

## How a CATE Worker can help you...

**Listen:** We understand that it may be difficult to talk about what is happening to you. This may be because you do not feel you are at risk — or because you are frightened or embarrassed. We will not make judgements and hope over time that you will learn to trust us.

**Support:** There may be areas in your life that are not going well and your CATE worker will try to help you make the changes that you want to. Sometimes we might encourage and support you to access other services that can give you extra help.

**Keep you Safe:** Your safety is very important to us and the people that care about you. We will work with you and other important people in your life to make sure you are safe from harm.

**Raise Awareness:** Your worker will talk to you about CSE. We will provide information and advice on a one to one basis and will explore other topics including: healthy relationships, sex and the law, internet safety, grooming and peer pressure.

## IF YOU ARE WORRIED THAT YOU OR A FRIEND ARE BEING EXPLOITED (OR ARE AT RISK) TALK TO SOMEONE YOU TRUST!

This could be:

- A Close Relative
- An adult friend
- Your favourite teacher
- Your Youth Worker
- Your Social Worker
- Someone at your Church

**If you are very worried about your safety phone the Police on 999!**

**Here are some contact numbers and websites you may find helpful:**

**FamilyConnect: 01952 385385**

Police: **0300 333 3000**

NSPCC (National Number): **0808 800 5000**

Asian Child Protection line: **0800 096 7719**

Crimestoppers: **0800 555 111**

**[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)**

**[www.barnados.org.uk](http://www.barnados.org.uk)**

A Guide for  
Children and Young People

# CATE

Children Abused Through  
Exploitation

A service for young people  
aged 13 -19 at risk of  
exploitation



Text relay



Telephone  
interpretation



## What is Child Sexual Exploitation (CSE)?

Someone taking advantage of you sexually, for their own benefit. Through threats, bribes, violence, humiliation or by telling you that they love you, they will have the power to get you to do sexual things for their own, or other people's benefit or enjoyment (including: touching or kissing private parts, sex, taking sexual photos).

As defined by the Young Women's group; 'New Horizons': 2008 (The NIA project and the Children's Society)

## Confidentiality...

Anything you tell us will be kept private unless you or another person are at risk of serious harm - or if there is a crime being committed.

## Why you might have a CATE Worker...

Someone you know is worried you might be at risk of being sexually exploited.



This may be because you have spoken to someone about what is happening or because your parents/carers (or another significant adult) has noticed that your behaviour has changed.

**We will require your parents/carers consent to work with you if you are under the age of 16.**

## Some warning signs of exploitation are:

- You have been staying out late or going missing
- Someone may have been giving you gifts and/or money (including cigarettes, drugs and/or alcohol)
- You are being secretive about your whereabouts and/or phone contacts
- You have been talking to people you don't know on the internet
- You may have stopped going to school
- You have a relationship with an older boyfriend/girlfriend/partner
- You have been using drugs and/or alcohol
- You have become withdrawn from your family and usual friends
- Your behaviour has changed significantly
- You go to lots of parties

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phone the Police on 999!**