

ARE YOU friends with people who are older than you?

ARE YOU chatting to people on-line who you have never met?

DO YOU FEEL pressure from your boyfriend / girlfriend to do sexual things with them and/or others?

ARE YOU going missing or regularly coming home late without anyone knowing where you are or who you are with?

ARE YOU being offered something you need or want in exchange for you doing risky or sexual acts?

DO YOU FEEL you are being forced, tricked or pressured into doing things sexually that you don't want to?

If you're experiencing or feeling any of the above then please call us on 01489 796 684 and speak to one of our project workers.

What do you know about Sexual Exploitation?

Sexual exploitation can be hard to recognise, you often believe you're in a good relationship with the person – or people – who want to abuse your trust.

It could be a friend, or group of friends. It might be someone you think of as a boyfriend or girlfriend. It could be a person or a new group of people you've only just got to know. It could even be someone you've talked to online.

“I was 13 when I met him and it all seemed so exciting. I was invited to my cousin's 21st birthday party at her house and met this gorgeous guy. He said that he was 18 and we swapped telephone numbers – it seemed so innocent at first. He really treated me well and it felt so normal, so right. My mum was getting worried, but I didn't listen to her, I wouldn't have listened to anyone, I was totally in love”.

“But then he started to change. He got more aggressive and bad things started happening. He'd hit me, but the next day say he was sorry. I'd always forgive him”.

“He started taking me to parties, he'd give me drink and we'd stay out all night. It just got worse, worse, worse. At first I'd fight back, but it was really hard. Then one night at a party, he took me ... upstairs .He made me do things that I didn't want to do. I was frightened.”

People that exploit use clever ways to take advantage of your relationship – and that means you can be harmed almost before you know what's going on. For example, someone might give you money, drugs, alcohol, gifts or somewhere to stay and then force you to do one or more of these things in return:

- Have sex with them
- Do something sexual to them
- Be touched inappropriately, in a way that
 - makes you feel uncomfortable
 - Look at sexual images – including films
 - or pictures
- Watch them do something sexual, including having sex or touching themselves sexually.

It's important to look out for the warning signs that someone's behavior towards you may not be all it seems!

What we will do

A project worker will link in with you and arrange a time and place to meet that is of your choosing. You will spend time getting to know each other so you can create a work plan of help and support together.

You and your project worker can talk about the issues that are important to you which may include:

- Personal safety
- Sexual health
- Drugs and alcohol misuse
- Confidence building
- Links with other agencies
- Making positive choices
- Understanding how abuse and sexual exploitation can happen and how it can affect you.

“Barnardo’s has helped me understand that I do have choices and has given me the confidence and support to make the right ones.”

Important Information

If you are worried about a situation that you or a friend is in, talk to an adult that you trust as soon as you can.

If you, or a friend, are in immediate danger or want urgent help, call **999** or contact your local police.

Three top tips to keep safe

1 **Trust** yourself to know when something is wrong. If someone makes **you feel** unsafe, pressured or frightened, follow your instincts and **seek help**.

2 **Don’t** trust people you don’t know, even if they seem friendly – and make sure you know who you are talking to online. **Never** give away personal details or agree to meet someone who you have only talked to online.

3 **Don’t** be **tricked** into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more **dangerous** than you realise.



Portsmouth Young People's Service

U-Turn and Miss-U Service

01489 796 684

Offering help and support to ANY young person who goes missing or is at risk of sexual exploitation

