

Child Sexual Exploitation



Your guide to keeping safe



West Berkshire
COUNCIL

Three top tips to keep you safe

What can you do if you're worried that sexual exploitation maybe happening to you or a friend? You need to talk to an adult you can trust. This could be a parent, teacher, social worker or school nurse.

- 1) Be aware.** Trust your instinct if you feel something is wrong. If someone makes you feel unsafe, pressured or frightened get help straight away.
- 2) Stay alert.** Don't trust people you don't really know. Exploiters are likely to seem friendly. Make sure you know who you are speaking to online and never give your details or arrange to meet anyone who you only know 'virtually'.
- 3) Keep safe.** Don't be tricked into doing stuff that is unsafe. What seems exciting at first could be more dangerous than you realise. People might give you money, drugs, alcohol, gifts or somewhere to stay then force you to do sexual things in return.

If you don't want to speak to someone you know you can get in touch with the **Contact, Advice and Assessment Service (CAAS) at West Berkshire Council** by calling: **01635 503090** or Email: **child@westberks.gov.uk**
Or call **101** for advice and information and **999** for immediate danger.