



Please open me up for more information.

TRICKED Trapped TRUST TELL TALK

SOME GOOD ADVICE FROM OTHER YOUNG PEOPLE

- Be careful you mix with
- Don't add randomers on your facebook account
- Block people who are inappropriate when talking to you
- Check people out
- Listen to ur gut feeling
- If ur worried talk to someone
- Tell the police
- Think about where ur going
- Stay on your phone
- Stay round your area
- Let people know where you are
- Set time for returning home
- Don't go off by yourself if you are taking drugs and drink
- Don't be scared to say no
- Have relevant phone numbers and know where your drink is
- Don't let them hurt you
- If it sounds too good to be true it probably is

The 5 T's

This leaflet has been written for you by other children and young people, some of whom have experienced child sexual exploitation and who want to raise awareness of the issue. They came up with the 5 T's - Tricked,

Trapped, Trust, Tell and Talk which explains what it is and what you can do to protect yourself. They've also included phone numbers which you can call if you're worried that you, or someone you know might be going through something similar.

**BARNARDO'S
SAFE CHOICES
028 9065 8511**

CHILDLINE 0800 1111

POLICE 999

Local Police 0845 600 8000

Belfast HSC Trust T: 028 9050 7000
South Eastern HSC Trust
T: 0300 1000 300
Northern HSC Trust T: 0300 1234 333
Southern HSC Trust T: 0800 7837 745
Western HSC Trust T: 028 7131 4090

**NSPCC HELPLINE:
0800 389 1701**

WARNING SIGNS

HERE ARE SOME SIGNS THAT COULD PUT YOU AT RISK OF SEXUAL EXPLOITATION

- Having a much older boyfriend/girlfriend
- Staying out late or going missing for periods of time
- Being bought nice presents or given food, money, drink or drugs
- Chatting to people online who you don't know
- Not going to school
- Receiving calls/texts from strangers asking to meet up
- Misusing alcohol or drugs
- Accepting lifts from people you don't know
- Parties

If you think you might be at risk of exploitation, don't feel embarrassed or ashamed, please talk to someone you trust or contact the numbers provided of people who can help you.

learn from yesterday, live for today and hope for tomorrow.