

## How Pace can help you

Parents Against Child Sexual Exploitation (Pace) works alongside parents and carers of children who are sexually exploited, or are at risk of being sexually exploited, by abusers external to the family. Since 1996, we have worked with affected families within the UK and our work is rooted in their experience and knowledge. As a parent-led organisation, we know that supported, empowered and informed parents are key to tackling child sexual exploitation.

### **Pace offers:**

- individual specialist support for as long as a parent needs it
- information on how parents can work in partnership with the police and social care
- support through investigations and court
- national meet-ups with other affected parents
- a confidential online parent forum
- a network of volunteer befrienders.

## Keep Them Safe

Keep Them Safe is Pace's interactive online information package for parents on the signs of child sexual exploitation. The package quickly gives you the knowledge and information to be confident in recognising and tackling this abuse. It will take approximately 20-30 minutes to complete, but can be completed and reviewed at your own speed.

### **Find out more at**

**[www.paceuk.info/the-problem/keep-them-safe](http://www.paceuk.info/the-problem/keep-them-safe)**

## If you have concerns

Parents cannot tackle the sexual exploitation of their child alone. If you are worried about the safety and welfare of a child then the police need to be informed. Your child's school, GP and social services can also help.

We recommend that you also contact Pace on 0113 240 5226 or email [info@paceuk.info](mailto:info@paceuk.info). We can talk through your immediate concerns, help you to assess the level of danger your child is in, and signpost you to organisations in your area who may be able to give you local support.

## Call us if you are worried about the safety or welfare of a child

Call us on 0113 240 5226  
Switchboard number 0113 240 3040  
Email us at [info@paceuk.info](mailto:info@paceuk.info)

Find out more at [www.paceuk.info](http://www.paceuk.info).  
Connect with us on Twitter [@paceinfouk](https://twitter.com/paceinfouk).  
Join the conversation on Facebook.

# Working with parents to stop child sexual exploitation

Supporting parents through information, empowerment, guidance and support.

**Pace**  
Parents against  
child sexual exploitation

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## What is child sexual exploitation?

Child sexual exploitation is a form of sexual, emotional and physical abuse of children. It can affect any family regardless of where they live. Both boys and girls can be vulnerable especially as they approach, or are in, their early teens. The majority of victims are living at home when the abuse starts.

As a rough guide, child sexual exploitation can be defined in the following terms:

“ Child sexual exploitation is a process in which a child receives something (alcohol, drugs, gifts, affection, attention, money, accommodation etc.) as a result of them engaging in sexual activities.

The abuser exerts power over the child through emotional manipulation, violence, coercion and intimidation.

## What are the signs of CSE?

This type of abuse can be difficult to recognise, as many of the warning signs of the abuse can be similar to the challenging teenager behaviour that parents of adolescent or near-adolescent children often face. If you are worried and suspect that your child is grappling with something bigger than the usual ups and downs of adolescence, then there are warning signs of child sexual exploitation:

- Secretive behaviour, mood swings, no longer mixing with usual friends
- Associating with older men and/or women
- Missing from home or care, absence from school
- Receiving strange calls or messages on mobiles or social media sites from unknown, possibly much older associates from outside their normal social network
- In possession of new, expensive items that they couldn't normally afford (mobile phones, jewellery etc.)
- Exhibiting a sudden change in appearance or taste
- Looking tired or unwell and sleeping at unusual hours
- Having marks or scars on their body that they try to conceal
- Adopting new 'street language' or responding to a new street name
- Poor mental health, drug misuse, self harm, suicidal thoughts.

A child may meet abusers through their school friends or associates of school friends or through socialising at particular locations. They may also meet them through the internet, phone apps, social networking, and gaming sites.

'Virtual' child sex abuse is increasing. Exploitation may be based on films or photographs of your child in sexual situations - potentially self-generated - that is posted on line and then used by the abusers to control and manipulate the child.

“ A child can be so manipulated by an abuser that they will not realise and will deny anything is wrong.

Child sexual exploitation is often conducted with actual violence or the threat of violence. This may be threats towards the child, or her or his family. This may prevent the child from communicating the abuse, or from exiting the cycle of exploitation.