

Chelsea's Choice

'Chelsea's Choice' is an Applied Theatre Production (based on real-life stories) that has proven highly effective in raising awareness around Child Sexual Exploitation, Trafficking, The 'Grooming' Process, Healthy Relationships and Safe Internet Use.

The play tells the story of a group of three students who discover the diary of a girl called Chelsea. Chelsea was a young girl who, having fallen out with her friends and family, was approached by a man called Gary. Gary was older, owned a car, had a flat and treated her like an adult. Unfortunately Gary was not what he seemed to be! Chelsea's story is played out and examined by the three students who, along with their teacher, attempt to understand what happened to Chelsea and how it could have been prevented.

Who can you ask for help or advice?

If you - or someone you know - are in immediate danger call 999 and speak to the police. They are there to help!

If you need help or advice - or if you are concerned about a friend - call ChildLine for FREE on 0800 11 11.

Want to know more? Go to:-

www.childline.org.uk

www.barnardos.co.uk

www.nspcc.org.uk

www.brook.org.uk

www.thinkuknow.co.uk

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**CHELSEA'S
CHOICE**

**ALTER
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SOLUTIONS**

*Raising Awareness of
Child Sexual Exploitation*

www.alteregocreativesolutions.co.uk



Child Sexual Exploitation (CSE) – What is it?

Child Sexual Exploitation is a form of Child Abuse. It occurs when a young person (under the age of 18, male or female) is tricked, trapped or manipulated into participating in sexual activity (in the real world or online). Sometimes it is in return for money, gifts, drugs, alcohol or maybe just a little attention. Sometimes it is as a result of a direct threat against the young person, their friends or family.

The people that do this are so manipulative that often the young people involved won't even recognise that it is happening to them!

Healthy Relationships

What are some of the signs of a Healthy Relationship?

- Respect
- Honesty
- Trust
- Communication
- Equality
- Separate Identities

What are some of the signs of an Unhealthy Relationship?

- Verbal Abuse
- Physical Abuse
- Sexual Abuse
- Emotional Abuse
- Controlling Behaviour
- No Respect
- No Honesty
- No Trust
- No Communication
- No Equality
- No Separate Identities

Safe Internet Use

What can you do to help keep yourself and your information safe online?

- Don't give out personal information
- Check that you have high privacy settings on any social media that you use
- Don't meet up with people that you've only chatted to online
- Don't assume that whoever you're talking to is necessarily telling you the truth
- Never text, email or post risky images of yourself or others. Once you've sent it you have no control over what happens to it
- Don't add people that you don't know (even if you have a mutual friend)
- Tell somebody If you receive risky or abusive messages or comments

The Grooming Process

The Grooming Process is used by sexual predators to break down someone's defences (and existing relationships with family and friends) in order to establish complete control over them.

A very well-rehearsed and methodical combination of compliments, rewards, threats and punishments is used to introduce young people into a lifestyle which they are made to believe is normal - but which is actually highly abusive.

Different ways it can happen include:-

The Boyfriend/Girlfriend Model

A single offender (like Gary in the play) befriends a young person and manipulates them into thinking that they are in a caring relationship in order to sexually exploit them

The Group Model

A group or network of offenders work together to identify, groom and sexually exploit young people - often trafficking them around different geographical locations

The Peer on Peer Model

Young people are tricked, manipulated or forced into sexual activity by people the same age as them.

The Gang Model

Sexual Exploitation is used as a punishment or as an initiation into a street gang. Assaults may be filmed and used to blackmail and control gang members

The Online Model

Grooming and Sexual Exploitation take place completely online with the young person and the offender never meeting. The offender may trick (by pretending to be somebody the same age) or blackmail the young person into providing sexually explicit images or videos that they then use for their own gratification or distribute to others

The Abuse of Authority Model

Somebody in a position of authority over a young person uses that position to trick, manipulate, threaten or blackmail them in order to sexually exploit them

The Party Model

A young person is invited to a party. Whilst there their drink may be spiked and they are sexually assaulted

Familial Model

A young person is groomed and exploited by a member of their own family

There are many variables within these models and often the models cross over. Offenders can be men or women and sexual exploitation can happen to boys as well as girls regardless of age, race, sexuality, social or economic background.