



YMCA WISE PROJECT

Supporting children and young  
people to stay safe

YMCA WISE  
PRESENTS..

**WHAT IS  
SEXUAL  
EXPLOITATION  
?**

**THE ACT OF SOMEONE USING A PERSON UNFAIRLY FOR THEIR OWN ADVANTAGE**

# **WHAT IS CSE (CHILD SEXUAL EXPLOITATION)?**

CSE can occur when there is an imbalance of power - meaning that it can seem like someone is consenting.

But due to pressure, manipulation and lack of power the person is being exploited.

**SOMEONE TAKING ADVANTAGE OF YOU SEXUALLY, FOR THEIR OWN BENEFIT. THROUGH THREATS, BRIBES, VIOLENCE, HUMILIATION OR BY TELLING YOU THAT THEY LOVE YOU, THEY WILL HAVE THE POWER TO GET YOU TO DO SEXUAL THINGS FOR THEIR OWN OR OTHER PEOPLE'S ENJOYMENT."**

Someone can have power in a relationship by:

**BEING DEPENDANT ON SOMEONE ELSE FOR DRUGS, MONEY, ACCOMMODATION**

**TELLING YOU THEY LOVE YOU**

**BEING IN A POSITION OF AUTHORITY (E.G YOUTHWORKER, TEACHER, BOSS).**

**THREATS OR VIOLENCE**

**BEING PHYSICALLY BIGGER**

**BEING OLDER**

**MAKING YOU FEEL SPECIAL**

**GIVING GIFTS/SPENDING MONEY**



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# EXPLOITATION CAN LOOK LIKE...



## MATES

A friend asking someone to sell drugs or do sexual acts.

## DODGY ADULTS

An adult treating you really nicely to get you into a 'relationship' or to be their friend. It could also be a boss, teacher or someone with some kind of power in your life. Making you trust them, then taking advantage sexually or getting you to have sex with their mates. Sometimes people do this in organised gangs. Even if you are an adult, someone with power can still exploit you.

## ONLINE

Meeting someone online and being convinced to send them nudes/talk about sex/meet up offline. It could be that they make someone feel good so they'll send something and then become abusive or there is an imbalance of power. Sextortion is another online crime which is when someone is blackmailed for money after sending a nude.

## PARTIES

On a night out or at a party, meeting someone who takes advantage by giving drugs and alcohol so a young person do what they want like have sex with them/their mates. Often someone will do this by getting you to take drugs or alcohol so they can take advantage.

## TRAFFICKING

Being tricked or forced out of home, or if someone is already unhoused, and moved around and forced to work, do sexual things or be sold.

## RADICALISATION

Extremist groups like the alt right, ISIS or incels persuading young people to have the same extremist views. Often these views are violent and dangerous. Young people can then be persuaded to commit violent acts for the group.

## CONTROL

An exploiter provides shelter/food/drugs etc and then controls someone sexually and other aspects of their life. An exploiter might target someone homeless, with a drug addiction, with a disability or learning need, trauma or someone young.

## DEALING

Gangs or individuals force or manipulate a young person to sell and/or carry drugs and/or commit crimes for them. Young people can be convinced through promises of success and money, praise or threats. When a young person is forced/convinced to sell drugs across counties this is called county lines.



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# COULD IT BE EXPLOITATION?



All of these situations could be or are the beginning of exploitation.

Consider how these examples could develop into someone taking advantage of someone else or control their behaviour

**GAVE YOU  
SOMEWHERE  
TO LIVE**

**SOMEONE OFFERED  
YOU A BEER OR A  
SPLIFF?**

**ASKED YOU  
TO COME TO  
A PARTY?**

**ASKED YOU TO  
SELL DRUGS**

**DM'D YOU AND  
ASKED FOR A  
NUDE**

**ASKED YOU TO  
HAVE SEX WITH  
THEIR MATE**

**ASKED YOU IF  
YOU WANTED  
NEW TRAINERS  
OR A PHONE**





# GROOMING STAGES



An abusers aim is to make someone feel good (!! ) to start with

## TARGETING



Perpetrator observes someone and selects them (IRL or online)

Approaches/compliments, is nice and takes an interest.

Starts to build trust/friendship

It can feel like you have has finally met someone who is exciting and really 'gets' you

## FRIENDSHIP



Testing out touch and intimacy

Gives gifts, makes you feel special

Spending time together

Offers protection

Listens to you + seems caring

Can confide in them and keeps your secrets

'No one understands you like I do'

By making saying 'you owe me' an abuser can make it seem like there's no escape.

## ROMANTIC



Becomes 'boyfriend/girlfriend/partner'.

Relationship becomes sexual

Shows you porn (lowering inhibitions)

Clubbing, taking drugs, alcohol

Building up hope

## ABUSIVE



Isolating

Controlling sexual relationship + sexual assaults

No longer friendly - frightening and cold

Giving drugs

Wanting you to have sex with their friends

Saying 'you owe me'. Manipulating. Threatening


Making you feel shame and guilt. Calling you 'damaged goods'.

An abuser deliberately lowers self esteem through unkind words to make it seem they're the 'only option'



# PUSH AND PULL FACTORS..

People who exploit often take advantage of a 'lack' in the young persons life, by offering things that a young person wants/needs.



Sex can seem 'consensual' but the young person is being manipulated/abused due to an imbalance of power (e.g they're using the promise of love/money etc to control)

**A PUSH FACTOR IS SOMETHING PUSHING A YOUNG PERSON TOWARDS THE ABUSER**

**PUSH FACTORS**



**PULL FACTORS**

**A PULL FACTOR IS SOMETHING THE ABUSER USES TO PULL A YOUNG PERSON TOWARD THEM.**

- Abuse/arguments at home
- Having no money
- Drug/alcohol addiction
- School being difficult/not being in school
- Low confidence/self esteem
- Isolation/not many friends
- Not having a house
- Having no immigration status/no home
- Past trauma/abuse (impacting how we feel about ourselves and the world)

- Offering love, intimacy and connection
- Protection
- Giving money, gifts
- Compliments
- Giving alcohol/drugs
- Somewhere to live
- Somewhere to stay/something to do during the day
- Friends and community/acceptance
- Someone to talk to/trust
- Way of making money (e.g dealing drugs)



# RELATIONSHIP QUIZ

Everyone deserves to be free from abuse, manipulation and control in their relationships. Healthy relationships are based on trust, respect, safety and equality. You can reflect on these aspects of your relationship by taking our quiz!

- |   |   |   |   |
|---|---|---|---|
| 1. Supports me and encourages me when I want to try new things                            | <input type="radio"/> y <input type="radio"/> n | 14. Tells me who I can or can't talk to                               | <input type="radio"/> y <input type="radio"/> n |
| 2. Respects my friends and family   | <input type="radio"/> y <input type="radio"/> n | 15. Tells me what to wear/how to dress                                | <input type="radio"/> y <input type="radio"/> n |
| 3. Understands and respects that sometimes I like to do things independently              | <input type="radio"/> y <input type="radio"/> n | 16. Pushes me to drink alcohol/take drugs                             | <input type="radio"/> y <input type="radio"/> n |
| 4. I can trust them   | <input type="radio"/> y <input type="radio"/> n | 17. Threatens to hurt me/themselves if things don't go their way      | <input type="radio"/> y <input type="radio"/> n |
| 5. We understand and accept that we may have different opinions and experiences           | <input type="radio"/> y <input type="radio"/> n | 18. Pressures me to have sex/be intimate/watch porn                   | <input type="radio"/> y <input type="radio"/> n |
| 6. They trust me  | <input type="radio"/> y <input type="radio"/> n | 19. Yells at me or puts me down or calls me names                     | <input type="radio"/> y <input type="radio"/> n |
| 7. Asks for consent and checks in with me when we're being intimate                       | <input type="radio"/> y <input type="radio"/> n | 20. Has been physical with me/with each other (pushes/hits/chokes/)   | <input type="radio"/> y <input type="radio"/> n |
| 8. Makes me feel good about myself/my personality and my choices                          | <input type="radio"/> y <input type="radio"/> n | 21. Intimidates me  | <input type="radio"/> y <input type="radio"/> n |
| 9. Encourages me to be the best version of myself   | <input type="radio"/> y <input type="radio"/> n | 22. I often feel like I can't relax/feel like I'm on edge around them | <input type="radio"/> y <input type="radio"/> n |
| 10. Listens to me and respects me   | <input type="radio"/> y <input type="radio"/> n | 23. Constantly checks up on me  | <input type="radio"/> y <input type="radio"/> n |
| 11. Wants to look through my phone/socials so they know who I'm talking to/what I'm up to | <input type="radio"/> y <input type="radio"/> n | 24. They always decide what we do/where we go/who we hang out with    | <input type="radio"/> y <input type="radio"/> n |
| 12. We argue when I want to hang out with friends on my own                               | <input type="radio"/> y <input type="radio"/> n | 25. Accuses me of cheating when I haven't                             | <input type="radio"/> y <input type="radio"/> n |
| 13. Doesn't get on with my friends or family  | <input type="radio"/> y <input type="radio"/> n | 26. They're either really loving or really angry/upset (aka intense)  | <input type="radio"/> y <input type="radio"/> n |

Questions 1-10: if you answered 'Yes' these count as no points, questions answered 'No' count as a point. Questions 11-26: If you answer 'Yes' these count as one point. 'No' answers are no points.

**0 points** - Great! Sounds like your relationship is healthy and respectful. Your partner likely has a respect for your boundaries and consent. You are able to explore individual interests and come together afterwards with love and respect.

**1-2 points** - There could be a couple of unhealthy or unbalanced parts of your relationship. Keep an eye on these things, you could try to address them with your partner and reflect how you can work on equality, respect, communication and boundaries within your relationship.

**3-4 points** - Your answers reflect that there are some signs of an abusive relationship here. Abusive relationships can be hard to spot when you're in them. You deserve to be happy in your relationships and free of control and manipulation. See the final page of this resource of where you can reach out for support.

**5+ points** - It is likely that you are experiencing an unhealthy or abusive relationship. These questions reflect control, intimidation and abuse, which are all aspects of abusive relationships. You deserve happiness and freedom. Please see the final page of this resource on where to go for support.



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