



**RESOURCE FOR
YOUNG PEOPLE**

**A campaign for
supportive conversations
to help keep children safe
from exploitation**

Be curious
Reach out
Ask questions
Voice concerns
Empower each other

ABOUT READY TO TALK

Ready to Talk is a Renfrewshire-based campaign which aims to keep young people safe from child sexual exploitation (CSE) by recognising the importance of having supportive conversations about (un)healthy relationships.

Young people need to feel heard, reassured and supported in a non-judgmental way. Our aim is to promote positive discussions around healthy relationships and to make sure everyone knows how to report their concerns when they are worried about a young person's safety or wellbeing.

USEFUL KEY WORDS TO TALK ABOUT (UN)HEALTHY RELATIONSHIPS:

Exploitation: When someone is forced, pressured or tricked into taking part in any kind of sexual activity with another person. This can be money, attention, control, sex. It is a form of abuse and it can happen to anyone. It can happen in person or online (for example, being pressured to share sexual images of yourself, or pressured to watch sexual images and videos, including porn).

Grooming – When someone spends a lot of time trying to make friends with a young person (online or in person), getting to know them and making them feel special - all so they can get something sexual from them, like nudes. This is one way someone can be sexually exploited.

Gaslighting - When someone makes you doubt yourself or your memories. They might say things like “you’re imagining it” or “that never happened” to confuse you. Gaslighters do this to gain power and control, by making you stop trusting your own thoughts and feelings, they make you feel unsure about what’s real.

Love Bombing - When someone gives you a lot of attention, compliments, or gifts very quickly to make you feel special. It can seem nice at first, but it's sometimes used to control or manipulate you later.

Coercive Control/Coercion - When someone tries to control your life, like who you talk to, what you wear, or where you go. They might use threats, guilt, or rules to make you feel trapped or scared.

Consent – Saying yes to something because you really want to, not because you are being pressured, you’re scared or confused. Consent can be non-verbal. Consent is enthusiastic, ongoing and you can change your mind at any time.



SPOTTING THE SIGNS OF UNHEALTHY RELATIONSHIPS

Building relationships with people online or in other parts of your life is natural. Grooming or exploitation aren't always easy to recognise, but whatever's happening it can help to talk about it.

Signs can include:

- Asking you to keep things secret - This could include being told not to tell anyone, that it's special between you two or that other people won't understand. You might be asked to keep it secret to show you trust them
- Trying to find out things about you
- Sending you sexual messages or images
- Giving you gifts or compliments - Giving gifts or making you feel good can be a way to make you feel like you owe them and can make it harder to resist when they ask you to do something sexual or illegal
- Making you feel isolated
- Threatening you
- Things are too good to be true - Even if someone's making you feel good at times, it's important to get support if they're asking you to do something sexual or illegal.

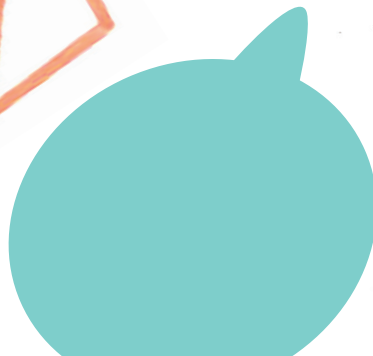
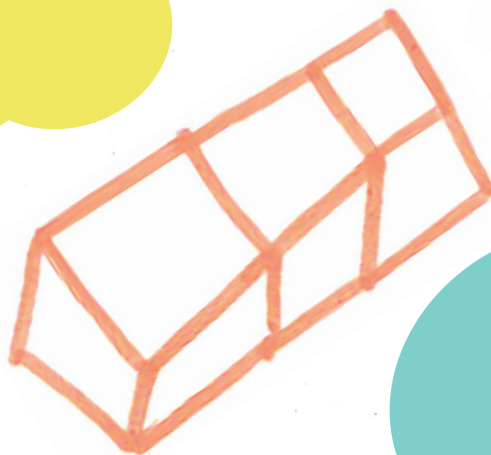
UNCOMFORTABLE

There was this group of people, they seemed to be a friend group. There was this boy called Harvey who was in an uncomfortable situation with this girl called Lucy.

She was wanting Harvey to meet her up in the Braes, just the two of them.

Harvey was uncomfortable because he had liked this girl, but she was love bombing him every few weeks. He knew it was dodgy, but he still went and met up with her. She was being really weird and tried to make him do stuff he didn't want to. She was trying to manipulate him.

Harvey said no and walked away.





THE UNSPOKEN

Manipulation, Disloyalty, Love Bombing, Confusion.

The parts that are left in the dark.

The discussion that never happens.

The things that leave you feeling alone.

But you're not.

You're never alone.

There's always someone who can relate.

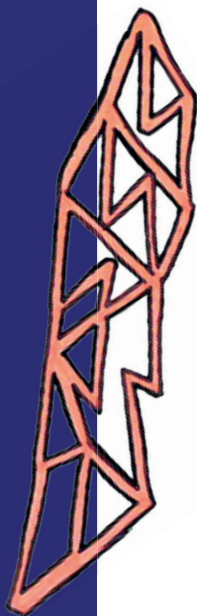
Never be quiet, always be loud.

Make it heard.

Family, friends, others. They can help.

Never leave it unspoken.

The unspoken can never be heard.



"Can you help me figure out what to do?"

"I think someone is making me do things I don't want to do."

"I'm not sure what's going on, but something doesn't feel right."

WHAT YOU CAN DO IF YOU ARE WORRIED ABOUT YOURSELF OR A FRIEND

If something feels uncomfortable, confusing, or scary in a relationship or friendship, even if you can't explain why, that's a sign something might be wrong and it can help to talk about it. **You're not alone, and it's never your fault.**

It can feel scary to speak up. But talking to a trusted adult is one of the best ways to get help and stay safe. This could be a parent, carer, teacher, youth worker, or school counsellor. There are also support services that are here to listen. You don't have to tell them everything, just say you need help.

DONT OVERTHINK. IF YOU THINK ITS WRONG, BLOCK AND TELL SOMEONE SAFE.

If someone's being exploited or hurt, they might:

- keep secrets, or lie about what's happened
- feel scared to talk about things, or avoid talking about it
- suddenly have money, or new things like clothes or phones that they can't explain
- suddenly change, or avoid spending time with other people

Lots of things can make someone change suddenly, but if you think your friend is acting different, you can always reach out. It can help to share what's making you worried with the person you know, or to get help from an adult you trust.

You're not getting them into trouble, you're helping to keep them safe.

"I've noticed you haven't seemed yourself lately, are you okay?"

"I'm not trying to be nosy, but I care about you and I'm a bit worried."

"You can talk to me if something's going on, I won't judge."

"It seems like you're not happy when you're around them."

"I've noticed XYZ. How does that make you feel?"

SUPPORT IS AVAILABLE



**Nude image of you online?
We can help take it down.**



Having nudes shared can feel scary, and it can leave young people feeling worried or even ashamed. Children and young people can report nude images or videos of themselves to be taken down from the internet using the **IWF** and **Childline Report Remove** tool.

CEOP

If you are worried about online sexual abuse or the way someone has been communicating with you online

You can make an online report any time to CEOP (Child Exploitation and Online Protection), they're a law enforcement agency who help keep young people safe from sexual abuse and grooming online. After making a report, one of their Child Protection Advisors will look over what you've said and contact you by phone or email to offer support and talk about what will happen next.

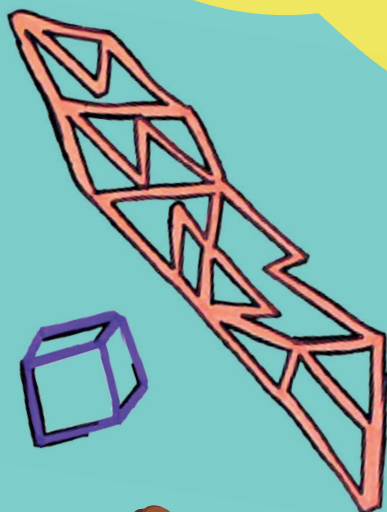
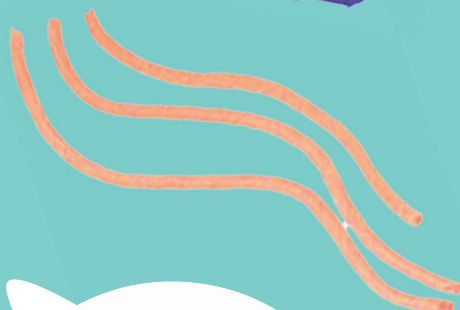
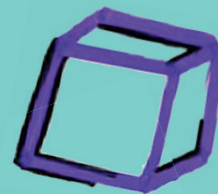


CHILOLINE

Support for children and young people is available 24/7 through Childline on **0800 1111** or at **Childline.org.uk**.

You can contact Childline if you're worried about anything, big or small, they can help. Talking to Childline is confidential, and you do not have to go into detail if you don't want to.

**REMEMBER: YOU ARE NOT TO BLAME. NO
MATTER WHAT SOMEONE SAYS, YOU DIDNT DO
ANYTHING WRONG.**



Scan the QR Code to visit
the Ready to Talk web
page



**THANK YOU TO RENFREWSHIRE YOUTH VOICE AND
CREATE PAISLEY WHO CONTRIBUTED TO THIS
RESOURCE. WROTE THE SHORT STORIES AND
CREATED THE ARTWORK IN THIS LEAFLET.**

NSPCC
SCOTLAND

