NOT IN OUR COMMUNITY
PROTECTING OUR FRIENDS AGAINST GROOMING & EXPLOITATION

Know the signs -
Real stories - Get help

NOT IN OUR COMMUNITY

Lesson Plan: Trapped Film Resource

www.notinourcommunity.org

CONTENTS

2 Introduction Activites

5 Trapped Lesson Plan

8 Debrief

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
- Buying gifts and treats
- Doing fun activities (especially activities young people may not be able to do)
- Giving advice and understanding
- Giving attention
- Isolating the young person from friends/family
- Blackmail, shaming and guilting
- 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.

Trapped

Supporting Activities

Trapped is a short film produced in Scunthorpe about events leading up to and following the near fatal stabbing of a young boy involved in a drug dealing operation.

A researcher interviews five characters to try to understand why a drug related stabbing left a boy with lifechanging injuries. As the interviewer delves into the backstory of two boys and a girl we learn about the push and pull factors that lead to them becoming involved in drugs and child exploitation. There are key learning points for viewers to take from how each of them perceives and comes to terms with their situation.

Film Running Time

Up to 19 Minutes

Advised Session Duration

30 - 50 Minutes

Age Rating

Year 7 and above

Film Link

• **https://youtu.be/Jmi9PxvRJvE** or search for 'Trapped' on Not In Our Community's YouTube channel.

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 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.

If you want to anonymously discuss concerns about grooming, sexual or criminal exploitation you can speak to Crimestoppers on **0800 555 111,** share information via Fearless **https://www.fearless.org/en/give-info** or call Childline on **0800 111**.

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.

Trapped

1. How was Leo groomed by the criminal gang?

Notes: In his interview, Leo tells the researcher that he had nothing, and that the gang knew that. He liked it when they seemed interested in him and gave him things to make him feel 'part of something'.

2. Leo mentions that he had been robbed before that night. Why had the gang done this to him?

Notes: Leo says that he had been robbed once before, after a 'pick up'. Because the package was taken from him, the gang tell Leo that he lost it and so he now owes them. Leo was forced to continue working for the gang in order to pay off his debt.

3. The researcher tells Josh that Leo doesn't blame him for the stabbing. Why do you think Leo has said this?

Notes: Leo understands that they were both pressured by people higher up in the gang to do things they didn't want to do. He knows that Josh was exploited by the gang too and will have felt as though he didn't have a choice.

4. Why does Josh feel sorry for Grace?

Notes: Grace sees the man that takes her to the trap house as her boyfriend, but Josh says he doesn't think the man saw it like that. Josh says the man gave Grace drugs and shared her with his friends, suggesting that Grace was being sexually exploited by him.

5. Why does Josh feel sorry for Grace?

Notes: Children coming and going late and night. Girls being sneaked inside.

6. Why was carrying a knife a bad decision for Leo?

Notes: Leo was stabbed by his own knife when Josh was able to take it from him in the fight. The researcher tells him that in court they said that if he hadn't been carrying it, he probably wouldn't have the injuries he received. Carrying a knife increases your chances of being stabbed.

7. Who could Grace speak to about her own exploitation?

Notes: Grace could call the local police on 101. If she's in immediate danger, she should call 999. She could speak to Fearless or Crimestoppers on 0800 555 111 or call Childline on 0800 111.

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

8. How might Josh, Leo, Daniel and Grace have felt trapped in their situation?

9. What would you do if you or someone you know was at risk of or being exploited?

Notes: When someone has been groomed and exploited it is hard to understand what is going on. Often victims do not see themselves as being exploited and might be defensive. Speaking with a trusted adult to share what you know and to raise your concerns would be advisable so that they can help decide how to get help.

Trapped

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.**