



NOT IN OUR COMMUNITY

Lesson Plan: Lucas's Story 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.

Lucas's Story

Supporting Activities

Lucas's Story is from the perspective of a victim of someone who is going through grooming online. 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

10 Minutes

Advised Session Duration

30 - 50 Minutes

Age Rating

11+ / School Year 7 and over

Film Link

https://www.youtube.com/watch?v=DV_EbjNklec

Or search "Lucas's Story Not in our community" on YouTube.

Suggested Follow-up Materials

- Visit 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/>

Warning

Lucas's Story contains a dark subject matter and suggestions of a sexual nature that some viewers might find disturbing. We strongly suggest that this film be viewed by an adult in advance and that young people are supported if affected by any of the issues raised in this film.

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 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.

Lucas's Story

1. How do you feel after watching Lucas's Story?

2. What were the signs that Kelly's profile was fake?

Follow up: What other signs might there have been that it was a fake account that you didn't see in the film?

[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.]

3. In what ways was Lucas groomed?

Follow up: What was Lucas forced or tricked into doing?

4. What do you think it felt for Lucas to find out he had been tricked by Terry?

5. If something like Lucas's Story was happening to your friend, what do you think some of the signs would be you might spot that they were being groomed?

[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. What could Terry use to bribe and manipulate Lucas (before or after they met)?

7. What tactics does Terry use to groom Lucas?

Why do you think someone might be manipulated by these kinds of tactics?

8. Lucas's friend looked out for him by getting help, what ways did Brad seek help and what else could he have done?

[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.]

Lucas's Story

Grid One.

2. What are the signs that Kelly's profile is fake?

Not many followers/friends	Not many photos	Won't show face on video chats
Asking for nudes and sexting	Asking for secrecy	Being a girl

Grid Two.

5. What do you think some of the signs would be that your mate is being groomed?

Being secretive over their	Taking selfies with you	Eating more fast food
Boasting about nudes or sexting	Receiving gifts they wouldn't usually have	Getting a new phone from his mum
Wanting to spend time on their laptop or phone rather than hanging out	Meeting up with people from the internet	Going missing from home or school
Being in an online relationship	Older people commenting, sharing or liking their social media posts	Having his Snapchat in his Instagram bio

Lucas's Story

Grid Three.

8. What could Brad have done to help Lucas?

<p>Ask him what's going on</p>	<p>Speak to a responsible adult such as: a parent, carer, teacher, youth, health or social worker</p>	<p>Called 999 if Lucas was in immediate danger</p>
<p>Taken the mick and told him to stop being stupid</p>	<p>Confronted Kelly / Terry</p>	<p>Stalked Kelly / Terry to gather evidence</p>

Lucas'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.

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).