

What can you do?



If you are worried that someone is trying to abuse you or you are worried about a friend, tell someone you can trust.

If you can, talk to your parents, your carer or a close member of your family.

If you are worried about that speak to someone else you can trust such as a teacher or someone from your youth centre, religion or local community.

It is better to ask for help if you are unhappy about the way you are being treated.

Remember: it is not your fault!



If you or a friend are in immediate danger call **999**

If you are worried that someone is trying to abuse you, or worried about a friend, tell your parents, carer, GP, teacher, school nurse or faith leader.



Say Something Helpline

**Call or Text 116000
24/7, FREE and ANONYMOUS**



Samaritans

08457 909090 www.samaritans.org



Childline

0800 1111 www.childline.org.uk



Kent County Council Early Help Service

03000 419222

For advice and guidance and to seek additional support from local organisations.



Kent County Council Specialist Children's Services

03000 411111

To seek specialist advice and support from Kent County Council's Social Services.



Police non-emergency number

101

Call this number to report any concerns that do not require an emergency response or if you need advice or support from the Police.



SARC (Sexual Assault Referral Centre)

01622 726461

www.beechhousesarc.org

The SARC is a safe place where you can seek confidential advice from specialist healthcare staff.

This publication is available in other formats and can be explained in a range of languages. Helpline: **03000 421553**
email: **alternativeformats@kent.gov.uk**

Is it love?

A guide for young people



 **Kent Safeguarding Children Board**

Are you worried about a relationship?

Could this be you or a friend?

- Staying out overnight?
- Missing from home or running away?
- Missing school?
- Getting gifts from someone outside your family?
- Got an older boyfriend or girlfriend?
- Taking drugs?
- Drinking too much alcohol?
- Losing touch with your family and friends?
- Chatting to people online you have never met?



You may be at risk of sexual exploitation

What is sexual exploitation?

Sexual exploitation means swapping sex for things like drugs, alcohol, cigarettes and other presents; or selling sex for money. You may feel you have to have sex because someone gives you something, or because they threaten or frighten you.

Remember sexual abusers can be women or men.



It can be stopped!

You are not to blame if this is happening to you.

Child sexual exploitation is a crime the police and social services will act to stop it happening.

The people who have taken advantage of you are responsible and they are the people who have done something wrong. They might have told you it is your fault and you will get in trouble, but that is just a lie to frighten you.

If you think you are being abused or are worried about a friend, there are people who can help you.

How does it happen?

Some people draw young people, just like you, into sexual relationships. They are not really your friends.

This is how it can happen:

- You meet someone who shows you a lot of interest and affection at the beginning and makes you feel special.
- Sometimes you may get taken to their house or to parties.
- They may offer you drugs, alcohol and a place to chill out.
- They may even buy you presents like clothes or a mobile phone, or give you money to buy things like cigarettes.
- When they have gained your trust and affection they may change how they act around you.
- They will ask you for sex or to touch you sexually in return for alcohol, drugs, presents, money etc. All the things they previously gave you for free.
- They stop being nice and can become threatening and violent.
- They may force you to have sex with other people

