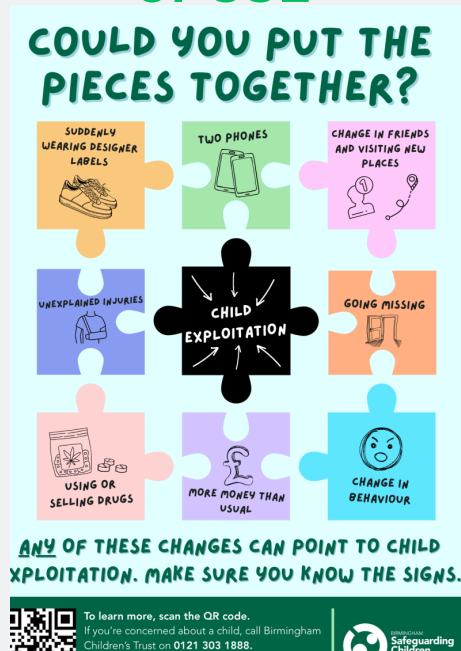


Signs and Symptoms of CSE



Signs

- Mood changes / behavioural changes.
- Quiet and Withdrawn
- Increased secrecy
- Having unexplained gifts/ money
- Unhealthy or inappropriate sexual behaviour.
- Alcohol or drug misuse.
- Hanging out with older people.
- Becoming isolated from family/ friends.

(NSPCC, 2026; Barnardo's, 2026)

Types Of CSE



Types

- Can happen in person or online.
 - When Young people are exploited online, it can lead to sending or posting explicit images of themselves.
 - Forced to film or stream sexual acts or activities.
 - Have sexual or inappropriate conversations.
 - Gangs use sexual exploitation to gain power and control, initiate, and use it as a weapon
- (NSPCC, 2026)

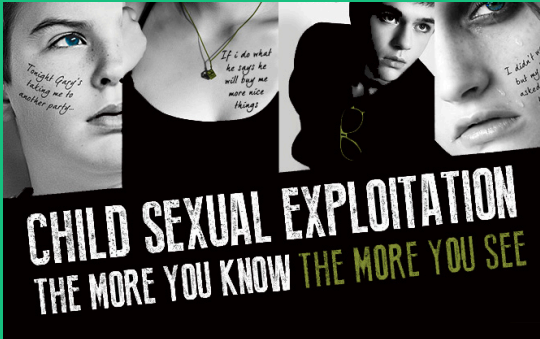
Information for parents and
Guardians: Child Sexual
Exploitation for 13 - 18 Year Old



What Is Child Sexual Exploitation?

Child Sexual Exploitation is
“...a form of child sexual abuse. It happens when there is a power imbalance, and an individual or group uses that imbalance to force or coerce a child into sexual activity.”
(Barnardo's, 2026)

Tips for parents and guardians



1. Talking to your young people and keeping the dialogue open.
 2. Ensure that you are approachable.
 3. Taking an interest in young people's lives.
 4. Ask questions, but do not interrogate
 5. Know where they hang out and who they are with.
 6. Aware of the gifts they receive and what might be expected in return.
 7. Ensuring that young people are aware of age restrictions in games and the dangers of communicating with older people.
 8. Making sure that young people know how to access their privacy settings and reporting tools to stay safe online.
 9. Safeguard your young people to ensure they do not access unsuitable sexual content.
- (Essex Police, 2025)

The impact of CSE

- Poor mental health and well-being
- Low confidence and self-esteem
- Suicidal ideation and feelings of worthlessness
- Sexual health and unwanted pregnancy
- Substance misuse
- Disengagement with family and usual friend groups



- Guilt and self-blame
- Post-traumatic stress disorder
- Problems sleeping, recurring nightmares
- Staying motivated and concentrating on school work
- Self-harming, eating disorders and physical health problems.
- Unemployment (NSPCC, 2026)

Organisations for help and support

Local GP and sexual health clinics
Local Police Force
Local Council and social services

NSPCC

Protecting children from sexual exploitation | NSPCC Learning.



Child sexual abuse and exploitation:
support for parents and carers |
Barnardo's



Childline | Free counselling service for
kids and young people | Childline