



# NOT IN OUR COMMUNITY

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**Lesson Plan:** Phoebe's Story Film Resource



[www.notinourcommunity.org](http://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.**

# Phoebe's Story

## Supporting Activities

Phoebe's Story is told from the viewpoint of the victim of grooming and sexual exploitation, as well as her friends and her perpetrator.

It is based on real life events, although details have been changed to protect identities.

The film was co-written and made with young people in the Humber area. The locations and details shown are not intended to represent how and where these incidents took place.

### Film Running Time

8 Minutes

### Advised Session Duration

30 - 50 Minutes

### Age Rating

11+

### Film Link

- [https://youtu.be/MytrX\\_FTGi0](https://youtu.be/MytrX_FTGi0)

Or search "Phoebe's story NIOC" on YouTube.

### Suggested Follow-up Materials

- Visit [www.notinourcommunity.org](http://www.notinourcommunity.org)
- Follow Not in our community on Instagram, Facebook, Twitter, or YouTube.
- Create an e-learning account at NIOC interact at <https://notinourcommunity.org/nio-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 grooming, exploitation or relationship abuse, you can call the local police on **101**. You can also arrange to see an Independent Domestic Violence Advocate on **0800 197 4787** if you're worried about a relationship.

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](http://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.

# Phoebe's Story

**1. How did Phoebe's story make you feel?**

**2. How did Wez trick Phoebe into liking him in the first place?**

**3. In what ways was Phoebe sexually exploited?  
What was she forced or tricked into doing?**

**4. How might it have felt for Phoebe when she was being groomed by Wez?  
i.e. before she was sexually exploited by him and the others?**

[Please see Grid 1 for examples – you could use these as a full list or cut them out individually. Groups might come up with additional suggestions.]

**5. How might it have felt for Phoebe once the sexual exploitation started?**

[Please see Grid 2 for examples – you could use these as a full list or cut them out individually. Groups might come up with additional suggestions.]

**6. How did Wez try to make Phoebe feel trapped in the situation?**

**7. Do you think that this could happen around where you live?**

**8. How might Ollie and Sara have been able to help her?**

[Please see Grid 3 for examples – you could use these as a full list or cut them out individually. Groups might come up with additional suggestions.]

**9. What questions would you ask Phoebe, Sara, Ollie or Wez?**

# Phoebe's Story

## Grid One.

**4. How might it have felt for Phoebe when she was being groomed by Wez?  
i.e. before she was sexually exploited by him and the others?**

<b>Special</b>	<b>Loved</b>	<b>Understood</b>
<b>It is what she wanted</b>	<b>She was in control</b>	<b>She had new friends</b>
<b>Exciting</b>	<b>That she was growing up</b>	<b>Like she was being tricked</b>
<b>She couldn't trust Wez</b>	<b>That she was changing</b>	<b>Threatened</b>

## Grid Two.

**5. How might it have felt for Phoebe once the sexual exploitation started?**

<b>She owed it to Wez</b>	<b>Only Wez mattered</b>	<b>Scared or trapped</b>
<b>Humiliated or threatened</b>	<b>This was part of growing up</b>	<b>There was no going back</b>
<b>Fun and Happy</b>	<b>She wanted out</b>	<b>No-one would believe her</b>
<b>In love</b>	<b>She deserved it</b>	<b>Tricking herself into thinking it was OK</b>

# Phoebe's Story

## Grid Three.

### 8. How might they have been able to help her?

<p><b>Help her to see that she was wrong</b></p>	<p><b>Speak to a responsible adult such as: a parent, carer, teacher, youth, health or social worker</b></p>	<p><b>Called 999 if she was in immediate danger</b></p>
<p><b>Told her to stop being stupid</b></p>	<p><b>Confronted Wez</b></p>	<p><b>Gone undercover to collect evidence against Wez and the Gang</b></p>

# Script

## Sara

Me and Phoebe have given up on the boys at school, they are all so stupid! Alex, my ex, was the last hope for boys our age but he blew it – he ditched me this weekend for gaming!

## Phoebe

Just cos Alex has been a dick doesn't mean we have given up on guys. Not at all! There are a few guys on SnapChat and Insta that are stupidly hot! Ok, they're alright, but they have cars and money so that is something new.

## Wez

Normally it takes me ages to find a target, figure out their insecurities, where they're vulnerable and find a way to get their attention, but this idiot messaged me! I thought they learnt about online safety at school these days, clearly, she's not fussed who sees her bath selfies on snapchat!

## Sara

Shes gone on an adding spree, but I get it, she's totally bored and she's never had a really relationship. She watches all these rom coms and at the is obsessed with the idea of being an Instagram model and dating some bad boy.

## Phoebe

Wez one of the guys has been messaging me, I'm all over it, gonna do whatever it takes. I am so done with being the single one, its my turn for some fun.

## Wez

Seriously, she is making my life so easy! She already thinks I'm her boyfriend, and keeps going on about how much she likes me. All I've done is message her a few times and 'arranged a date' I'm taking her for a drive and some pizza tomorrow night.

## Ollie

I met Phoebe last year at my mates party, she was cute and funny, at first I kinda thought I had a chance and followed her on Snap, but she didn't seem interested in me, so I forgot about her – but now she is snapping constantly, all about some guy, who looks older than her and a bit shady.

# Script

## Sara

So Wez and Phoebe are a thing, they are together every spare minute, I won't judge but they've gone from 1 to a hundred literally over night! He's invited us both to a party this weekend and told me about his mate who's single. I'll meet him and see, might be nice to have a bit of a rebound.

## Ollie

Pretty much every night now they are at a party, Phoebe, Sara and a couple of older guys. They are constantly on stories, bottles of beer, shots, I swear I even saw a line of coke in the background of one of their stories! They're acting like they're way older than they are.

## Phoebe

Seriously my following binge paid off! I have a boyfriend, I am going to parties, like every night, my social life (and my sex life) has never been better! I should have done this ages ago – I feel like a proper grown up, not a little kid any more.

## Sara

Phoebe is obsessed by Wez but he kinda treats her like shit. Yeah Alex blew me off for gaming, but he never demanded nudes or even jokingly threatened or pressured me. But it's like she doesn't notice it, like she's so happy to have a guy that she doesn't seem to think anything of it, she even pressured me, to get with Niall and

## Wez

I thought I'd push it – get Phoebe to pressure Sara, it was gonna go one of two ways, either Sara would do it, idiot, or she wouldn't, smart. She didn't but its win win 'cos now Phoebe is completely isolated, she's trapped.

## Phoebe

I don't know what has happened its like Wez has changed, completely. He made me ask Sara some stuff, but when she said no, he just changed. He asked me to do it with Niall and when I said no he showed me my nudes, I asked him to delete them and he just laughed and told me no chance. He said if I didn't do what he asked he'd share them. So I did. I asked him to delete them again after and he just told me not to be stupid.

# Script

## Ollie

So this is awkward, like hands down the weirdest situation I've been in. I've been sent a video, and it's of Phoebe. And no, it's not falling on your ass, embarrassing, don't want your parents to see kinda snap, it's a full-on sex tape. I don't know what I'm meant to do in this situation!

## Wez

I love it when I win! When I get my way and I know someone is mine. She did what I asked and knows now that I have her nudes. As much as she plays the girl that doesn't give a shit, she freaked out, she doesn't want anyone to see them.

## Ollie

I had to say something, I sent Phoebe a message, having to tell her there was a video of her going round made me scream inside. Why was she involved with people like that!? She freaked out though – I didn't think about what to tell her after, you know, what to do next, I didn't really know what to do. But at least she knows what's

## Phoebe

Someone recorded me. Someone sent out a snap of me having sex with two guys. And people have seen it. At first, all I could think was 'is that really me' then it hit me. This was out there. I have no control. I yelled at Wez, I was so angry that someone did that, someone sent that. I thought he'd be sorry, but he couldn't have cared less.

## Sara

Phoebe has stopped talking, she's stopped coming to school and now she has stopped replying to my messages. It's my birthday and she hasn't even bothered to send a message, let alone come to my birthday dinner, we've been friends for years and a guy is all it takes to end it.

## Wez

Game over. That bit inside that bit of fight she had is gone. I picked her up yesterday and now she's near Manchester with one of my mates. We'll see how long she lasts. I've met a new girl, she's nearly the opposite to Phoebe, quiet and shy. But she'll be easy enough.

# Script

## Phoebe

He said what did I expect. He threatened to hurt me. And everyone I know. But I don't know what to expect, I'm 14! He's the grown up. But I don't know, I kinda get what Sara saw, only I've seen it too late, I don't know where I am and I don't know what's going to happen next.

## Ollie

I don't know if I did the right thing... she hasn't posted anything online since I spoke to her. I think she'd have spoken to the guy, but I don't know. I feel a little bit worried, like I don't know how it will go!

## Sara

Things have been tense between us for a while, but we never broke our streak, until yesterday, I got my blank snap as normal on Friday morning but its Sunday now. I was annoyed when she didn't show up for my birthday but this is next level. I don't know if she's just decided its time or if somethings happened. But it's not just me all her public posts have stopped too.

## Wez

Not long after Phoebe left, I got stopped by the police, they took me into the station, they knew about me and Phoebe, and some idiot had reported her missing. They questioned me for hours but I gave them nothing. I just kept telling them I didn't know her. Then they showed me screen shots of her snapchat. Gonna have to tell them something now!

## Phoebe

My phone died and no one will let me charge it, I got taken by some guys I'd met a couple of times to a grim flat a couple of hours away and people have been coming and going for hours, there are lots of drugs everywhere and I've been in and out. The last half an hour though things have been tense, people have been shouting at each other, at me and rushing to leave. I don't know what's going on.

# Phoebe's Story

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.

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## Resources Near You

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