

‘Helping Each Other’ keep safe



**A workbook about sexual exploitation
for people with learning disabilities**



Introduction



This workbook is to help people with learning disabilities think about **Sexual Exploitation (SE)**. There are some things to read, some activities, and an action plan to fill in. You might find it helpful to have someone help you go through the book and fill in the action plan. This could be your partner, parent or a care worker.

2 x



We wrote this book because SE matters to people with learning disabilities. People with learning disabilities are sexually abused twice as much as anyone else.

People with learning disabilities are at risk because many of them:



- Are easily taken advantage of.
- Have had poor sex and social education.
- Often lack a big network of friends and family.
- Are treated badly by people and regard abuse as part of normal life.
- Don't have great communication skills.
- Live more independently and with less support.



This book tells you about:

- **What sexual exploitation is.**
- **How to avoid it.**
- **What to do if you think it is happening.**



Sexual Exploitation is a very upsetting subject. Some of the things in this book may shock you.



But we also try to be as positive as we can. If you have good personal relationships, including sexual relationships, then you don't need bad ones.



If you know what things help keep you safe, you don't need to worry so much about the things that can put you at risk.

This book will help you think about good relationships and the things that keep you safe.

Relationships

What is a relationship? Write some words in this box about what 'relationship' means.

.....
.....
.....
.....
.....
.....
.....

When the **Helping Each Other team** talked about this we thought...

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



Emotional Support

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



Supportive

Help each other when you are having bad times. Be there for each other. 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 would like to be treated.



Value

Let the other person know you think they are great. Be happy that you have a good relationship.



Independence

You are partners, but you are also individuals. Sometimes you will both need your own space to do your own thing



Trust

Trust each other.



Helpful

Help each other to do things.



Caring

Look after each other when you are ill or unhappy.



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 the rest comes easy.



Companionship

Enjoy the time you spend together.



Being yourself

Be honest about who you are. You won't stay in love for long if you are pretending to be someone else.



Honesty

Tell each other the truth.



Differences

Respect the fact that you are different from each other. You will like different things.



Sad

It's OK to be sad some of the time. Life is not perfect.



Overcoming

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

What is a good relationship

Look at our wordsearch for some words that we came up with:

Positive Relationships - Can you find these words:

FUN • HONESTY • INDEPENDENCE • KIND • LOVE • RESPECT • SUPPORTIVE •
TALKING • TEAMWORK • TRUST • VALUE • SHARING

E	C	N	E	D	N	E	P	E	D	N	I
D	V	I	H	Z	N	T	X	V	I	P	K
R	Q	I	D	O	C	I	K	O	W	S	R
M	P	N	T	E	N	R	K	L	O	H	O
D	U	R	P	R	K	E	O	S	O	A	W
F	G	S	W	S	O	Y	S	E	E	R	M
R	E	Q	U	Q	R	P	N	T	V	I	A
R	L	W	O	R	A	E	P	A	Y	N	E
T	A	L	K	I	N	G	L	U	T	G	T
T	S	U	R	T	U	U	O	E	S	E	S
M	K	O	M	W	E	O	O	I	Z	N	A
D	E	B	H	D	A	K	A	R	K	N	C

What do YOU think?

In the two boxes below write down what are good things to do in a relationship, and things you should not do:

Things that are <i>good</i> to do in a relationship	Things you should <i>not do</i> in a relationship
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....
.....

What is sexual exploitation



Sexual Exploitation is:

- When someone uses a vulnerable person for sex.
- It is in return for something – money, drugs and drink or somewhere to stay for the night.

A '**vulnerable person**' might be someone who is young or someone who has a learning disability.

Grooming is:

- When someone tricks a person into thinking they are special or in a relationship.
- The aim is to sexually exploit them in the future.
- They often gain trust through giving presents, emotional support or food.



Sexual exploitation and grooming can happen on line through social media websites like Facebook.

Keeping safe



These things can help keep you safe:

- **Understanding your rights**

A right is something you are allowed to do. The Government and all public services must respect your rights.

Some rights, like the right to life, can never be taken away. Other rights, like the right to free speech, might have to be balanced because of the rights of others.

To find out more about your human rights look here: <https://www.justice.gov.uk/downloads/human-rights/human-rights-act-learning-disabilities.pdf>



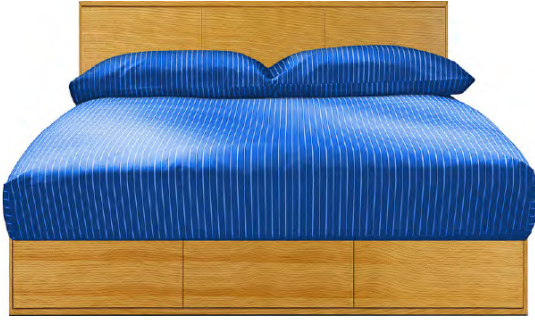
- **Being confident**

Confident means believing in yourself and standing up for yourself.

- **Having a good sex education**

Having a good sex education is really important so you can find out about what sex is, how to have good sex and how to stay healthy and safe. You might have had sex education at school or at college.





- **Having a good sex life**

This might mean having a partner and having sex with each other. It might mean that you are happy having sex with yourself, by masturbating. You can find out more about your right to a sex life here: <http://www.fpa.org.uk/sexual-health-week/its-my-right>



- **Knowing what 'private' means**

Private is what is personal to you and only for you - unless you want to share it. There are private parts of your body and you probably have a private space where you live, like your bedroom.



- **Being able to say 'no'**

Sometimes it is difficult to say 'no' when other people want us to say 'yes'. You should only say 'yes' to sex when you really want to have it. When you say 'no' other people need to respect this.



- **Having someone who really listens to you**

Sometimes we are upset, or need to talk about something bad that has happened to us. We all need someone who will be with us, really listen to us and then help us if we need to do something, like talk to the Police.

Workbook

How I will keep safe



My Rights

Some of your rights are:

- You have the right to have your life protected by law.
- You have the right to freedom. For instance, you should not be arrested or locked up by the Police without a good reason.
- You are free to believe what you like. Other people should not tell you what to believe. These beliefs may be part of your religion.
- You have the right to marry and start a family, as long as you have what the law calls 'mental capacity'.
- Everyone must have equal rights.
- You should not be treated unfairly because of your Race, Religion, Sex, Age, Political views, Disability or anything else.



My rights - what people have done

Other people have:

- Have a talk on human rights.
- Joined a People First group.
- Voted in elections.
- Stood for political office, like being a councillor.



My rights - what can I do?

Have you done any of these things? If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the page opposite.

What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Have a talk on Human Rights		
Joined a People First (self advocacy group)		
Voted for my MP		
Stood as a councillor		
<p>Look at the things you have <i>not</i> done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		



Being confident

- It is good to be confident so you can stand up for yourself.
- It is good to be confident so you can say what you want and don't want.



Being confident – what people have done

Some people have:

- Done an assertiveness course.
- Worked on their self esteem.
- Learned self defence.



Being confident – what can I do?

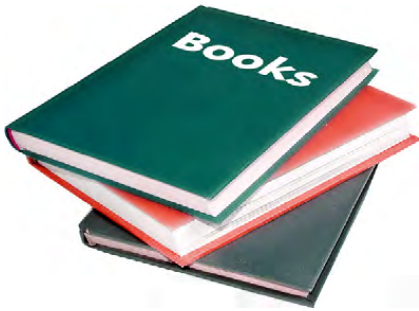
Have you done any of these things?

If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the page opposite.

What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Do a course on assertiveness at College		
Read a book on self esteem		
Do an evening class on self defence		
<p>Look at the things you have not done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		



Getting a good sex education

- Having a good sex education helps you understand yourself.
- It helps you have good relationships.
- It means you have a better sex life.
- It means you know how to protect yourself (have safer sex).



Getting a good sex education – what other people have done

Some people have:

- Done a course.
- Read a book.
- Watched a video.
- Talked to a nurse.



Getting a good sex education – what can I do?

Have you done any of these things? If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the page opposite.

What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Watch a DVD about how to have good sex		
Talk to a doctor or nurse about sex		
<p>Look at the things you have <i>not</i> done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		



Having a good sex life

- It is good to have sex if that is what you want.
- It is good to have sex with someone who wants to have sex with you.
- It is good to have sex with yourself (masturbate) if that is what you want.
- You might believe that you should only have sex when you are married.



Having a good sex life – what other people have done

Some people have:

- **Got a good partner.**
- **Joined a dating agency.**
- **Talked to their partner about what they want.**
- **Got counselling if they are having trouble in their relationship.**



Having a good sex life – what can I do

Have you done any of these things? If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the page opposite.

What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Get a boyfriend or girlfriend		
Get out there and meet people		
Join a dating agency		
Talk to my partner about what we both want		
Talk to a councillor if I need to		
<p>Look at the things you have not done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		



Knowing what 'private' means

- It is good to have your own space where you can do your own thing.
- It is good to know the difference between what you can do in front of other people and what you should do on your own (or only with your partner).
- It is good to know what parts of your body are only for yourself or your partner.
- It is good to know who it's OK to hug and kiss and who it is not.

Knowing what 'private' means – what other people have done.

Some people have:



- Got a lock on their door and use it when they want.
- Done a course on the different kinds of relationships.
- Discussed the difference between 'public' and 'private' places.
- Talked about the rules at school, work or college about when it is OK to kiss and cuddle their boyfriend or girlfriend.

Knowing what 'private' means – what can I do?

Have you done any of these things? If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the page opposite.



What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Get a lock on my door		
Do a course on different kinds of relationships		
Talk about the difference between 'public' and 'private' places		
Found out about the rules at school, college or work about kissing and cuddling		
<p>Look at the things you have not done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		



Being able to say 'no'

- If you don't want to kiss, cuddle or have sex you don't have to.
- If you don't want to you should be able to say 'no'.
- When you say 'no' the other person should do what you say.
- Sometimes the other person may not listen to you.
- If someone makes you have sex when you don't want it this is illegal.
- You should report this if you can.
- You might need help to report it.



You can report it to the **Police on 999**, or call **Childline on 0800 11 11**.

**Being able to say 'no' to sex is about confidence and self esteem.
Look at the actions you put for those.**



Having someone who really listens to you

- If bad things happen to you, you need support.
- You need people you can talk to.
- You need people who will believe you.
- You need people who will help you.

Having someone who really listens to you – what other people have done.

Some people have:

- Made sure they talk to their mum and dad.
- Have good friends.
- Have good staff.



Having someone who really listens to you – what can I do?

Have you done any of these things?

If you did would it make your life better?

Can you think of any examples yourself?

Fill in the table on the next page.



What I could do	I have done this (tick)	I have <i>not</i> done this (tick)
Stay in touch with my mum and dad, if I get on with them		
Go out there and make friends		
See my friends as often as I can		
Talk about things that matter with people I trust		
<p>Look at the things you have not done. Could you do any of these things? Would it make your life better if you did? Write down what you can do here.</p>		

Action Plan



Now make your Action Plan

Look at all the things you said you could do.

Now you need to think about how you will make them happen. It might be easier to think about the things that are most important to you or would make the biggest change to your life.



Try to fill in the Action plan on the next page
- this will help you to make things happen.

My Action Plan

What needs to happen?	Who needs to do it?	When will this happen?

n?	Who needs to help you?	Do you need anything to make it happen (like money or more information)	Tick here when is has happened



Quiz

Now let's see what you have remembered!

Do our quiz:



1. **What is SE?**
 - A. Looking at something
 - B. A large amount of water
 - C. A sort of music file
 - D. Sexual Exploitation

2. **Sexual Exploitation is:**
 - A. Nothing to worry about
 - B. Having a good time with friends
 - C. Using a vulnerable person for sex
 - D. A programme on Channel 4

3. **If someone has sex with you and gives you money, food or somewhere to stay in return it is . . .**
 - A. A good deal
 - B. Being married
 - C. Nothing to worry about
 - D. Sexual Exploitation

4. **What number can you tell the police about sexual exploitation if it's not an emergency?**
 - A. 101
 - B. 0800 0800 0800
 - C. 999
 - D. 0123 456789

- 5. If you don't want to go to the Police who can you report to instead?**
- A. The Queen
 - B. Someone you trust or Childline
 - C. RSPCA
 - D. Your dog
- 6. What should you do if you feel something is wrong about a situation?**
- A. Get out of the situation
 - B. Ignore how you feel so you don't look silly
 - C. Pick a fight
 - D. Put a bag over your head
- 7. When someone tricks someone into thinking they are special or in a relationship with the intention of sexually exploiting them in the future, this is called . . .**
- A. Being a boyfriend or girlfriend
 - B. Looking after them
 - C. Rape
 - D. Grooming
- 8. If someone makes friends with you on Facebook and then asks you to undress in front of your webcam this is . . .**
- A. Okay
 - B. Friending
 - C. Sexual Exploitation
 - D. Something to ignore
- 9. If you think a friend is being sexually exploited and is in danger. What should you do?**
- A. Ignore it – its none of your business
 - B. Not say anything because you might get into trouble
 - C. Tell them not to be so silly
 - D. Report it to the Police. Ring 999.

10. Where can you report it if you or somebody else is exploited or abused?

- A. Someone you trust
- B. The police
- C. Child Line
- D. Any or all of these

11. A person who receives a rude text or email should . . .

- A. Delete it
- B. Save it to show somebody they trust
- C. Ignore it
- D. Throw your phone in the bin

12. Who is at risk from sexual exploitation?

- A. Children
- B. Young men and women
- C. People with learning disabilities
- D. All of them

13. Who can help you to report it to the police if something bad happens to you?

- A. Your support worker
- B. Your best friend
- C. Your advocate
- D. Any of these if you want them to

14. What is the number for Childline?

- A. 0800 11 11
- B. 0123456789
- C. 999 999 999
- D. $\frac{1}{2}$

Keeping Safe in the UK



The Police

Ring 999 if you are in danger or someone else is. This is the Police emergency number.

Ring 101 if you want to report a crime or talk to the Police but you are not in danger at that moment. This is the Police non-emergency number.



Crime stoppers

You can report crimes you have seen without having to say your name.

Call 0800 555 111

Online: <https://crimestoppers-uk.org/give-information/give-information-online/>



Keeping Safe

Many towns and cities now have 'Keeping Safe' schemes. If you are scared when you are out and about and you see a shop, pub or bus with this sticker you can go in and tell them you are worried. They will help you.



People First

You probably have a local self advocacy group. They help people with learning disabilities speak up for themselves and campaign about things like abuse.



ARC 'Helping Each Other'

The 'Helping Each Other' team can help train people with learning disabilities, carers, and professionals about sexual exploitation.

Please contact us on 0750 269 1784.

Quiz answers

1. Answer: D

'SE' is Sexual Exploitation

2. Answer: C

Sexual Exploitation is using a vulnerable person for sex.

3. Answer: D

If someone has sex with you and gives you money, food or somewhere to stay in return, it is Sexual Exploitation.

4. Answer: A

You tell the police about sexual exploitation if it's not an emergency by ringing 101.

5. Answer: B

If you don't want to go to the Police you can report SE to someone you trust or Childline.

6. Answer: A

If you feel something is wrong about a situation you should get out of the situation.

7. Answer: D

When someone tricks someone into thinking they are special or in a relationship with the intention of sexually exploiting them in the future, this is called grooming.

8. Answer: C

If someone makes friends with you on Facebook and then asks you to undress in front of your webcam this is sexual exploitation.

9. Answer: D

If you think a friend is being sexually exploited and is in danger you should report it to the Police. Ring 999.

10. Answer: D

If you or someone else is being exploited or abused you can tell the Police, Childline or someone you trust.

11. Answer: B

If you receive a rude text or email you should save it to show somebody you trust.

12. Answer: D

Children, young men and women and people with learning disabilities are all at risk from sexual exploitation.

13. Answer: D

Your support worker, friend or advocate can all help you report it to the police if something bad happens to you.

14. Answer: A

The number for Childline is 0800 11 11.

