manipulated, forced or pressured into taking part in sexual activity in exchange for things such as gifts, money, alcohol or affection.

Due to the manipulative tactics abusers often use, a young person may believe that they are in a loving and supportive relationship and may not be aware that they are a victim of abuse.

IT HAPPENS HERE — WHO'S AT RISK OF CSE?

CSE can happen to young people of any age, gender, sexual orientation, background or race.

CSE can happen online, or in person and can take place on a one to one basis between an abuser and a young person or in gangs and groups.

Sexting is sending sexual images or words of or to a young person under 18. Young people should never feel pressured into doing this, it is breaking the law.

IT HAPPENS HERE — HOW DOES CSE HAPPEN?

In the beginning the young person is made to feel special by showing them interest and affection. This grooming can take place online or in person.

They may be given gifts, somewhere to hang out, alcohol, cigarettes, a mobile phone or money for example.

Once the abuser has gained the young person's trust they may request sexual favours for themselves and/or others in return.

The abuser then stops being nice and can become threatening and violent.

Abusers can be men or women, from any background, race or religion. They may be the same age - even attending the same school - or older than the young person.

They will hold power over the young person - this may include being older, physically stronger, more popular or having more money.

IT HAPPENS HERE - SPOTTING THE SIGNS OF CSE

Spotting the signs of CSE isn't always easy - the warning signs can be similar to the ups and downs young people experience as part of growing up.

These signs on their own might not mean a young person is experiencing CSE, however, there are changes in behaviour that might be a sign that something serious is going on. The more you're aware of what to look out for, the better placed you'll be to help protect your child.

Your child could be at risk if you spot any of the following:

- Mood swings and changes in emotional wellbeing
- Secretive behaviour
- Skipping school
- Coming home late or staying out over night
- New friends
- An older boyfriend or girlfriend
- Constantly on the phone or online
- Unexplained, expensive new things
- Using drugs or alcohol
- Change in style, tastes or behaviours
- Unexplained marks or scars
- Being picked up and dropped off by people you don't know
- Losing touch with their family and usual friends
- Unsafe sexual behaviour or infections
- Hanging out with other young people involved in exploitation
- Displaying inappropriate sexualised behaviour
- Receiving messages or calls from new contacts



*I didn't want to...but
he asked me to be nice
to his friends...*