

EXPLOITATION SPOT THE SIGNS

MISSING DAY OR NIGHT
Missing from home or education. Not knowing where they are or who they are with.

NEW PLACES
Discovering they have been going to new places where they have no obvious connections.

ONLINE USE
Spending more time online. Secretive activity, refusal to come offline. Have they distanced themselves from family, friends and usual activities?

CHANGE IN APPEARANCE
Clothing, personal hygiene, talking differently, tired.

CHANGE IN BEHAVIOUR
Have they become unusually secretive, fearful or withdrawn, aggressive, distanced themselves from family and friends, involved in anti-social behaviour.

CHANGE IN FRIENDS
Sudden changes in who they are 'hanging out' with including meeting new people from social media.

POSSESSIONS
Unexplained items e.g. New clothing, money, phone, drugs.

COPING MECHANISMS
Alcohol/drug use/self-harm – what they may be doing or using in order to cope.

INJURIES
Unexplained bruises, cuts, burns, marks. Reluctance to seek medical attention.

WEB
Exploitation Awareness Day 18 March

HELP US STOP EXPLOITATION

SAY SOMETHING, IF YOU SEE SOMETHING SUSPICIOUS.
CONTACT:
Crimestoppers **OR** Police **OR**
0800 555 111 101
WWW.STOP-CE.ORG

Contact: []

SAY SOMETHING
STOPCE

CSE awareness day 18th March

Child Sexual Exploitation

Online behaviours: this will always be there,
be careful what you post

Do not speak to anyone you do not know
online

Your planner has useful numbers and text
services you can talk to

[Brecks last game](#) Year 7

[Kayleighs love story](#) Year 8-10



Where to get help

WELL BEING			WELL BEING		
Organisation	About	Contact	Organisation	About	Contact
Kooth	Online counseling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.	https://kooth.com/	Beat	The UK's eating disorder charity. They have online support groups and a helpline for anyone under 18.	Phone 0345 634 7850 (4pm - 10pm 365 days) Email fyb@beat.co.uk
Childline	Comforts, advises and protects children 24 hours a day and offers free confidential counselling. Chat 1-2-1 with a counsellor online	Phone 0800 1111 (24 hours)	Stonewall	The UK charity for gay, lesbian, bisexual and transgender people and their allies. They offer information and support. www.stonewall.org.uk	Phone 0207 583 1850 (Mon - Fri 9.30-5.30)
Samaritans	24 hour confidential listening and support for anyone who needs it. (Adults included.)	js@samaritans.org Phone 116 113 (24 hours)	HOPELineUK	National Confidential Helpline if you are a young person at risk of suicide or are worried about a young person at risk of suicide.	Phone 0800 068 41 41
CEOP Safety Centre	The Child Exploitation and Online Protection Centre (CEOP) works across the UK tackling child sex abuse and providing advice for parents, young people and children www.ceop.police.uk		Child Bereavement	www.childbereavement.org.uk	Phone 01494 568900
Barnardo's	Children and Young People's Counselling Services	Phone 0121 359 5333	Relate	There are all sorts of reasons why you might want a bit of extra help from Relate. Things might be worrying you at home or at school, or you might need help and advice with your own relationship.	Phone 0300 100 1234
NSPCC helpline		Phone 0800 800 5000	Self Harm	www.selfharm.co.uk	info@selfharm.co.uk
The Children's Society	www.childrensociety.org.uk	Phone 0121 709 2610	Carefree		carefree@barnardos.org.uk
CSE	www.seemé-hearme.org.uk/young-people		Frank	Confidential information and advice about drugs and substance abuse, whether it's for you or someone else.	Phone 0800 7766 00 (24 hours)
Solihull Mind	Mental health charity and drop in service solihullmind.org.uk		Young Minds	Offers children/young people support and advice concerning mental health and emotional wellbeing. www.youngminds.org.uk	
PAUSE	Mental Health Drop in service - affiliated to The Children's Society) part of Forward Thinking Birmingham	Phone 0300 300 0099	Runaway helpline	Confidential advice and support for those contemplating running away/have done	Phone or text 116 000
The Mix	Information, support and listening for people under 26.	Phone 808004964			

TEXT shout TO 85258

**Anxious?
Worried?
Feeling isolated?
Lonely?
Depressed?**

You don't need to go through it alone.

Text SHOUT to 85258

**Feeling low?
Anxious? Lonely?
Overwhelmed?**

If you're finding things difficult at the moment, we're here 24/7.

Text SHOUT to 85258
for free and confidential support

shout 85258