



TRUST YOUR INSTINCT

Everyone deserves to feel safe whatever you do and wherever you go. Many young people feel safe most of the time.

Sometimes there are times when young people do not always feel safe. In these situations it is important to know what to do and how to get help.

If something doesn't feel right - it probably isn't. Trust your instincts and ask for help.



**FAT!
UGLY! STUPID!**

LOSER!



- Someone buying you gifts?
- Being asked (or forced) to do things that you are not comfortable with?
- Can't say no (because you feel like you 'owe' them or being threatened)?
- Going 'OT' for someone else?

- Receiving unwanted messages?
- Being bullied online?
- Being asked to share private information or photos?
- Going to meet a new friend you met online?

SLIDING IN MY DMS #GONEVIRAL



- Being asked to receive money from an unknown source into your bank account?
- Being offered 'free money' on social media?



- Being asked to do things that you are uncomfortable with?
- Feel like you are being controlled?
- Are they happy for you when good things happen and sad for you when bad things happen?

BAE? FRIEND? FAKE?



Exploitation is a form of abuse in which young people are tricked, threatened, or pressured into taking part in a criminal or sexual activity in return for something - like attention, love, food, shelter, drugs, alcohol, gifts, money or protection.



IF YOU THINK THAT THIS IS HAPPENING TO YOU OR SOMEONE YOU KNOW YOU CAN GET HELP. DO NOT FACE THE PROBLEM ON YOUR OWN.



Get support

**Childline - 0800 1111 (this is free!)
www.childline.org.uk**
Kooth (Free anonymous online counselling) www.kooth.com
Newham Social Care 0208 430 2000
Police 101 or 999 in an emergency
Crimestoppers (report crime anonymously) 0800 555111
Fearless (report county lines exploitation anonymously) www.fearless.org
faceup2it.org - (24/7 information and help created by young people for young people if you are experiencing sexual violence or exploitation) SEND A FREE TXT 116 000 or www.faceup2it.org

Tell an adult that you trust (this may be a parent, a teacher, a youth worker)

If you feel like you cannot tell someone, you can report your concern without sharing your identity.

Newham Together

The best place for Children and Young People

