



NOT IN OUR COMMUNITY

Lesson Plan: Control Pt.1 Film Resource



www.notinourcommunity.org

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What is Grooming & Exploitation?

These icebreaker activities are introductions to the topic of grooming and exploitation. Often young people have an idea of what grooming might be through learning about staying safe online, however grooming and exploitation in the context of CSE is different.

For this activity, you may want to make a simple PowerPoint presentation to prompt your group or, if you prefer, you could make some handouts.

1. Defining Grooming and Exploitation

- Speaking to the class, ask for a show of hands who has heard of the phrase 'grooming'.
- Ask a few students to explain what they think grooming is.
- Once the class is close to guessing the definition, explain the actual definition of grooming in the context of exploitation:

"Grooming is when someone builds a trust and a connection with a young person so they can manipulate, exploit and abuse them. Grooming can happen over a short or long period of time, from weeks to years! Anybody can be a groomer, no matter their age, gender or race, and grooming doesn't necessarily always take place in private, groomers might build relationships with a young person's friends or family to make them seem more trustworthy and authoritative."

- Once you are confident your group understands the definition, ask them to suggest some tactics that groomers might use to groom their victims.

- Pretending to be younger than they are
- Giving attention
- Buying gifts and treats
- Isolating the young person from friends/family
- Doing fun activities (especially activities young people may not be able to do)
- Blackmail, shaming and guilt
- Giving advice and understanding
- Introducing the idea of 'secrets' to control and trap

Make it clear here that a victim doesn't always understand they are being groomed as the manipulation of grooming can make feelings complicated as a victim might admire and love the groomer as well as fear them, which can be confusing.

What is Grooming & Exploitation?

- Ask your group what they think the signs of grooming might be. Prompt them with the tactics if they need it, asking them what that might look like to them if their mate was being groomed.

- Being secretive about who they're with and how they spend their time (online and offline)
- Having new friends or boyfriend/girlfriend (especially if there are older)
- Having money, new clothes and/or a new phone that that they can't or won't explain
- Drinking underage, smoking or drug taking
- Spending a lot of time away from home, school or friends.
- Obsessively using their phone, especially if they are being secretive over it (or perhaps they could be spending less time on their phone when they would be online).
- Being withdrawn, upset or distressed
- Over sexualised behaviour, using sexual language or understanding sex more than you think is normal for their age.

2. Next, ask the group what they think exploitation may be.

- Similar to the previous activity, ask for the group to suggest what they think exploitation might be.
- Once they are getting close, give them the definition:

Sexual exploitation (or CSE) is a type of abuse. It's when a young person is given things like gifts, drugs, money, status or affection in exchange for performing sexual activities. Often, a victim is tricked into believing they are in a loving relationship through grooming. Anybody can be a perpetrator of exploitation no matter their age, gender or race, and anyone can be a victim of exploitation too.

- Explain that the sexual activities that a young person might be made to do might also happen online, things such as:

- Sending or posting sexually explicit images of themselves
- Filming or streaming sexual activities
- Having sexual conversations through messaging apps

Criminal exploitation (or CCE) 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.

What is Grooming & Exploitation?

- You may ask your group what they think the signs of exploitation are, or just read them out to the group.

- Unhealthy or inappropriate sexual behaviour for their age
- Being frightened of people, places or situations
- Being secretive
- Mood swings
- Having money or items that they can't or won't explain
- Signs of abuse such as bruises on their body
- Drinking alcohol, smoking or doing drugs
- Getting STI's, having pregnancy scares or becoming pregnant
- Having older friends or an older boyfriend/girlfriend
- Staying out, being hungover and skipping school
- Going missing for periods of time

- Explain that any one of these signs could just seem like normal behaviour for a young person growing up. Signs aren't always obvious and may be hidden, but if you spot any worrying behaviour - any 2-3 or more of the above signs - and you are worried about someone you know, then it is worth speaking to a trusted adult about it.

Make sure to use the debrief section (at the end of this document) to explain how to get help if someone in your group is worried about themselves or a friend.

Control Pt.1

Supporting Activities

This series-come-film following the story of Sarah and her stepbrother Kyle as they are groomed by a gang after a vulnerable period of losing Sarah's dad. We see how sexual (CSE) and criminal (CCE) exploitation impacts their friends and family as both of them become increasingly tangled in the manipulation of gang-leader, Sami, and exploitative couple, Lee and Nikki.

Film Running Time

5 minutes

Advised Session Duration

20 - 30 Minutes

Age Rating

13+

Film Link

• <https://youtu.be/JQ2g8E8bN9o>

Or search 'Control Not in our community' on YouTube.

Suggested Follow-up Materials

- Visit www.notinourcommunity.org and select the 'NIOC Connect' tab for more resources.
- Follow Not in our community on Instagram, Facebook, Twitter, or YouTube.
- Create an e-learning account at NIOC interact at <https://notinourcommunity.org/nioc-interact/>

Closing Message & Accessing Help

Think you or a friend might have been sexually exploited? Want some advice or someone to talk to? Exploitation is never your fault.

If someone is in immediate danger call **999**. If you have concerns about sexual exploitation, you can call the local police on **101**.

For 24/7 free, confidential help and advice you can call or text **116000** a dedicated sexual exploitation helpline run by the Missing Persons Charity.

Alternatively, you could speak with a trusted adult such as a parent, grandparent, carer, teacher, youth, health or social worker, and you can use www.notinourcommunity.org to work out the next steps to take together. There are also local organisations here to help you listed on the "Get help" section of the website.

What is grooming?

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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 is grooming?

IF someone is being groomed it won't feel scary and wrong, it will feel exciting and special. Grooming is a process of building trust so that a person will often feel loved and understood. They will think they have control, that they are getting what they want and that they have changed or grown up to fit in with new friends.

Generally, they will feel happy and confident throughout this period, looking forward to new opportunities and potentially, experiencing new things (such as parties, drinking and drugs) for the first time and not realising they are in any danger.

Sexual Exploitation

A person will find themselves being asked or forced to do sexual things with their partner, or someone else, that they don't want to do. They will often be told that there is no other option, that they owe someone.

This could be because they have been given gifts, affection, a place to stay or because they think their partner is in trouble and that this is a way they can help them. They will often feel like it is normal, that it is just how a relationship works, they are in love and no-one else matters. Often, they will feel like they owe their abuser, that there is no going back and sometimes that they deserve it.

Criminal Exploitation

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.

Victims are groomed, sometimes by being given money, attention, status, gifts and promises of a better life. They might feel part of a group or a family so are often willing to help. They might feel or be told that they'll be hurt or worse if they leave; they may be forced to stay with threats made against their family. They will feel trapped, scared and probably angry.

What is grooming?

What are the signs of sexual exploitation?

- Going missing for periods of time or regularly returning home late,
- Skipping school or being disruptive in class,
- Receiving unexplained gifts or possessions that can't be accounted for,
- Regularly getting STI's,
- Being worried about becoming pregnant, falling pregnant or having abortions (and/or the morning after pill),
- Having mood swings and changes in temperament,
- Using drugs alcohol and being hungover on a regular basis,
- Behaving in a sexual way, such as over-familiarity with strangers, dressing in a sexualised manner or sexting and sending nudes,
- Using sex in exchange for something,
- Signs of unexplained physical harm, such as bruising and cigarette burns,
- Having new friends or partners (who might be a lot older) and ignoring older friend,
- Secrecy around phone and activities.

Some of these can just be signs of growing up, we all change as we grow up. However, if you spot several of these in your friend it might be worth speaking to them or a trusted adult about the situation.

What are the signs of criminal exploitation?

- Going missing for periods of time or regularly returning home late,
- Skipping school or being disruptive in class,
- Having new things that you don't understand how they got,
- Having lots of money all of a sudden,
- Having mood swings and changes in temperament,
- Using drugs and/or alcohol and often being hungover,
- Carrying a weapon,
- Signs of unexplained physical harm, such as bruising and cigarette burns,
- Having new friends or partners (who might be a lot older) and ignoring old friends,
- Secrecy around their phone and potentially a new phone,
- Being shady about what they are up to, or alternatively boasting about a new gang, money or experiences.

Some of these can just be signs of growing up. However, if you spot several of these in your friend it might be worth speaking to them or a trusted adult about the situation. This can be tricky, though a good friend tries to help a friend out of a bad situation.

Source: Not in our community

Control Pt. 1

1. Spot the signs:

What are the things that might make Sarah vulnerable?

E.g. how might she be vulnerable to a perpetrator?

Facilitator notes: grief from her dad dying, skipping school, being new to the area, not having many friends, being young, and others. extremism or financial exploitation.

2. Why do you think Nikki has befriended Sarah?

Facilitator notes: she could be lonely or just want a friend, though is there a suggestion that she might be befriending her for something Lee wants? E.g. when he says “you’ve done well there.”

3. What would you have done if Nikki had approached you?

Optional answers to provide:

- Ignore and walk ahead
- Stayed but rejected to hang out
- Be polite but walk away ASAP
- Hang out and would again

Note: it is difficult to reject people sometimes without being rude or putting yourself at risk, however, Sarah is not committed to seeing Nikki again and can do whatever she wants.

Control Pt. 1

After a session learning about exploitation, we recommend debriefing your students about what they have just heard.

Our films can be distressing for some young people so we have tried to categorise lessons appropriate for particular age groups but are aware that how appropriate our content is may differ from person to person. We always recommend reviewing content before showing it to your group.

If a young person in your group is worried by the content they are shown, make sure they can air their concerns and have someone trusted to speak to.

In general, make sure you ask students if they have any questions or worries that they want to share before they leave the session, and make sure they have the opportunity to ask questions in private after the session.

Before the session is over, make sure that your group is aware of the following information about accessing help:

Think you or a friend might have been sexually exploited? Want some advice or someone to talk to? Exploitation is never your fault. If someone is in immediate danger, call **999**. If you have concerns about sexual exploitation, you can call the local police on **101**.

For 24/7 free, confidential help and advice you can call or text **116000** a dedicated sexual exploitation helpline run by the Missing Persons Charity.

Alternatively, you could speak with a trusted adult such as a parent, grandparent, carer, teacher, youth, health or social worker, and you can use www.notinourcommunity.org to work out the next steps to take together.

Resources Near You

Find local support services on the 'Who Can Help?' page of the [Not In Our Community website](http://www.notinourcommunity.org).