

How can I keep safe online?

- Make sure you know who you are talking to
- Only tell people you know where you live
- Only give people you know your telephone number. Do not give out any personal details
- Do not meet people you have met online without talking to an adult you trust first
- Do not send photos or videos that show private body parts

What can I do?

- If you are being forced to do something, you should tell someone
- If you are worried about what is happening to you or someone else, tell an adult you trust straight away
- Your parents, family, teachers, carers or social workers are some of the adults you can talk to
- You can phone **Childline** on **0800 1111**. Childline is for young people aged 0 – 19 years old. It is free to call. It can be called at any time
- You can call or text **116 000** for free at any time. This is a helpline called **“Say Something”** for young people

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Keeping safe from child sexual exploitation

A guide for young people with learning disabilities.



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What is child sexual exploitation?

- When young people are used by adults or other young people for sex
- This is also called “sexual abuse”

Who could sexually exploit me?

- An adult you know
- A stranger
- Someone your own age

What could they do to make me trust them?

- Spend time getting to know you
- Be really nice and friendly
- Make you feel special
- Tell you that they love you

- Tell you that they will be your boyfriend or girlfriend
- Give you things like alcohol, drugs, money or mobile phones
- Give you somewhere to stay

This is sometimes called “grooming”. It’s a good idea to think carefully about who you trust.

Why would they want me to trust them?

So they can get you to do things they want. They could try to make you:

- Have sex with them
- Have sex with their friends
- Let them touch you
- Make you touch them
- Watch or look at sex films or photos

What if someone asks me to do sexual things with them?

- Nobody should make you have sex when you do not want to
- If someone gives you something ... this does not mean that you have to have sex with them, or with anyone else
- If someone forces you to have sex, it is never your fault and it is not OK

How does sexual exploitation happen online?

- People online can pretend to be someone else
- They can pretend to be your friend
- They may talk to you about sex
- They may want to meet you
- They may ask you to send them naked photos of yourself. This can happen on any websites you use, including games and social media