



Heart of England Training Ltd

Child Sexual Exploitation (CSE) – Young People

Child sexual exploitation (CSE) takes many forms and can present itself to different professionals in a myriad of guises.

CSE is continuing, but the patterns of exploitation have changed. There is also now increasing understanding of its prevalence and nature, and that children and young people may also be exploited and require safeguarding.

There is little data to give an accurate account of the extent of child sexual exploitation in England, although it's clear that it is a very real threat faced by some young people on a daily basis.

It is also likely that many exploited young people will have disengaged with other statutory services – including school – but still access sexual health services owing to the nature of their abuse. The changing shape of exploitation and our growing understanding of how it may manifest itself with young people – through gangs and peer groups, families, people in positions of power, and online – are all reasons we must readdress how we gather information around young people's sexual lives so we can help them to develop healthy relationships and prevent or intervene where there is a risk of exploitation and abuse.

CSE involves those under 18 in exploitative situations, contexts and relationships where young people (or a third person or persons) receive something (for example, food, alcohol, cigarettes, affection, gifts) as a result of them and/or another or others engaging in sexual activities. It is an abuse of power by those exploiting by virtue of their age, gender, intellect, and physical strength and/or economic or other resources.

CSE encompasses both gang-related and other sexual violence and exploitation. Although we use the terms 'he' and 'she' we use them in a non-gender specific way – it is acknowledged that perpetrators may be male or female, and victims may be male or female. However, it's clear from the evidence to date that young women are more likely to be sexually exploited and that the methods of grooming and coercing young men and young women are different.

Source: Brook – www.brook.org.uk



Heart of England Training Ltd

Guidance when talking to young people about exploitation

- Confidentiality must be explained properly to young people, including its parameters and the fact that you will need to seek advice if you believe they are at risk of significant harm.
- Never make assumptions about the young person based upon cultural, social or sexual orientation stereotypes.
- Always ask young people to clarify what they understand by sexual activity – for example, penetrative vaginal or anal sex, or oral sex. It's important to explain to young people whether you're referring to vaginal, oral or anal sex, and that, where there is risk of sexual exploitation, it may involve multiple partners.
- Young people prefer to be asked sensitive questions in a professional but conversational manner, which is effective for both you and them. You may need to rephrase questions to suit individuals, and avoid using language that may be unfamiliar to young people, such as medical jargon.
- When questioning the young person about with whom they are having sex, find out what term they feel comfortable using, as they may not consider that person to be a partner.
- Be aware that a young person may perceive their situation as consensual when in fact they are being groomed, as this is the nature of sexual exploitation.
- If a young person doesn't want to answer the questions make a note of this and don't push them. They may be prepared to respond to another healthcare worker or at a subsequent visit.
- Look out for any unusual patterns within the young person's history so you can make a professional judgement about their needs and the risk they may face.

Useful Links & Numbers:

PACE (UK) (Parents Against Child Sexual Exploitation). More information on supporting parents can be found on the [PACE website](#).

NSPCC – If you are worried about a child or young person call: [0808 800 5000](tel:08088005000)

Resources are available at

<http://www.stopitnow.org.uk/posters.htm?gclid=CMCEw4WJ5sMCFWGL2wodlhqAwg>