



Child Sexual Exploitation (CSE) Multi-Agency Resource Pack

“Sexual exploitation of children and young people under 18 involves exploitative situations, contexts and relationships where young people (or a third person or persons) receive ‘something’ (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of performing, and/or others performing on them, sexual activities.”

Definition developed by the National Working Group for Sexually exploited Children and Young People (2009) (www.nwg.org.uk)



Safe in the city

Brighton & Hove Community Safety Partnership



About this Pack

Sexual exploitation of children and young people under 18 involves exploitative situations, contexts and relationships where young people (or a third person or persons) receive 'something' (e.g. food, accommodation, drugs, alcohol, cigarettes, affection, gifts, money) as a result of them performing, and/or another or others performing on them, sexual activities. Child sexual exploitation can occur through the use of technology without the child's immediate recognition; for example being persuaded to post sexual images on the Internet/mobile phones without immediate payment or gain. In all cases, those exploiting the child/young person have power over them by virtue of their age, gender, intellect, physical strength and/or economic or other resources. Violence, coercion and intimidation are common, involvement in exploitative relationships being characterised in the main by the child or young person's limited availability of choice resulting from their social/economic and/or emotional vulnerability.

This definition of child sexual exploitation was created by the UK National Working Group for Sexually Exploited Children and Young People (NWG) and is used in statutory guidance for England.

What can Communities and Residents do?

Communities and residents can be aware of CSE and to report it when they have concerns. The actions that could be taken to help tackle CSE including:

- Knowing how to identify signs and indicators of CSE
- Knowing where to go for advice if they have concerns
- Reporting concerns to the appropriate people
- Choosing to fundraise or campaign about CSE to raise awareness.

What can Professionals do?

CSE is considered to be a form of child abuse (it is categorised under the headings of both physical abuse and emotional abuse):

- Professionals should be aware of CSE, including signs and indicators, as know how to respond and report appropriately
- If you are worried about someone who is at risk of, has been subject to CSE, you must be aware of your agency's responsibility to take immediate safeguarding actions.
- This could include sharing information with social care or the police. It is then their responsibility to investigate and protect any children or young people involved.
- See 'Local Help' in the section on contact information below.

“Anyone can be a victim or a perpetrator of sexual exploitation regardless of gender, age, sexuality, social class or ethnicity. What is common in all cases is an imbalance of power and control along with the use of techniques such as coercion, grooming or intimidation”.

Safeguarding Children

The responsibility for safeguarding children belongs to everyone. Children will only be safe if families, communities and professionals work together to promote their welfare.

It is important that all members of the community understand that Child Protection is a concern for everyone and that effectiveness of professional agencies will depend on the awareness and support of the public.

If any member of the public and are concerned about a child's welfare, please contact:

- The Brighton & Hove Multi-Agency Safeguarding Hub (MASH) on 01273 290400 or email MASH@brighton-hove.gcsx.gov.uk
- The Police on 999 if someone is at immediate risk of harm or, if there is not an immediate threat dial 101 and state “*Operation Kite*”. Operation Kite has been specially set up to respond to cases of CSE. You can find out more information at www.sussex.police.uk/cse
- The NSPCC National Child Protection Helpline 0808 800 5000 or go to www.nspcc.org.uk for other options including text, e-mail and Sign video for the deaf or hard of hearing.

All children should be safe and able to develop to their full potential. The protection of vulnerable children is vital and child protection procedures must be effective and work consistently across organisational boundaries. Brighton & Hove, East Sussex and West Sussex Local Safeguarding Children Boards (LSCBs) have included CSE in their local procedures:

- Pan Sussex Child Protection and Safeguarding Procedures sussexchildprotection.procedures.org.uk

The Pan Sussex Procedures Subcommittee will continue to keep these procedures under review to take account of changes in legislation, government policy, research findings and professional experience.

Additional Resources

- Safeguarding children and young people from sexual exploitation (DfE) www.gov.uk/government/publications/safeguarding-children-and-young-people-from-sexual-exploitation-supplementary-guidance

“Causing rifts in the family and friendship group is a common grooming technique which is intended put a barrier up to avoid detection. It is common for a victim of sexual exploitation to be argumentative and ‘difficult’ to communicate with.

This may cause rows and tension in the household and can further alienate the young person from the people who may be able to protect them. For a parent or carer this can be incredibly frustrating and upsetting and can disrupt the entire household”.

Models of exploitation

The types of sexual exploitation a young person might be experiencing. In some of these examples what is exchanged may be something like money or gifts but it quite commonly will be love, affection or a sense of escape that is offered.

Inappropriate relationships - this is when there is a significant age gap or there is a clear element of control and abuse. It can also be when a child (under 18) is in a relationship with someone in a position of authority such as a teacher or other professional. Quite often the young person will deny that there is anything wrong with the relationship.

Grooming model: Starts by the perpetrator befriending and subtly grooming the young person into what seems at first to be a loving relationship. Gradually the perpetrator breaks down self-esteem and inhibitions and then coerces or forces the young person to have sexual contact with friends or associates. If there is money exchanged the victim very rarely gets any of it. This may be part of gang activity and there is a reported increase in young people being recruited, coerced or forced into SE by their peers.

Organised, networked or trafficking: This is the type of exploitation that has been reported in the media where a young person is sexually exploited by large numbers of perpetrators paying to abuse them. There are usually multiple young people involved who are often connected. They are moved around often large geographical areas to be used at 'sex parties'. Multiple forms of abuse are at play here and threats and blackmail are common forms of control. Victims can be made to 'recruit' others into the network including friends and siblings. This can be investigated as organised crime and there have been successful convictions in these cases.

Online grooming: Technology such as social media sites and apps are used as a route for perpetrators to access vulnerable young people. They target people by reading what is on their profiles and may pretend to be someone the same age or same gender as them. It may be that once the young person trusts them they arrange to meet up, commonly at the perpetrators house or a secluded area, where a sexual assault may occur. Prior to this the young person may have been persuaded to post sexualised images that can be used to blackmail them.

Party model: A young person or people are approached and invited to a party where there will be free drinks and drugs. They are groomed throughout the course of the evening and when they are intoxicated or high they are coerced into having sex in return for the substances they have been given.

Peer exploitation: There can be elements of all of the above involved in peer exploitation. There is increasing concern about this model of abuse and it can be particularly difficult to detect. Alcohol and drugs are commonly described in these scenarios and victims report not being able to assert themselves in case they are seen as 'uncool'. There is pressure to experiment and takes risks on top of a desire to fit in or be popular. The use of technology is very common and can involve coercion to send a sexualised image and then share it on social media. There are fears that society is in denial that a young person can be both a victim and a perpetrator of sexual exploitation; this is an issue of particular concern in relation to behaviour in gangs and groups *(Berelowitz et al. 2013).

About CSE

What do we know about the prevalence of CSE?

National Prevalence

The prevalence of CSE is difficult to ascertain with any accuracy due to:

- Low levels of reporting by young people
- Variable levels of awareness & confusion around definition
- Inadequate intelligence gathering & information sharing
- Inconsistent recording

Existing national estimates are:

- 1875 cases localised grooming (CEOP 2011)
- 2409 confirmed victims over 14 month period; 16,500 at risk (OCC 2012) 3000 CSE service users (NWG 2010)
- 2379 offenders (CEOP 2011)

Nationally, the majority of victims are identified as female though it is important to recognise that there is likely to be an even greater under representation of males due to difficulties in recognising sexual exploitation amongst boys and young men. The average age when concerns are first identified is between 13-15 years.

Victims known are from a range of ethnicities though it is understood that the vast majority are white. CEOP's strategic overview found that 61% are white, 33% unknown, 3% Asian and 1% black (CEOP 2010).

Local Prevalence

Surrey & Sussex Police's updated CSE Problem Profile (01.11.14 – 31.01.15) identifies that there were **61** young people who were either victims of CSE or highlighted as being at risk of sexual exploitation within Brighton & Hove during this 3 month period.

Taking a Child Centred Approach

Young people impacted by CSE were invited to feedback about the support they have received, including whether they feel that their voice has been heard. Although the sample size was small, the young people raised some important points. The diagram below captures some of their key messages;



Indicators of vulnerability: These are factors that may make a young person vulnerable to sexual exploitation. In many cases there will be more than one of these indicators:

Factors that may heighten vulnerability:

- Runaways/missing young people at any time of day or night when they are away from adult supervision
- Unaccompanied asylum seekers are at increased risk of being trafficked
- Homeless or vulnerably housed young people may have significantly limited choices
- Children in or leaving care because of the abuse they may have experienced before they went into care
- Children with learning difficulties/disabilities or anyone with a reduced ability to be able to identify the subtle signs of grooming
- Lesbian Gay Bisexual Trans and Unsure (LGBTU) young people who may have experienced negative responses to their sexuality and may be looking for acceptance/experimentation
- Black Minority Ethnic (BME) communities who may be socially isolated and may have less access to support. Fear of bringing shame or unwanted attention onto a family is a significant barrier to asking for help, particularly if this has been a feature of the grooming process. Fear of physical reprisal may also be a barrier to telling someone about it.

Other vulnerabilities:

- Experience of emotional neglect by parent/carer/family
- Experience of sexual or physical abuse by parent/carer/family member/family friend
- Breakdown of family relationships
- Family history of substance misuse, domestic violence, sexual abuse, mental health issues
- Low self-esteem
- Migrant/refugee/asylum seeker
- Isolated from peers/social networks
- Unsuitable/inappropriate accommodation/homelessness
- Lack of positive relationship with a protective/nurturing adult.

Indicators of risk: signs and symptoms that might alert you that a young person is being exploited. Again there will often be more than one of these indicators. The signs are likely to be the similar for all genders but more easily missed when a boy or young man is being exploited:

Factors that may indicator risk:

- Repeatedly staying out late and reluctant to say where they have been or who they were with. May give unlikely accounts of the evening or be very vague
- Unexplained amounts of money, expensive clothing or other items
- Use of the internet that causes concern. This can be someone who posts 'sexy' pictures on social media sites or arranges to meet people who have contacted them online
- Living independently and failing to respond to attempts by worker to keep in touch
- Evidence of substance misuse
- Multiple calls from unknown adults or older young people
- Use of mobile phone that causes concern including sexting or being fiercely secretive. May also appear panicky if they are not able to answer a text immediately.
- Exclusion from school or unexplained absences / missing from school/college/training/work
- Expressions of despair which may include self-harm, overdose, eating disorders, challenging behaviour, aggression
- Changes in appearance: either more care in appearance and new clothes they could not afford or attempts to hide themselves in baggy clothing and self-neglect.
- Coming home in a different outfit to the one they went out in
- Disclosure of sexual/physical assault (may be followed by withdrawal of allegation)
- Friends known to be involved in sexual exploitation
- Reports of concern from reliable sources
- Both boys and girls may get into fights and become involved in criminal activity.

High risk indicators:

- Multiple Termination of pregnancies and STIs
- Getting in or out of vehicles driven by unknown adults especially late at night or when supposed to be at school
- Relationship with a controlling adult or older person where there appears to be some evidence of controlling behaviour or abuse
- Relationship with someone in a position of power or authority e.g. teacher, youth worker, health professional
- Physical injury without plausible explanation
- Adults or older youths hanging around outside the child's house
- Disclosure of exchanging sex for something (e.g. money, drugs, rent, alcohol)
- Reports from reliable sources that a young person has been frequenting known high-risk areas including outdoor sex venues or going to addresses of concern.

If you are a child or young person

Sometimes people experiencing sexual exploitation know that they are in a situation that makes them feel uncomfortable, scared or unsafe but they don't want to admit it. This can be because they are worried about what people might say, that they may not be believed, that the person they are in a relationship with won't love them anymore, or because they are scared of what might happen if they do.

There are lots more reasons why you might not want to talk about it, and it can be really difficult to talk about things that are embarrassing or you feel guilty about to people you don't know. It can be even more difficult talking to people you do know about these things!! The most important thing is that you are safe and this may mean telling someone you trust what is happening. If someone has told you to keep a relationship a secret then you should probably be suspicious.

Picking the right person to begin with is important. If you have a really good friend or sibling you trust try telling them first. If not, think of an adult you know who you think might be willing to listen to you.

Help and support

- The **WiSE Project**: A service for young people up to the age of 25 who are vulnerable to or have experienced sexual exploitation. They accept self-referrals or can just be a good place to turn if you want to talk about what is going on for you. Call 07841 067418 / 07557855731 or 01273 320511 or email wise.brightonandhove@ymcadlg.org
- **Childline**: If you are worried about anything, it could be something big or something small - don't bottle it up. It can really help if you talk to someone. If there is something on your mind, ChildLine is here for you. Call 0800 1111 www.childline.org
- **Safe Space**: YMCA DownsLink Group's Safe Space operates from St. Paul's Church on West Street, on Friday and Saturday evenings (doors open 11pm - 3.30am) and offers practical, emotional and medical support to people who may find themselves vulnerable, usually through their misuse of alcohol and/or drugs, and sometimes through being the victim of physical assault.
- **Brighton and Hove 'SHAC'** (Sexual Health and Contraception), covers two sites – Morley Street and the Claude Nicol Clinic in the Outpatients Dept at RSCH. SHAC offer a comprehensive contraceptive and sexual health service, including STI testing and treatment. Young people can attend through either booked or walk-in appointments. They can also book an appointment via the website. NB: the counselling service that previously existed at Morley Street no longer exists but young people will get support here and referrals on for any additional need they may present with. The service is open 6 days a week. The service can be contacted on 01273 523388 or visit www.brightonsexualhealth.com

If you are a parent or carer

In the majority of cases it will be very difficult to persuade a victim of sexual exploitation to tell you what is happening to them for the reasons already mentioned. If you are a parent or carer this can make you feel helpless, frustrated and even angry that your attempts to help are being rejected.

The most important thing is to try to stay calm and to let the young person know that you are there for them and willing to help them no matter what. Showing them how angry you are, putting pressure on them and grilling them for information is likely to push them further away. This can be really difficult when part of the grooming process is the intentional placing of a barrier between you and the young person. So for example, if they are late home or have been missing, try making it your priority to reassure the young person that you are relieved they are safe and that they are home.

Tell them you will discuss the rest later but give yourself the chance to calmly show them how much you care first. They may initially be defensive but they are more likely to respond.

Child sexual exploitation is a child protection issue, so if you think a child or young person is being sexually exploited it's important to contact children's social care if they are under 18 years old. If you already have a social worker, ask to speak to them urgently. This can cause a lot of anxiety because you may fear you will be judged or criticised as a bad parent. This should not be the case and the person taking the call will be very knowledgeable about how difficult it is to manage a situation where a young person is being sexually exploited. They will also be aware that you may be very concerned but not able to give them lots of information. This is very common and they will do their best to investigate your concerns. So if you have concerns and suspicions, but no immediate evidence, it's still really important that you call for advice and support.

Help and support

Local services (listed on the next page) can provide advice and support to the family or friends of a young person at risk of CSE, there is also other help available from:

- **Parents Against Child Sexual Exploitation (PACE)**: provides support and information for parents and carers by parents and carers. For help and advice call 0113 240 5226 www.paceuk.info/contact-us
- If you have any concerns, contact the **NSPCC's** free helpline service to speak to a counsellor 24 hours a day, 365 days a year on 0808 800 5000 www.nspcc.org.uk/what-you-can-do/report-abuse

How to report a concern about a child at risk

To report something to the police:

- If someone is at immediate risk of harm always call 999
- If not immediate threat dial 101 and state “*Operation Kite*”. Operation Kite has been specially set up to respond to cases of CSE. www.sussex.police.uk

If you are concerned about a child’s welfare contact:

- Brighton & Hove City Council - Multi-Agency Safeguarding Hub (MASH) on 01273 290400 or email MASH@brighton-hove.gcsx.gov.uk
www.brighton-hove.gov.uk/content/children-and-education/child-protection
- There is a leaflet which has information for parents and carers about the MASH which can be accessed at bit.ly/1BATIWU

If you concerned about a vulnerable adult contact:

- Brighton & Hove City Council - Adult Social Care on (01273) 295555 or email accesspoint@brighton-hove.gov.uk
www.brighton-hove.gov.uk/adult-abuse

Other organisations

- **Missing People** offers advice, support and help for anyone who goes missing and their loved ones left behind www.missingpeople.org.uk

Runaway Helpline – call/text 116 000 – free, confidential, 24/7
www.runawayhelpline.org.uk

Independent return home interviews & support - 07538 650823

- **Concerns about CSE: ‘Say Something’** Call/text free & anonymous on 116 000
- **NWG** resources, reports and guidelines. Sourcing of CE/SE projects out of area www.nwgnetwork.org
- **Mankind** - For men who have been sexually abused www.mankindcounselling.org.uk
- **Rise** - For support with domestic abuse www.riseuk.org.uk
- **Safety Net**- work with children and their families around safety and protective behaviours www.safety-net.org.uk
- **Survivors’ Network**- For female survivors of sexual violence www.survivorsnetwork.org.uk
- **The Blast Project**- a specialist project for boys and young men mesmac.co.uk/blast-resourceshe

Useful resources

There are some really good short films on YouTube that help describe the different forms of sexual exploitation. Watch these 3 for good examples that have been made with the input of young people who have experienced sexual exploitation:

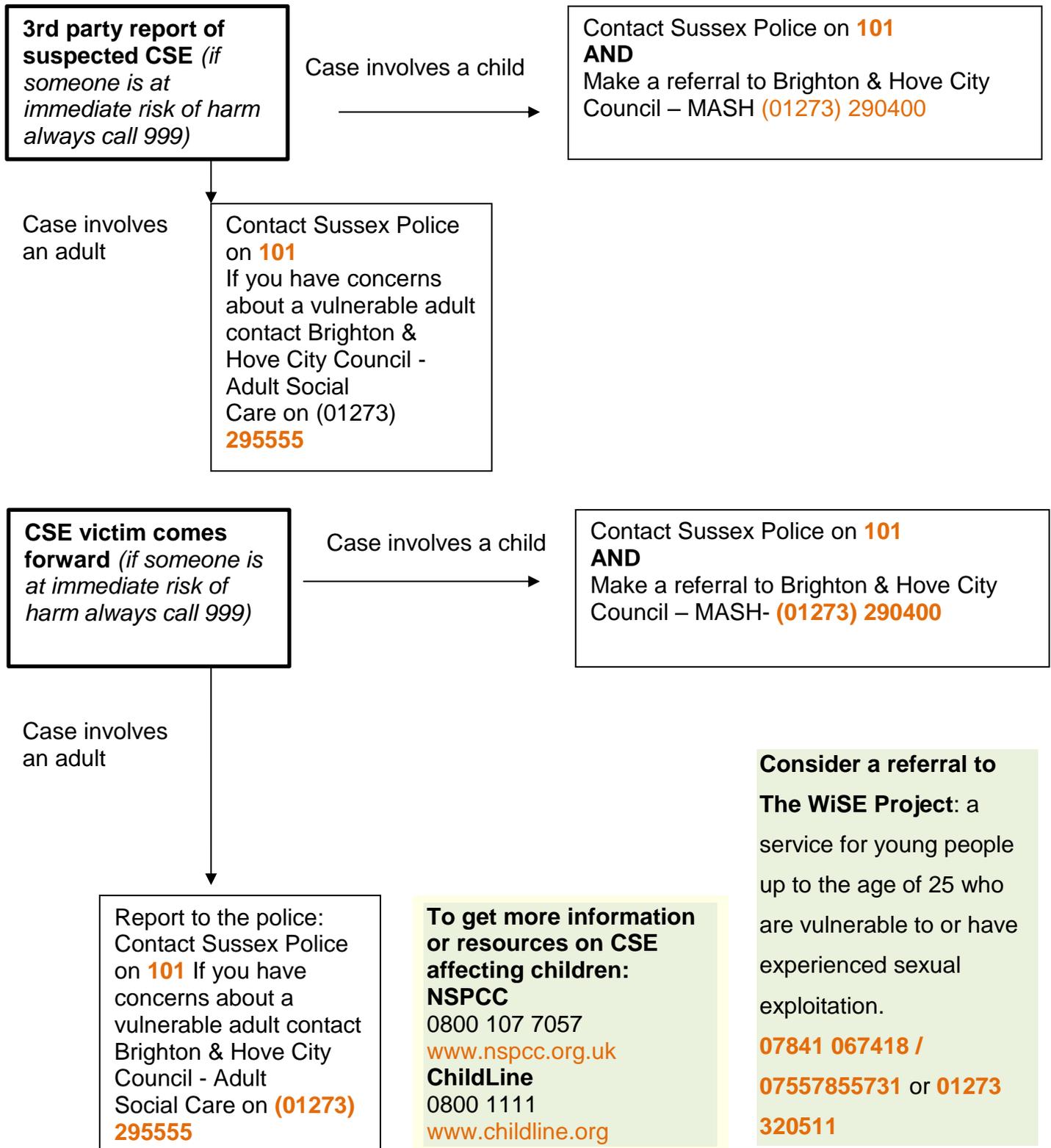
- **Spuds WiSE Words** (the telephone number has changed since the film was made - 07841 067418/ 07557855731 or 01273 320511)
www.youtube.com/watch?v=0KVDT99fOtA
- **Me, Jenny and Kate**
www.youtube.com/watch?v=j3xD58e6wA4
- **My Dangerous Loverboy**
www.youtube.com/watch?v=YEgBx6qJMyA

Watch more videos that raise awareness of CSE on LSCB Brighton's you tube channel:
bit.ly/CSEvideos

For more information

- You can read the **Pan Sussex Child Protection & Safeguarding Procedures**:
sussexchildprotection.procedures.org.uk
- Visit the **NHS Choices website**
www.nhs.uk/aboutNHSChoices/professionals/healthandcareprofessionals/child-sexual-exploitation/Pages/cse-guide-for-professionals.aspx

Referral Diagram



Acknowledgements

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Contact information

For more information about the response to CSE in Brighton & Hove, please contact the Local Safeguarding Children Board (LSCB).

Telephone: (01273) 292379

Email: LSCB@brighton-hove.gov.uk

Website: www.brightonandhovelscb.org.uk

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