



Youth Summit

Activity Booklet

**NOT IN OUR
COMMUNITY**

**PROTECTING OUR FRIENDS AGAINST
GROOMING & EXPLOITATION**

Know the signs -
Real stories - Get help

In your booklet:

- 2... Welcome from Not in our community
- 3... What is exploitation and grooming?
The Youth Summit quiz
- 5... Activities and puzzles
- 7... Who Dunit? - Identify the perpetrator
- 9... Sarah's Room
- 11.. Criminal exploitation
- 12... Trusted adults
- 13... What happens when exploitation is
14... reported?
What's the plan (planning and note space)
- 15... Quiz answers
- 17... Champion checklist
- 18... Important contacts
- 19..





Welcome from Not in our community

We realise that grooming and exploitation are scary and serious subjects, but we hope that today you get involved, enjoy yourself and share ideas.

Today we'll cover stories from survivors of exploitation, hear from the police and people who support victims to give you lots of activities to help you learn how you can protect yourself and friends.

This booklet is for you to keep. As you learn and complete the activities you will become a Not in our community Ambassador!

If you have any questions about ANYTHING to do with grooming or issues raised today, feel free to approach a member of our team or an adult on your table.

Thanks for taking part!



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What is grooming?

Grooming is a process of getting someone ready to do whatever is asked of them by their abuser. It means working to build an emotional connection, complete trust and reliance, often isolating the victim completely from their support network – friends, family etc.

Once a person has been groomed they can then be led into a number of situations they may not otherwise enter – such as sexual exploitation, criminal exploitation, extremism or financial exploitation.

What are the signs of grooming?

- Being secretive about who they are talking to, and where they are going
- Often returning home late or staying out all night
- Sudden changes in appearance, such as wearing more revealing clothes
- Becoming involved in drugs or alcohol, particularly if supplied by older men or women
- Mood swings
- Seeing their usual friends less
- Appearing controlled by their phone
- Hiding their computer or phone screen when you are near it
- Using sexual/criminal language you wouldn't expect them to know



What are the signs of exploitation ?

They would still show some signs of grooming plus some new signs:

- Becoming distant from family
- Regularly missing school and/or going missing from home
- Becoming friends with older men and women
- Having new things you wouldn't expect them to be able to afford themselves or be given by parents
- Having more than one, or a secret phone
- Regularly catching sexually transmitted infections and/or repeat terminations/emergency contraception
- Unexplained injuries such as bruising
- Mood swings
- Self-harm or suicide attempts

What is exploitation ?

Sexual or criminal exploitation is when a person is exploited for money, power or status. This abuse is often committed after a period of time where the victim is groomed. Victims could be groomed for a substantial amount of time before they are sexually or criminally exploited.

They may receive gifts or money, be invited to parties, become a part of a protective gang (seen as a family) and be gifted alcohol or drugs. The exploitation begins when they are asked to do something in return. It can be hard to tell if someone is in an exploitative relationship. The victim will often believe that they are in a caring relationship and the signs of exploitation can also be the signs of a number of different things.

Exploitation is often a hidden crime; victims often feel blame or unable to escape from their situation. Fear and dependency can stop them coming forward.



NOT IN OUR COMMUNITY

PART 1: Sexting and the law

Let's get real, sexting happens. Sending nudes or sexually explicit/suggestive conversations online counts, even if it's a 1 second Snap.

1. Making, possessing and distributing any imagery of someone under 18 which is 'indecent' is illegal. This includes **imagery of yourself** if you are under 18.

- A. True B. False

2. Which of the following types of images are classed as 'indecent'?

(Clue: more than one of these is correct)

- A. Naked young person B. Topless girl
C. Displays genitals or sex act D. Masturbation
E. Sexual images of young people in their underwear
F. A swimmer in a swimming suit

3. Which of the following are potentially negative consequences of sending an indecent image? (Clue: more than one of these is correct)

- A. Bullies could get hold of it B. You could become too popular
C. It's against the law D. You could be blackmailed

PART 2: Exploitation

1. Exploitation only happens to young people in care.

- A. True B. False

2. Exploitation is when a young person is used by being made or tricked into doing something such as drug running or a sexual act, sometimes receiving something in return such as...

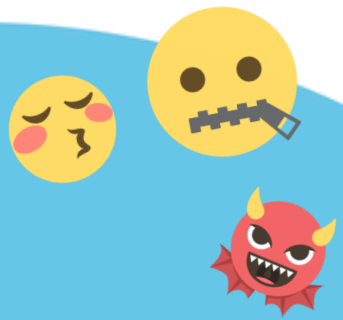
- A. Love B. Affection C. Drugs
D. Alcohol E. Food F. Money
E. All of the above

3. Of the known "Child sexual exploitation" in England and Wales in 2015, approximately how many of these cases were male victims?

- A. 1 in 100 B. 1 in 10 C. 5 in 10



YOUTH SUMMIT QUIZ!



PART 3: Helping each other

1. Whose responsibility is it to report exploitation?
A. Parents/Guardians B. Social workers
C. Teachers/Staff at school D. Everyone

2. Which of the following might explain why a friend won't tell you what is going on?
A. They could be embarrassed or scared
B. They might have been threatened
C. They might not realise (be unaware) that anything bad is happening
D. All of the above

3. If you were worried about a friend, who should you speak to?
A. Their abuser(s) - to tell them to back off
B. No one - you can handle it yourself
C. A trusted adult - someone you are comfortable discussing this with and who you trust to help, it could be a parent, grandparent, carer, teacher, health or social worker

Bonus point: Talking to a friend at risk



If you have a friend you think is at risk or being exploited, **YOU CAN HELP THEM!** But, it might not be easy. What's the best way to bring up the topic?

Rather than having a go at your friend, or getting frustrated, you need to help them see that their situation might be dangerous. This can be really hard and you will need to be persistent, understanding and caring.

Instead of making judging statements like, "only an idiot would believe that", try getting them to question their behaviours and decisions and highlight what might be risky. Which of the following questions might be a good place to start? (Clue: more than one of these is incorrect)

- A. How is everything going?
- B. Do you feel daft knowing that they tricked you?
- C. I've missed hanging out with you, tell me what your new friends are like?
- D. I've never done X or been to a party like that, what is it like?
- E. What would happen if you said no?
- F. Do you feel safe/enjoy it?
- G. Why are you being so stupid?

SCAN ME

**See all of the
Not in our
community
films**



**Plus many other
resources to
use at school or
at home**

Hidden signs

Keep you and your friends safe by knowing the signs of grooming and exploitation.

GIFTS
MONEY
SECRECY
DRUGS
ALCOHOL

CRIME
GOING MISSING
SELF HARM
STI'S
PREGNANCIES

INJURIES
NEW FRIEND
SKIP SCHOOL

P	R	E	G	N	A	N	C	I	E	S	G
A	Q	R	S	S	G	F	G	A	K	K	O
L	H	C	Q	T	D	E	I	L	I	I	I
L	E	Y	G	I	F	T	S	C	N	P	N
B	B	E	S	S	M	H	E	O	J	S	G
M	O	N	E	Y	L	P	L	H	U	C	M
K	O	Y	C	S	U	I	F	O	R	H	I
G	I	D	R	U	G	S	H	L	I	O	S
M	O	N	E	S	M	F	A	F	E	O	S
I	N	J	C	S	N	O	R	W	S	L	I
Q	O	A	Y	C	R	I	M	E	W	K	N
Y	N	E	W	F	R	I	E	N	D	K	G



Mixed Feelings Word Jumble

Draw lines to match the word jumble to the way a victim might feel while they are being groomed.

Ace lips

You have control

Unattended Rhymes

He Loves me

Reweave Lion

They understand me

Unholy Overcoat

Special

Restore a living hymn

New and exciting


Home Elves

Everything is normal

Indecent Waxing

We are in love

Search 'Not in our community'



If someone is in immediate danger call 999. If you have concerns or suspicions, you can call the local police on 101.



Who do you believe is a perpetrator of grooming and exploitation out of this line-up?

While you're looking at this line-up, consider what kind of person might be a perpetrator? What kind of lifestyle do they have? How old might they be?

Discuss in your groups who you think out of this line-up might be a perpetrator and why you think so.

Answers can be found in the back once you've decided.

Speak to a trusted adult if you are worried that someone, you or a friend, has started hanging out with a person who might not be who they seem to be.

Hint: Who in this scene would worry you in real life?

(If you're really stuck just ask a member of the NIOC team.)

SPACE

SPACE is a self-funded organisation founded in January 2018 in response to the national prevalence of Criminal Exploitation (CCE) and the increasing cases of County Lines.

Their primary missions are to:

- Raise awareness and give a unique perspective from lived-experience of County Lines, exploitation and grooming, link between sexual and criminal exploitation and radicalisation, mental health and trauma, and more.
- Make recommendations to help improve professional resources
- Collaboration with charities
- Provide training and talks on these topics to a range of groups
- County Lines awareness and prevention sessions
- Free signposting, support and advice for families.



@hespaceaware

Can you think of anything you'd like to ask today's SPACE representatives?

Here's some space to write questions down if you think of any during their talk:

1

.....

2

.....

3

.....



SPACE
Stop & Prevent Adolescent
Criminal Exploitation



The Characters

Alfie's Story

Alfie Aged 13, he's never had the money, attention or opportunities he has always wanted. When his friend Alex introduced to Dave, he found that by doing little jobs for them he was part of a family. Unfortunately, the family was not what it seemed.

Ollie Alfie's cousin who recently moved the area. He has lacked confidence because he has been bullied, so when he is told he is joining the new group he finds it all exciting and cannot see the dangers.

Liam A mid-ranking member of an organised criminal gang that has moved in to take over the operation after Dave was sent to prison. Cruel and direct, he doesn't take no for an answer as he forces others around to make sure that the operation is making money.

JB Liam's mysterious young assistant who is not afraid to use weapons.

Ask your questions...

Use the space below to write your questions.

What do you want to know from:

Alfie

Ollie

Liam

JB



NIOC Stories
watch more
online



Alfie's Story

A short film about a young boy groomed and criminally exploited by drug dealers. It is based on real life events, co-written with survivors and made with a local cast to show how grooming and child criminal exploitation works and how we can look out for each other. You can watch Alfie's Story on YouTube or at www.notinourcommunity.org

What is Criminal Exploitation?

"When someone you trusted makes you commit crimes for their benefit." D, aged 12.

It is when a young person finds themselves being asked, or forced, to do criminal things for someone else. Whilst initially they may feel part of a group or even a family, over time they will be told that there is no other option, that they owe someone, owe money or should do things out of loyalty.

Criminal exploitation can involve a young person moving drugs, around their local area or sometimes travelling across the country. The exploited person can be made to sell drugs, transport weapons or carry out other criminal activities, such as assaulting people and stealing.

It's a complicated issue because although what a young person is doing can sometimes be criminal behaviour, if they are being manipulated and controlled they are actually a victim of crime themselves.

74% of you said that **Not in our community had helped you identify where to seek help if you were to recognise someone at risk of being groomed or exploited**

“[Not in our community] helped me by showing ways in which I am making myself vulnerable, so I changed my behaviour”

“I warned someone about who they were speaking to online and they stopped, and they’re perfectly fine now!”

“I stopped a 15-year-old friend going out in a car with a 24-year old male and told her I would tell her parents”

Who are my trusted adults?

Use the information below to define 3 adults you could trust to speak to. It’s important for you to personally know which adults you can speak to if you ,or someone you know, is in danger and this doesn’t just go for grooming and exploitation!

A trusted adult should act with your best interests in mind.

A trusted adult is someone who has appropriate boundaries, listens and respects your feelings and who helps you when you need it without asking or threatening you for anything in return. Trusted adults can be:



What happens when grooming or exploitation is reported?

Every case is different so we can't guarantee what will happen when a case is reported. Depending on who you call, someone will talk to you about your concerns and may ask for further details so they can investigate further. The person on the other end of that phone will be specially trained and will deal with the victim and their family sensitively.

From the talks today, can you answer the following questions? If not, ask your teacher or the Not in our community team:

If you speak to the police?

If you speak to a teacher?

If you speak to Not in our community?

Find contact details on the back page of this booklet.

Keeping your identity hidden Some services will offer advice and support anonymously, like Crimestoppers, but most cannot guarantee it. All services will act with a victim's best interests in mind. If you're concerned about hiding your identity, you can find out more about a service's policy for anonymity by contacting them directly.

Remember if you or someone you know is in danger - call 999 immediately.

What's the plan?

Part of today's aim is for you, as Not in our community Ambassadors, to create a plan of what you're going to do to spread the word to your peers about protecting each other against sexual exploitation .

Use this space for notes, scribbles and ideas for your group.

Here's some things to consider doing:

Create school display boards
Hold assemblies
Create computer backgrounds
School paper/newsletter articles

Create stories and videos
Use Not in our community lesson plans
from the downloaded from 'resources'
on notinourcommunity.org

GRAFT

A Home Office, Trusted Relationships Funded project

The GRAFT Project sits within North East Lincolnshire Children's Services seeking to support and engage young people who are being exploited.

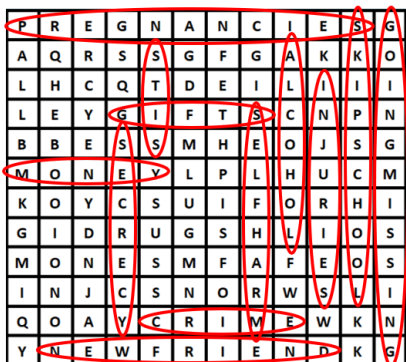
Our wider objective of criminally exploited young people being recognised as victims and treated as such. The project aims to help victims achieve positive outcomes and exit exploitative situations.

GRAFT Principles

- We listen and care about what you say
- Non-judgmental
- Encourage others to listen
- Challenge views which oppress and judge
- Transparency
- Young people have choices and control
- "A life worth living"
- Solution focussed therapy
- Creative and flexible approach
- Tailored bespoke support
- Education training
- Support with disclosures
- No deadline on support
- Work with a range of agencies
- Mental health support
- Strength in young people and empowerment to have aspirations
- Relationship building
- Only interest is to support and advocate
- Consistent, transparent and genuine
- Uphold wishes of young person even through other agencies
- Recognition of our young people's lived experiences and personal narratives to build hope for the future.



Spot the Signs



How did you do?

Word Jumble

Ace Lips	=	Special
Unattended rhymes	=	They understand me
Restore a living hymn	=	Everything is normal
Unholy Overcoat	=	You have control
Home Elves	=	He loves me
Reweave Lion	=	We are in love
Indecent Waxing	=	New and Exciting

NIOC quiz

Part one

1. A - If you are underage, its illegal to have your own nudes!
2. A, B, C, D, E - Anything containing nudity or sexual connotations counts.
3. A, C, D - If shared or used to blackmail the images could have a huge negative effect.

Part two

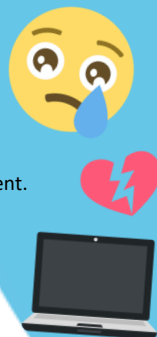
1. B - The law protects 16 & 17 yr olds. You could be exploited at any age, but the law is different.
2. E - All of these and more can be used to groom.
3. B - 1 in 10 reports where by males.

Part three

1. D - Including you, seek advice if you're not sure what to do about it though.
2. D - It can be hard to realise or talk about exploitation, but not impossible.
3. C - Work out who your trusted adult is and find them.

Bonus round

Which of the following questions might be a good place to start? A, C, D, E, F are all options you could use, but go with your gut and be sensitive. Your friend is possibly really scared and could be very defensive. If in doubt ask a trusted adult for support.



Who dunnit?

This one was a trick question!

The answer to this mystery is that any one of these people could be a perpetrator and someone who could be grooming or exploiting young people.

There is no wrong or right answer with this quiz, sorry!



NIOC Ambassador Checklist

We want everyone to leave here today as a Not in our community Ambassador!

A NIOC Ambassador should feel confident and educated on the subjects of grooming and exploitation so that they can help protect themselves and those around them from exploitation through prevention and awareness.

The role of an Ambassador is an important one; your job is to make sure people in your school know about Not in our community and help our team to make the campaign bigger and better.

If you want to be an Ambassador, make sure you have completed the day's tasks and use this handy checklist to make sure you've done everything you need to do to become an Ambassador:

Today I have (tick):

- ☐ Learnt what exploitation is
- ☐ Learnt how to spot the signs of sexual and criminal exploitation
- ☐ Created a plan to spread awareness of grooming and exploitation in my school or community
- ☐ Found out about real cases of exploitation
- ☐ Checked out Alfie's Room
- ☐ Actively taken part in discussions today
- ☐ Identified who my Trusted Adults are
- ☐ Identified who my school/centre safeguarding lead is



My School/Centre Safeguarding lead is:

(Write name here)



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Get Help

If someone is in immediate danger call 999. If you have concerns or suspicions, you can call the local police on 101.

You can speak to a trusted adult such as a parent, carer, teacher, youth, health or social worker.

It is not ok for someone to expect you or your friends to do things you don't want to. Listen to your instinct; if it doesn't feel right - tell someone. 24/7 Free & Anonymous. Call or text **116000**.