

A brief guide to...

Sexual Exploitation



County Durham
SAFEGUARDING ADULTS
INTER-AGENCY PARTNERSHIP



DARLINGTON
Safeguarding Board



Darlington
Safeguarding Adults
Partnership Board



What is Sexual Exploitation?

Sexual exploitation is a form of sexual abuse. A person can be a victim of sexual exploitation if sex takes place and:

- it is in exchange for basic necessities, such as food, shelter or protection
- it is in exchange for something they need or want
- they are made to feel frightened of the consequences if they do not (coercion)
- the person who is exploiting them stands to gain financially or socially.

An adult may have been sexually exploited as a child, re-exploited in adulthood or exploited for the first time when over the age of 18. If you or someone you know shows signs of sexual exploitation, report your concerns to the **Police on 101**, or to **Social Care Direct 03000 267979**.



How does Sexual Exploitation Affect Adults?

Sexual exploitation can have a serious effect on the health and wellbeing of adults. It can include:

- Post-traumatic stress disorder (PTSD), depression and anxiety.
- Physical health or long term health problems as a result of physical or sexual violence.
- Sexual health problems, sexually transmitted diseases or difficulties having children.

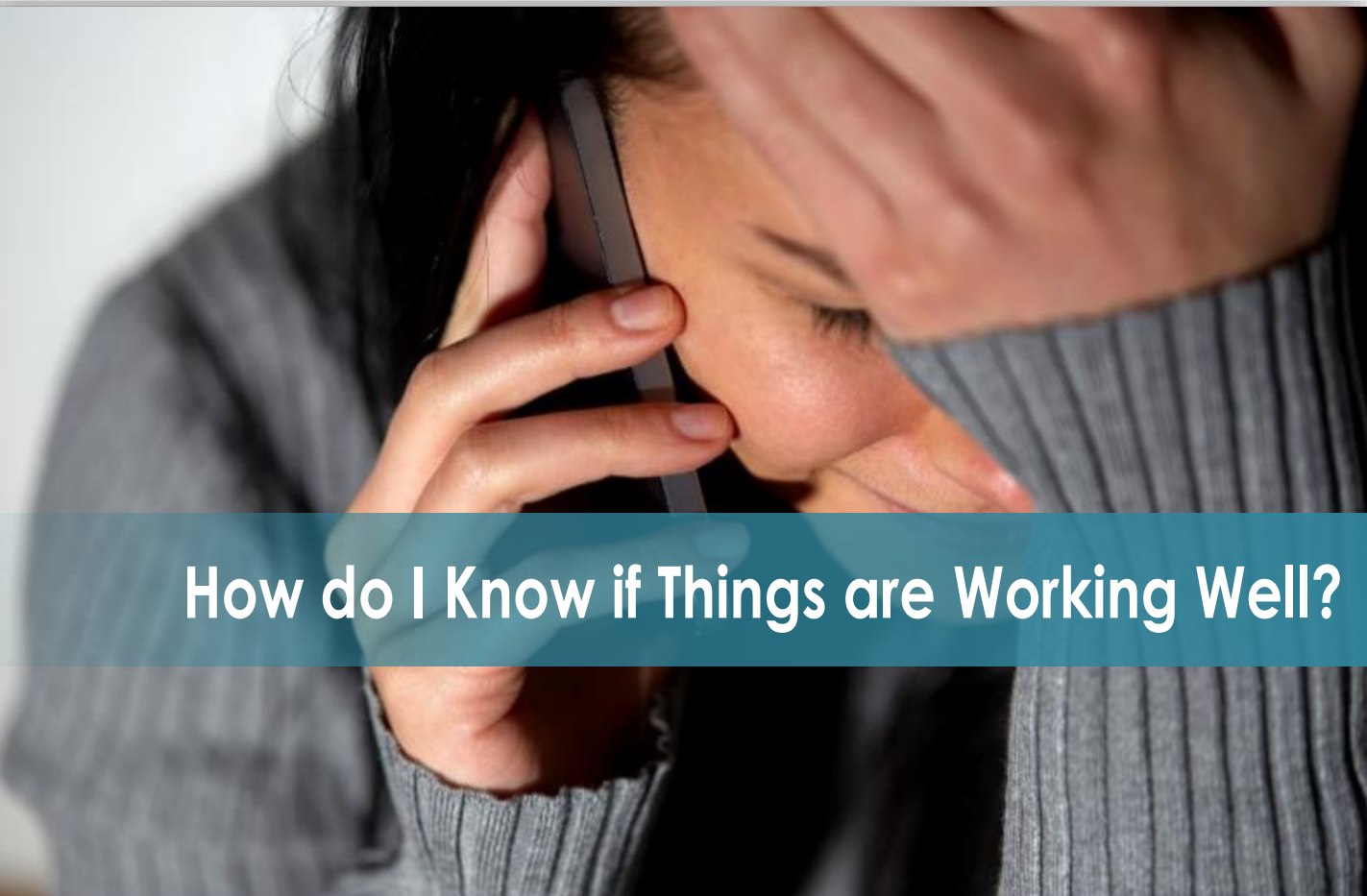
We know that links exist sometimes when people are experiencing sexual exploitation with drug use, this might increase risk. We know that sometimes people use drugs to help them to cope with the trauma they have experienced.

It is important for any sexually exploited adult to receive support in a way that will help their health and wellbeing to improve. The support someone needs will vary from one person to the next.

If it happened in the past, or if it is happening now, a person can find it difficult to seek or get the help they may need. They may feel ashamed, frightened or worried, they may feel they won't be believed or that it will be taken seriously.

If you suspect someone is at risk of, or is experiencing sexual exploitation, you can tell: Police 101 or Social Care Direct 03000 267979

If you are unable to contact services by yourself, you should talk to someone that you trust who could help.



How do I Know if Things are Working Well?

We will take it seriously and we will listen to you.

We will ask you what you would like to happen.

We will explain what the possible outcomes may be to help you make decisions about what you want to happen next.

You may be able to access a range of services to support you.

We may need to report it to the police, we will explain to you when this happens, it might be because other people are at risk of sexual exploitation.

If you have a family member, friend or other person who can support you, we will make sure this happens. We can help with support from someone else if you need it; this is known as an advocate. They can help you to tell us what you want to happen.



Tell Someone, Tell Us

- If you know a person is being sexually exploited – **Tell Us**
- Even if you only suspect it is happening - **Tell Us**
- If you need help to contact us, **Tell Someone** to **Tell Us**

You can tell a friend, a family member, a police officer, a nurse or a doctor.

- You don' have to give your name, but if you **Tell Someone** to **Tell Us** we can help you.
- You can **Tell Us** what YOU want to happen.

Contacts

Police Call 101 or in case of emergency call 999 or call
Social Care Direct 03000 267979

This guide has been adapted with acknowledgement to Research in Practice for Adults. They are a charity that uses evidence from research and people's experience to help understand adult social care and to improve how it works.
www.ripfa.org.uk