

Did Chelsea's Story get you thinking?

Safeguarding children and young people in Gloucestershire



Sexual Exploitation

We are running **Chelsea's Story** in schools in Gloucestershire because we want you to be safe and happy and able to recognise unhealthy, exploitative relationships.

Sexual exploitation is difficult to explain and everyone's situation is different. It can mean that someone may be forcing or coercing you to have sexual contact with them, or other people. It could also be an adult taking advantage of a situation you are in to get you to have sex with them. This could include sexual contact in return for money, alcohol, somewhere to stay, gifts or favours.

If this is happening to you, it is definitely not your fault!

Have you been affected by the performance?

Are you worried about sexual exploitation?

Do you think that you or someone else might be at risk?

If your answer to any of the above questions is Yes, you need to ask for help - turn over for what to do next.



What to do next

- Speak to someone at school, e.g. teacher, counsellor, link worker, nurse - they will get you the support you need.

Other useful numbers

- Gloucestershire Police: Non emergency 101 Or emergency 999
- Childline: 0800 11 11
- NSPCC: 0808 8005000

Other places for help if you need to talk about how you feel

- TIC+ :** ring: 0300 303 8080 - free, anonymous phone line
text : 07520 634063
- Samaritans:** ring: 116 123 email: jo@samaritans.org
- Childline:** ring: 0800 1111
- Youngminds:** text: YM to 85258
- Kooth:** <https://www.kooth.com/>
- Mindful:** <https://www.mindful.org/>
- CrimeStoppers:** ring: 0800 555 111 (100% anonymous, Always)
- Gloucestershire Self Harm Helpline:** (5pm to 10pm daily): www.gloucestershireselfharm.org
Freephone: 0808 801 0606 text :07537 410022
- Glos NHS:** <https://www.onyourmindglos.nhs.uk/>
- Hope House—Sexual Assault Referral Centre** <http://www.hopehouse.nhs.uk/>
- Gloucestershire Rape and Sexual Abuse Support** <http://www.glosrasac.org/>
- Safe Teenage Relationship Education & Empowerment Team (STREET)**
<http://www.gdass.org.uk/support-for-young-people/>