



## The HOPE Project Book



Co-funded by  
the Daphne Programme of the  
European Union, Rights, Equality  
and Citizenship Programme

## Where to Get Help

If you think you or someone you know is being sexually exploited you need to get help!

You can call:

### **The Police**

999 (if someone is in danger now)



### **The Police**

101 (if you want to report something but it is not an emergency right now)

### **Childline**

0800 11 11

### **NSPCC Helpline**

0808 800 5000

### **Say Something**

free 24 hour helpline for young people to give information and find support

116 000

## Introduction

This work book is to help you remember the things we talked about in the HOPE workshop.

HOPE stands for  
**H**elping **O**urselves **P**revent **E**xploitation.



We would like to use this book to plan how you are going to stay safe from sexual exploitation.

It would help you if someone you trust goes through this book with you - this could be a teacher, a parent or a friend.

This book tells you about:

- What Sexual Exploitation is.
- How to keep safe.
- What to do if you think it is happening to you or anyone you know.





Sexual exploitation is upsetting and some things we have talked about might have made you feel unhappy.

But we want to make sure you know that you can have good relationships and don't need bad ones.

People with learning disabilities are twice as likely to be sexually abused than other people.

Some of the reasons for this are that people with learning disabilities may not:

- Have had any sex education.
- Be able to make themselves be understood.
- Know about sexual exploitation and so may be easy to trick.
- Have friends or family to support them.
- Find it easy to say “No”.
- Avoid being treated badly and bullied by other people.





If you know about the things that keep you safe, you will know when something happens that isn't right.

We want this book to help you understand good sexual relationships and keep you safe from bad ones.

Good Luck!  
The Hope Team



## How to Use This Book

This book is just for you.

It is to help you carry on thinking about what we talked about in the HOPE workshop.

In it you will find more things to do to help you keep safe from sexual exploitation.

There are some puzzles to help you remember things. We want you to have fun working on this.

In the front of the book are the numbers you need if you are worried about sexual exploitation.

At the end of the book are some pages to help you plan - you might like to fill this in as you go along or when you come to the end of the book.

We will come back in a few months to see how you are getting on.

We hope that you will have lots of ideas to share with us.



## Alerts! Reporting Your Concerns

If you are worried about someone you know being abused or exploited, you should:

- Tell an adult that you trust and who will believe you. This could be a member of your family, a teacher, a member of school staff, a nurse, a social worker or a friend.
- They will help you themselves and if necessary, get in touch with people who will protect the person you are worried about.
- Or phone one of the numbers at the front of this book.
- Even if you are upset or find it difficult to talk about, you should make that call. The people who will answer the phone are trained to listen to you and help you.
- Never be afraid to report any worries - whatever the problem, you will not get into trouble for sharing your concerns.
- If it turns out to be nothing to worry about, you can feel better knowing that you have checked it out.



## My Relationships

List the people that you have a relationship with.

**Family**

**Friends**

**Support Staff**

**School/College Staff**

**Health Professionals**

**People you meet out and about**

**People you don't know very well**

## What Do We Want From Our Relationships?

Fill in the box with your ideas about what you want from your relationships with people.



On the next page you will find our ideas. How many of them are the same as yours?

## What Is Good In a Relationship?

These are the things we think you need to have a positive relationship.

### Support

Look after each other. Love each other. Respect each other's feelings. Help each other when you are feeling bad. Help each other succeed.



### Fun

Enjoy life and each other! Go out and have good times.

### Respect

Be nice to each other. Treat each other as you want to be treated.

### Trust

Trust each other.

### Caring

Look after each other when you are ill or unhappy. Help each other to do things. Sometimes you need to support your partner do the things they enjoy.





### **Honesty**

Tell each other the truth.

### **Kind**

Be nice to each other. Look after each other's feelings.

### **Talking**

Talk lots. It helps you understand each other.

### **Love**

This is the key to it all. If you love each other, all the rest comes easy.

### **Sharing**

Enjoy the time you spend together.

### **Teamwork**

You are a team. You can achieve a lot together if you put your mind to it!

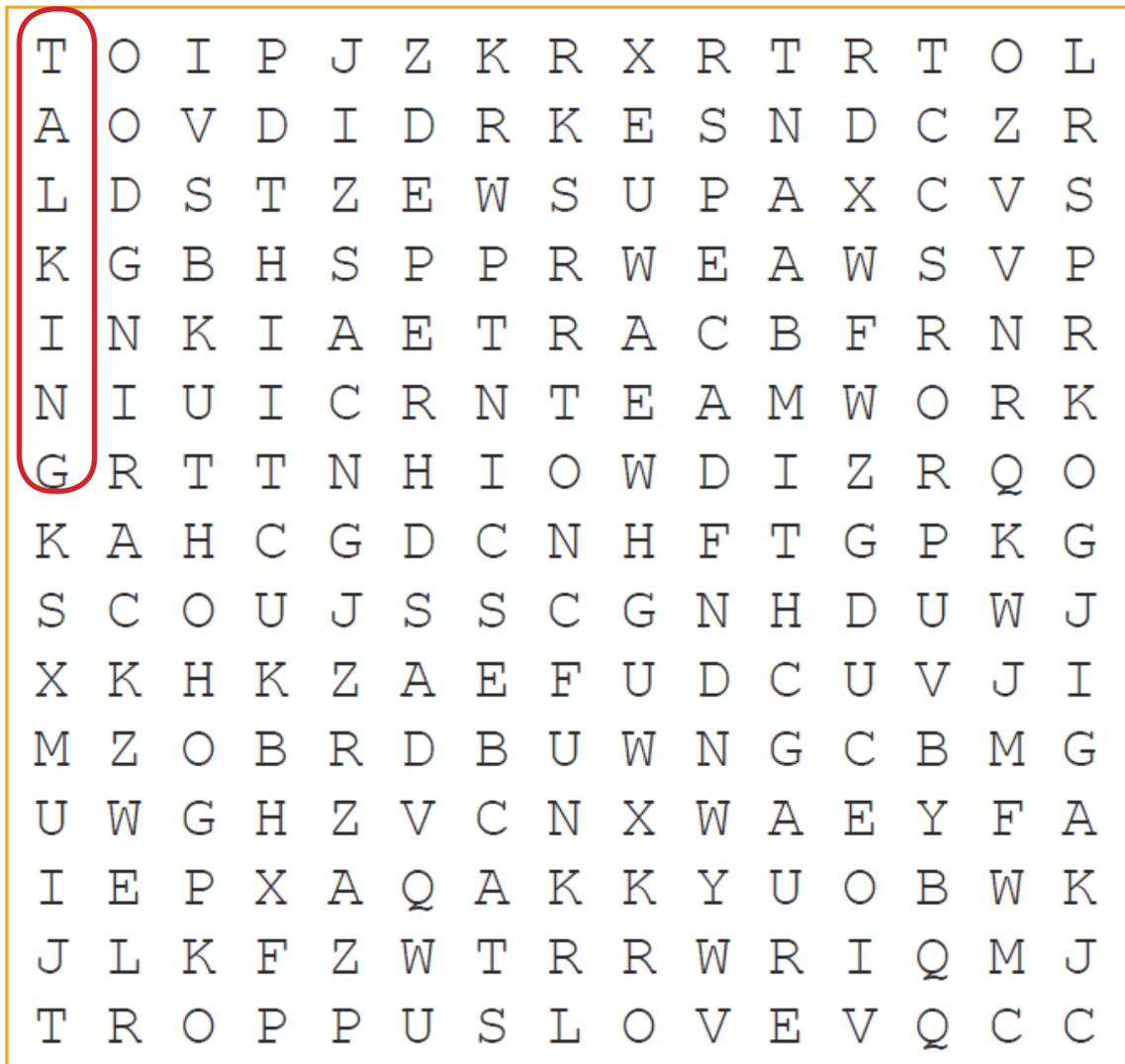


## Wordsearch

### Answers on page 38



- Can you find these words in the grid?
- Words can be forwards, backwards or diagonal.
- We have done the first one for you - **TALKING**



- **CARING**
- **FUN**
- **HONEST**
- **KIND**
- **LOVE**

- **SHARING**
- **SUPPORT**
- **RESPECT**
- **TEAMWORK**
- **TRUST**

## Here Is a Quiz About Sexual Exploitation

Answers on page 39



### True or False

1. A person who buys you lots of presents must love you a lot?
2. A person who threatens to hurt you (physically or mentally) if you do not have sex with them could be ok really?
3. Someone who is happy to spend time with you and waits for your relationship to develop is likely to be a good partner?
4. A person who says you shouldn't tell anyone about your relationship can be trusted?
5. A person who controls who you see and how you spend your time is just showing how much they care about you?
6. A person who treats you fairly and respects your opinion might be a good partner?

## Is This Ok?

### Answers on page 40 and 41

Read each statement.

Tick **NO** if it is risky.

Tick **YES** if it is ok.



1. Your friend asks you to go round her house. Her parents are going out.

Yes

No

2. Your friend says her boyfriend will be there and his friend.

Yes

No

3. You go round - your friend is getting ready - she has loads of make up on and looks very different. She says you can pair up with her boyfriend's friend.

Yes

No

4. You ask what you'll be doing and she says her boyfriend is bringing some booze and fags. She says you'll look stupid if you don't have some.

Yes

No

5. When they arrive you all watch tv, then your friend and her boyfriend go upstairs. You sit on the settee with the new lad.

Yes

No

6. He puts his hand on your leg and tries to kiss you. He stinks of smoke.

Yes

No

7. He says he'll tell everyone you're a tart if you don't snog him.

Yes

No

8. He says he really fancies you and says he wants to have sex.

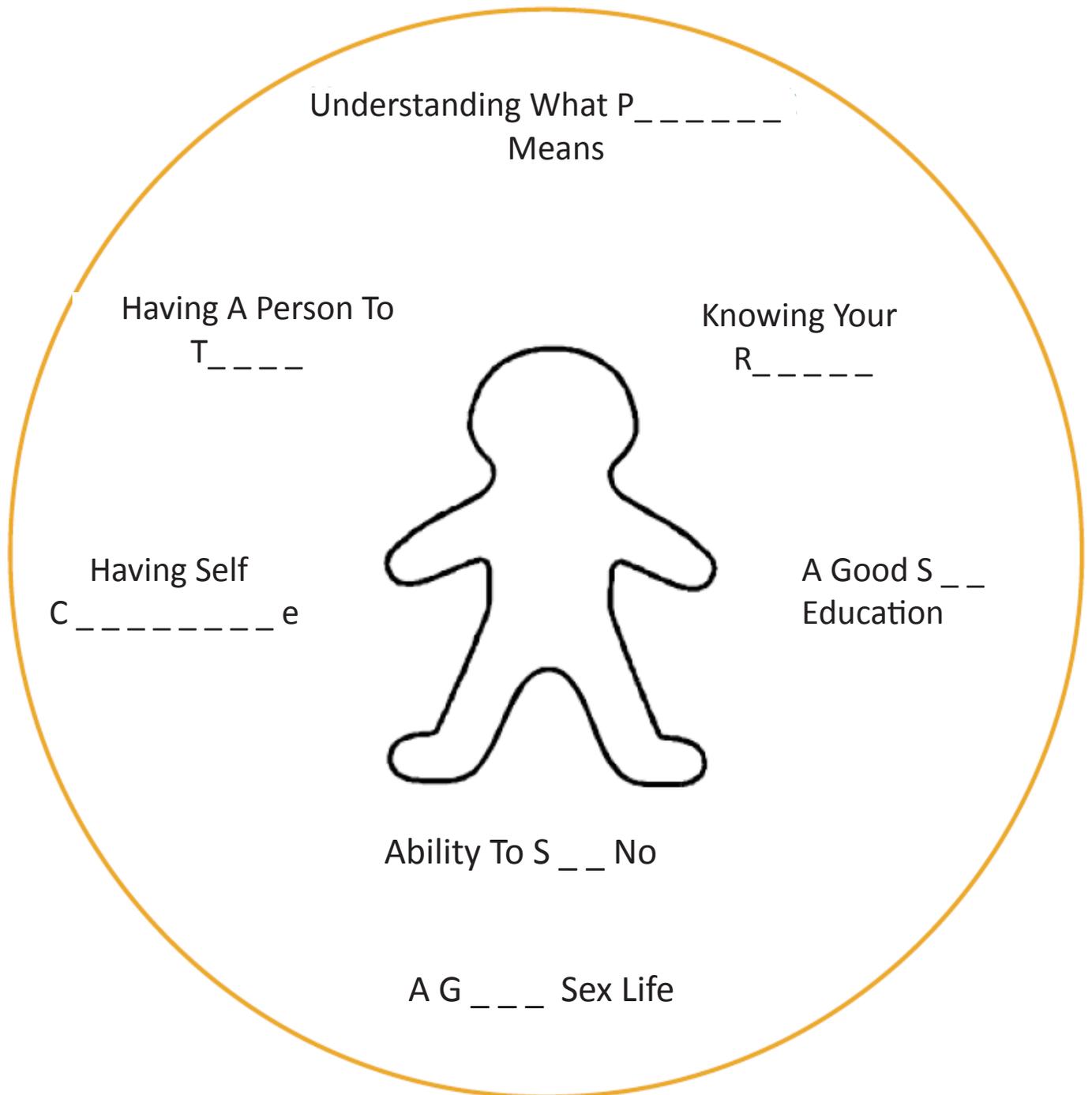
Yes

No

What could you have done to avoid getting into this situation?

# What do you remember about The Ring of Safety?

Fill in the gaps.



## 7 Ways to keep safe

*“The Ring Of Safety was developed by Dave Hingsburger in “Just Say Know” (1995) Diverse City Press”*

**Understanding what private means**  
knowing what is personal to you and  
when it is ok to share

**Having a person to trust**  
when you are worried, you  
need a person to tell who  
will help you

**Knowing your rights**  
you have the same rights  
as everyone else including  
making choices about your life

**Having self-confidence**  
you believe in yourself  
and are strong enough to  
make your choices and  
decisions happen.



**Having a good sex education**  
you understand about  
relationships and how to  
enjoy safer sex

**Ability to say no**  
think what is good for you, sometimes  
you have to say no

**Having a good sex life**  
you enjoy having sex with someone who  
wants to have sex with you or with yourself  
(masturbating) if this is what you want

## A Good Sex Life

To have a good sex life, we need to understand all about sex!



We need to understand the physical stuff.



We need to understand the emotional stuff.

Without understanding both of these things, we can't make good choices about our sex life.

Tick which of these helped you find out about sex:

Parents

Other family

Teachers

Friends

TV and Films

Books

The Internet

Health workers

**Anything else?**

Who was the most helpful person?



Could you ask them more questions and share problems?

Yes

No

Tick which of these are important to you in a good sex life - choose as many answers as you want and think about what really matters to you.

- Knowing and trusting the person I am with
- Knowing about safe sex
- Being with someone who thinks I'm sexy
- Feeling ready
- Being able to tell my friends about it
- Knowing I'm in a safe and private place
- Using contraception
- Planning to have a baby

## Places and Actions

In the 4 places described below, choose which actions are ok to do.



### Actions

1. A couple just being together.
2. Holding hands.
3. Kissing.
4. Touching through clothes.
5. Having sex.



### Places

1. Crowded High St/shopping centre
2. Park (quiet but public).
3. On a crowded bus.
4. Bedroom.

## Who Listens to Me?

List the people who listen to you:



From your list, who would you want to talk to about sex and relationships?

From your list, who would you talk to if you were worried about sexual exploitation?

If you told someone you were worried about a relationship, how could they help you with your worries?

## Being Self Confident



Think about what makes you feel powerful and confident.

Complete the following statements with as many answers as you can.

I'm good at...

I'm proud when...

I feel loved when...

I feel respected when...

## Saying “No”

Sometimes you will need to say “**No**”.

This will be when you do not want to do something. It can be difficult to say “**No**”. You may worry that you will upset the other person. But you must say “**No**” if you are being asked to do something that you do not want to do.

This can include:

- Being asked to meet someone
- Being touched or being asked to touch someone
- Having sex
- Sending naked photos online

What would you do if you said “**No**” but the other person did not take notice?

- Try to get out of the situation
- Shout for help
- Call someone you trust
- Call the police
- Don’t see that person again



## My Rights

Human rights can help you have more control over your own life and to be treated with dignity and respect.

You have the same rights as everyone else.

These include:

- The right to life
- The right to be free from inhuman and degrading treatment
- The right to liberty
- The right to respect for private and family life
- The right to be free from discrimination



Think about what these rights mean for you. They include being free from abuse and exploitation, able to make friends and being part of your local community.

If you are over 16, you have the same right to have sexual relationships as everybody else. Your partner must also be over 16 and you must both understand everything that you are saying “yes” to.

Write down the rights that are most important to you.

Don't worry if you need help to remember the rights you have as this will help you to remember them in the future.

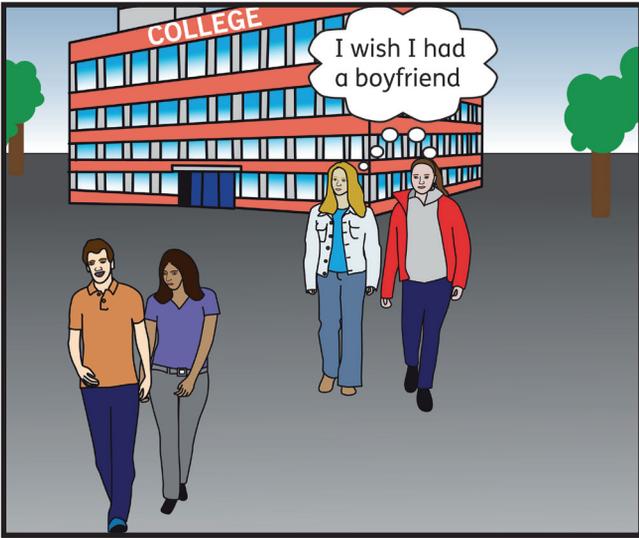
We have provided some examples:

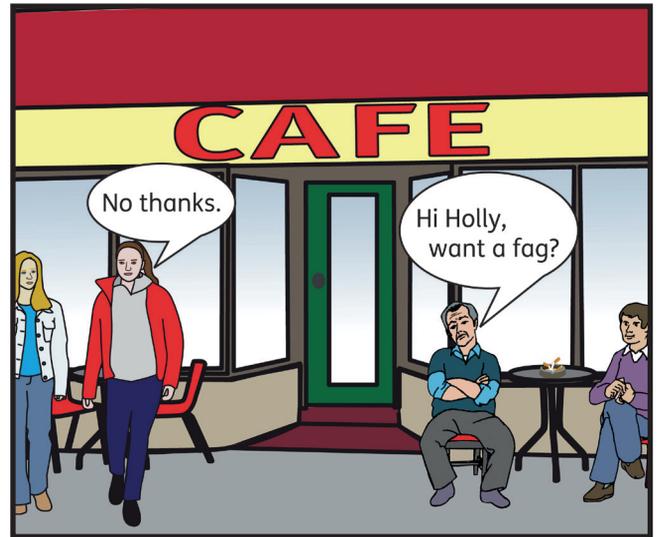
**Making sure my choices and decisions are respected**

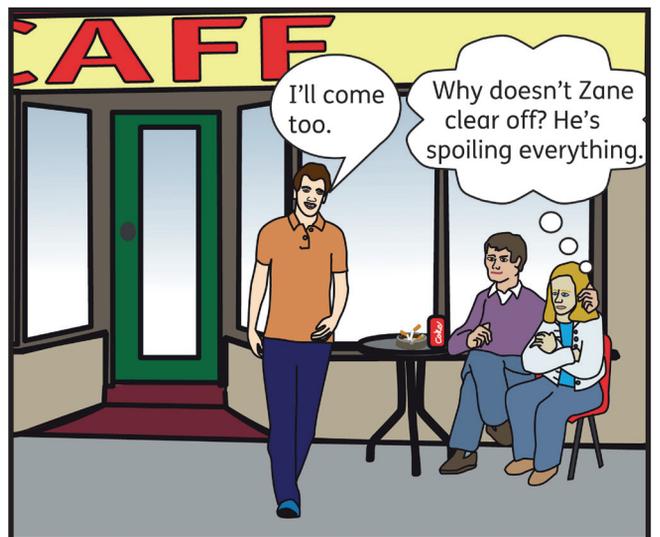
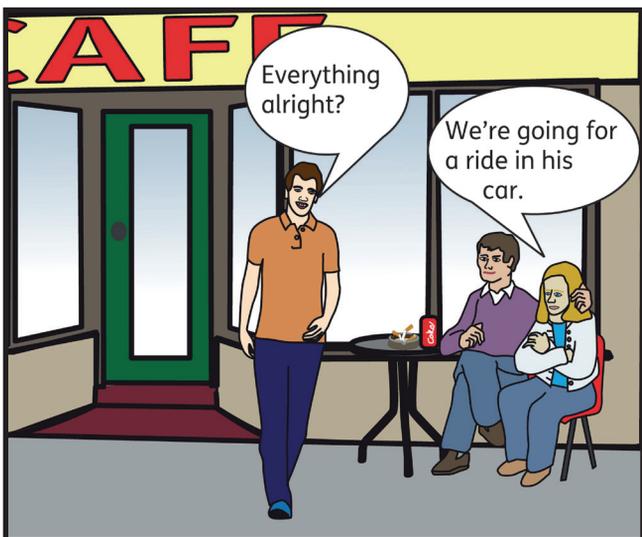
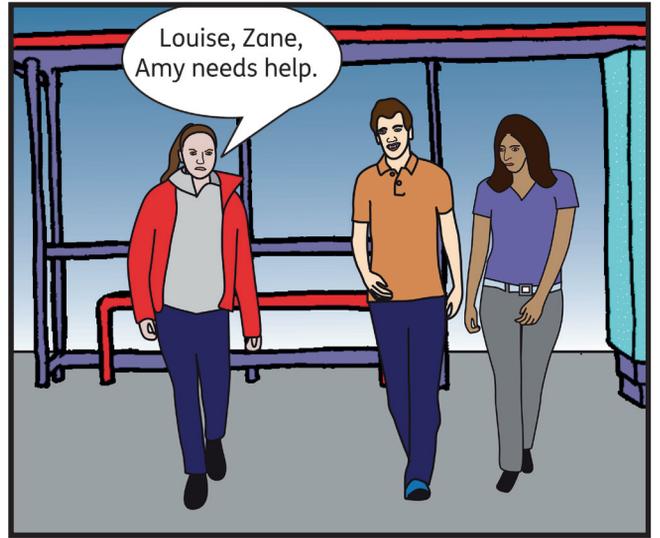
**Being treated the same as everyone else**

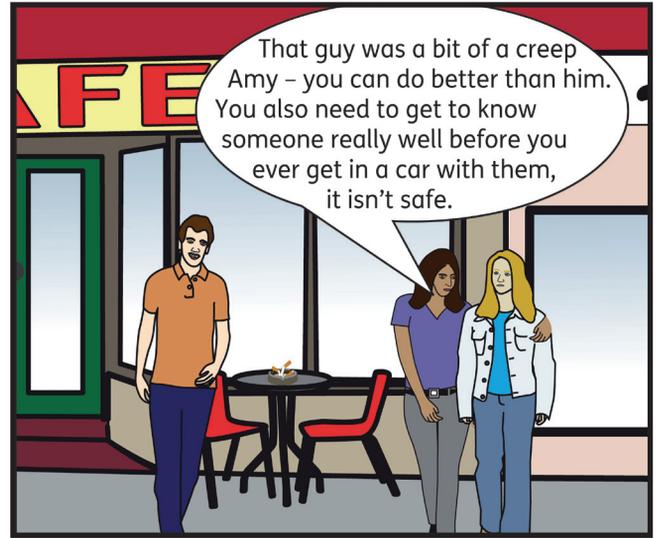
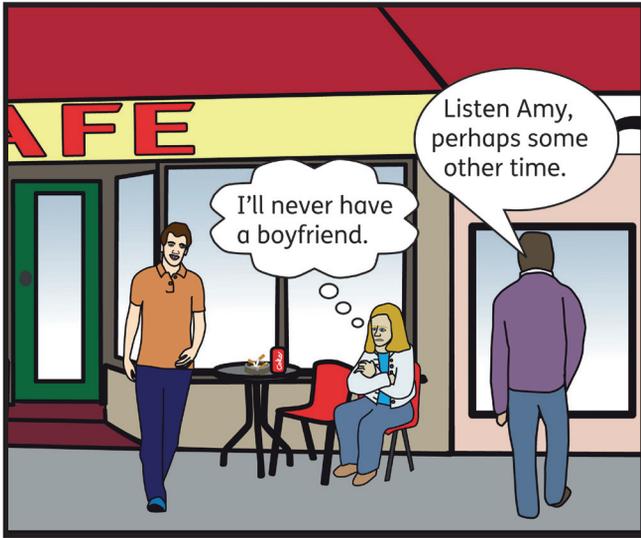
**Having friendships and relationships**

# How 'The Ring of Safety' Helps People Stay Safe









**Can You See How The Ring Of Safety Helps?**

## Staying Safe Online Quiz (adapted from 'Friend or Foe' Sheffield Futures 2017)

### Answers on page 42

1. Information that you send through your emails, in Messenger or chat can only be seen by the person you sent it to.

Yes

No

2. Sending naked pictures of yourself or others can get you into trouble with the law.

Yes

No

3. Once you post something online, you can stop what happens to it.

Yes

No

4. Social media sites automatically setup your account to 'Private Settings' to stop people you do not know from looking at your profile/photos

Yes

No





5. When someone threatens, teases or embarrasses someone online this is known as cyberbullying

Yes

No

6. If i meet someone online, I can check their profile and trust that information

Yes

No

## What's Safe to Share Online?

Social networks like Facebook are a great way to send messages to your friends and family and share photos and videos.

They often let you create a page about yourself. This is called your profile.



Think about what information you would want to share about yourself. Look at the list below and put a tick in the “Yes” box if you would share the information or a cross in the “No” box if you would not share the information.

- | Yes                   | No                    |                              |
|-----------------------|-----------------------|------------------------------|
| <input type="radio"/> | <input type="radio"/> | Your name                    |
| <input type="radio"/> | <input type="radio"/> | Your address                 |
| <input type="radio"/> | <input type="radio"/> | Your email address           |
| <input type="radio"/> | <input type="radio"/> | Your favourite TV programmes |
| <input type="radio"/> | <input type="radio"/> | Your favourite foods.        |

Yes

No

Whether you are in a relationship

Your photos

Your hobbies

Your school/college

Where you work

Remember, almost everything you do on the Internet can be seen by other people. You should be careful how much information you include in your profile. You do not want to tell people who do not know you too much about yourself.

You don't want to include any information that a stranger could use to identify you or where you live or visit regularly. It is not a good idea to share your address, email address or any telephone numbers.

Go back to your list and think about whether you now want to change any ticks into crosses. Is there information that you thought about sharing that might not be safe to do so?



## Using Apps Safely

We all use apps on our phones.



What apps do you use?

What are the best things about the apps you use a lot?

What things should you remember so that you can stay safe when using them?



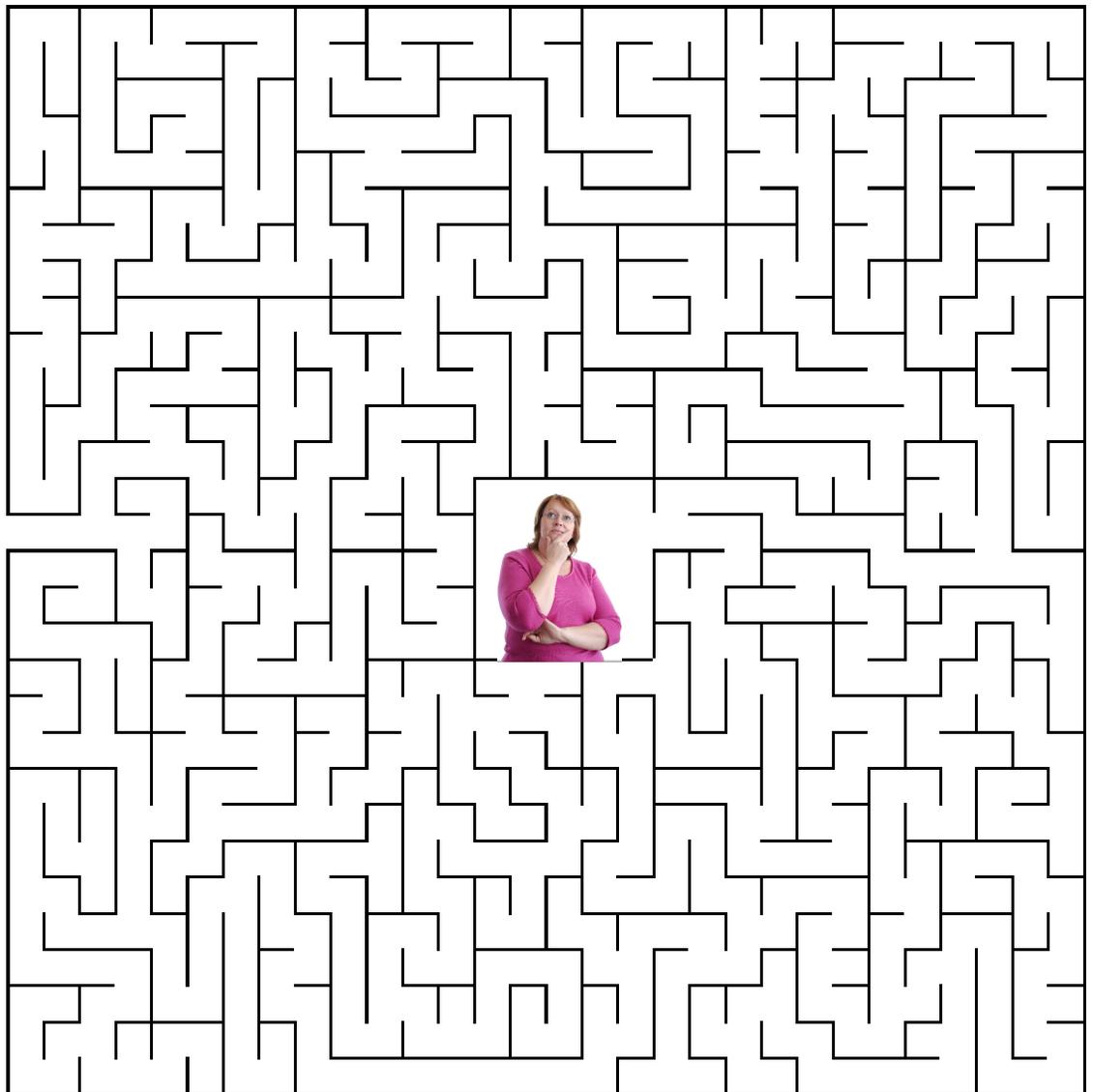
## Online Maze

Jodie has been groomed online and sent a naked picture of herself. She needs to find a way out of her troubles - she should tell her mum and ask for help.



Find Jodie's path through the maze to her mum.

You will find that using a pencil is best when doing the maze.



## What Do You Know About Sexual Exploitation? (adapted from 'Friend or Foe' Sheffield Futures 2017)

### Answers on page 43

What is sexual exploitation?

- A.** A form of sexual abuse
- B.** Someone using you sexually for their benefit perhaps by violence, bribes, threats or pretending to love you.
- C.** When someone has power over you and forces you to have sex
- D.** All of these

When someone builds a relationship with someone else to gain their trust and eventually use them for sex, it is...

- A.** Flirting
- B.** Grooming
- C.** Consenting
- D.** Chatting you up

A groomer can be...

- A.** A wrinkly old man
- B.** A friend
- C.** A young woman
- D.** Anyone

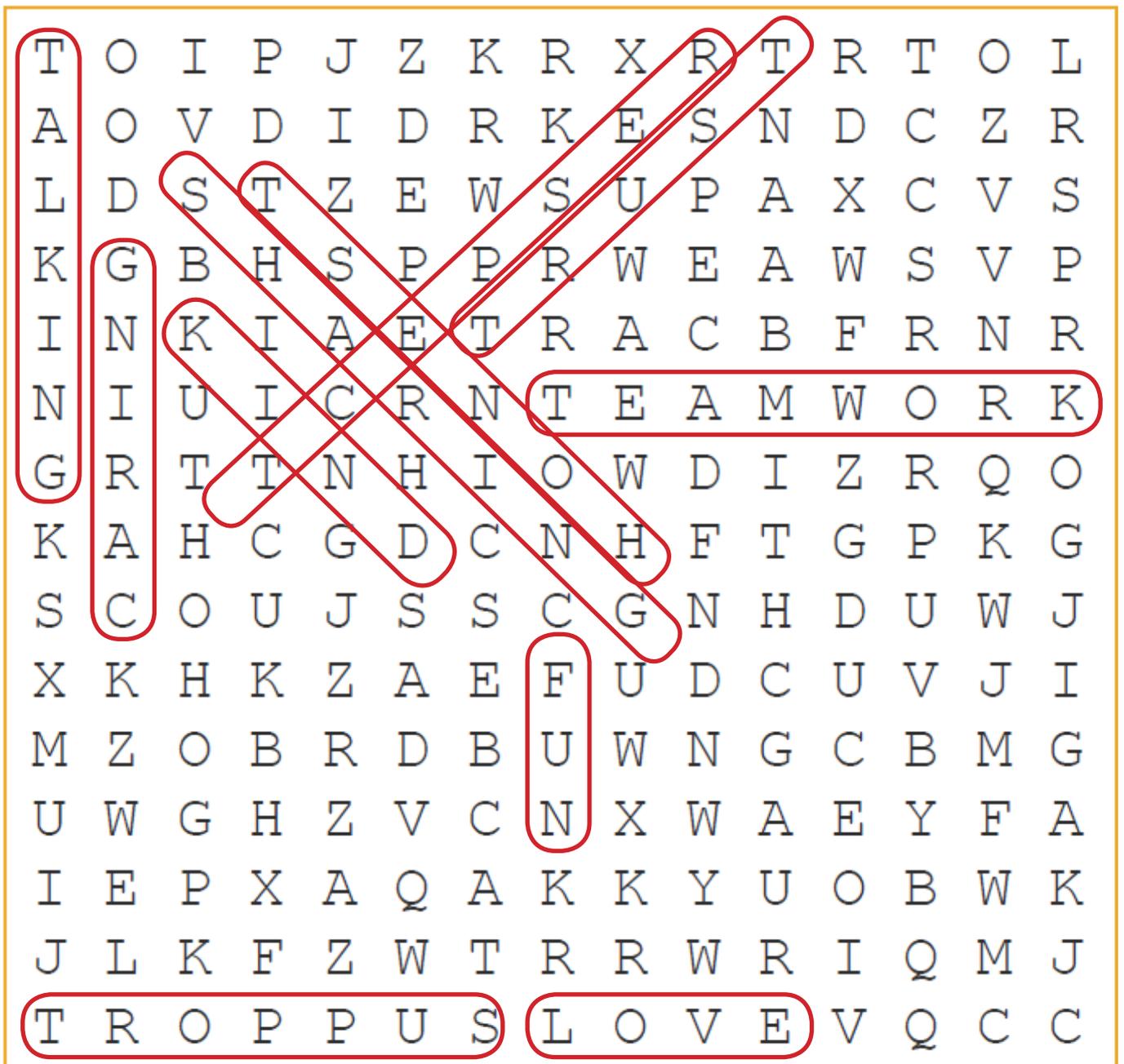
People can be groomed through...

- A.** The Internet
- B.** Face to face
- C.** Phone apps
- D.** All of these

People who are sexual abusers can...

- A.** Make you feel special
- B.** Give you things you need or want
- C.** Get to know all about you
- D.** All of these

## Wordsearch Answers



## Sexual Exploitation Quiz Answers

1. **False** - although it is nice to get presents, sometimes they can be used as a way to try and buy your affection. If someone gives you presents, they have NO right to expect anything in return.



2. **False** - this is never ok - if someone threatens you, you are not in a good relationship - tell someone you trust and, even if it makes you sad, end the relationship.

3. **True** - people who really want to have a good relationship with you will wait and be happy just spending time with you.

4. **False** - a person who wants to be with you will be proud and happy to tell people about your relationship and will not want things to be secret. If they want things to be secret, it means they know they are doing something wrong.



5. **False** - a person who tries to control you is trying to get power over you and cut you off from people who could protect you.

6. **True** - good partners respect each other, listen and support each other and do not bully each other.

## Is This Ok? - Answers

**1. YES** - It is fine to go to your friend's house if you know them well and have been there before when their parents were there. Ask yourself, did you feel safe there?



**2. YES or NO** - You should think carefully - do you know her boyfriend? Is she setting you up with his mate? Ask her! Think is this what you want?

**3. NO** - She is trying to set you up and now she seems different to normal. Think carefully if you really want to stop. A true friend won't mind if you leave.

**4. NO** - you won't look stupid if you turn them down. Alcohol can make you less certain of what is right and if you're not used to it, you can be drunk quite quickly. Time to make your excuses and leave.



**5. NO** - you have now been left alone with a stranger. Keep a distance between you and plan your exit - for example, say you've got to get back home, you only popped round, shout goodbye to your friend and leave.



6. **NO** - Stand up and tell him firmly to stop. Leave.

7. **NO** - Snogging someone can be great but not like this - he is threatening you. LEAVE!

8. **NO** - LEAVE! - you are in a dangerous situation. Get out of the house and phone someone that you trust if you can tell them what has happened. Go home and tell a person that you trust.

## Staying Safe Online Quiz - Answers



- 1. No:** There are people or programmes that can read things you send online. Never post personal information online unless you are using a secure site.
- 2. Yes:** It is against the law to share naked images of anyone without their consent. It is also against the law to have indecent images or videos of anyone under 18. If you are under 18 and share images of yourself or any other child you can be charged under the same laws as distributing Child Pornography.
- 3. No:** Think carefully before you post anything online. Once you post something you cannot take it back. Even if you delete it, it can still come back. Before posting anything, always ask yourself if your parent/carer saw this image, would you be embarrassed?
- 4. No:** When you set up a social media account, in most cases your profile is open to the public. This means that anyone can view your profile/photos. To stop this from happening, you can select who can see your profile/photos by using your privacy settings.
- 5. Yes:** Cyberbullying is bullying that takes place using electronic technology. It involves sending unkind text messages or emails, or rumours posted on social networking sites.
- 6. No:** People are not always who they say they are online. If you ever want to meet someone that you have met online, ask someone you trust to go with you.

## What do you know about Sexual Exploitation - Answers

1. **D** - All of these
2. **B** - Grooming
3. **D** - Anyone
4. **D** - All of these
5. **D** - All of these

## My Action Plan!

My Name:

### This is your plan that shows

- What you are going to do.
- How you will do it.
- What help and support you will need.

Keep your action plan simple so it is easy to remember and to follow.

You might want someone that you trust to help you fill it in.

There are suggestions that might help you but make sure that you fill in with what you think is best.



## What I learned from the HOPE Training:

- Looking through my book will help me to remember!



## What I am going to do to help me remember - For example:

- Look at this book often.
- Talk about the training at school and at home.

## What I am going to do to keep safe - For example:

- Remember the ring of safety.
- What to do and where to go.



## How I could find out more about staying safe - For example:

- Talking to my family, staff or people who support me.
- Watching safety films on YouTube.

## Any big changes I am going to make now - For example:

- Be more careful about sharing information on social media.
- Join an advocacy group to find out about my human rights.
- Learn more about sex and relationships.

## Who can I talk to about any worries that I have?

- Who are the adults that you trust to help you?
- Which organisations would you contact?



**The Ring of Safety is an important tool to keep you safe.**

**Use this and your action plan to make sure that you remember how to stay safe from sexual exploitation.**

**Understanding what private means**  
knowing what is personal to you and  
when it is ok to share

**Having a person to trust**  
when you are worried, you  
need a person to tell who  
will help you

**Knowing your rights**  
you have the same rights  
as everyone else including  
making choices about your life

**Having self-confidence**  
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you understand about  
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**Having a good sex life**  
you enjoy having sex with someone who  
wants to have sex with you or with yourself  
(masturbating) if this is what you want



The Hope Team



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