

CHELSEA'S STORY

AlterEgo's 'Chelsea's Story' is an Applied Theatre Production (based on real stories) that has proven highly effective in raising awareness around Child Sexual Exploitation, Trafficking, The 'Grooming' Process, Healthy Relationships & 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 & family, was approached by a man called Gary. Gary was older, owned a nice car, had his own flat & treated Chelsea like an adult. Unfortunately, Gary was not what he seemed to be. Chelsea's Story is played out & examined by the three students who, along with their teacher, attempt to understand what happened to Chelsea.

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 return for money, gifts, drugs, alcohol or maybe just a little bit of 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 that are being targeted will not recognise what 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 on an Unhealthy Relationship?

- Verbal, Physical, Emotional or Sexual Abuse/Violence
- 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 & your information safe online?

- **Don't** give out personal information
- **Check** that you have high privacy settings
- **Don't** meet up with people that you've only chatted to online
- **Don't** assume that whoever you are chatting 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** someone if you receive risky or abusive messages or comments



RAISING AWARENESS OF CHILD SEXUAL EXPLOITATION

ALTEREGO CREATIVE SOLUTIONS LTD. ILLUSTRATING THE NARRATIVE AROUND COMPLEX SOCIAL ISSUES
COUNTY LINES • KNIFE CRIME • CSE • eSAFETY • HATE CRIME • DOMESTIC ABUSE • COERCIVE CONTROL • RADICALISATION

Chelsea's Story

THE GROOMING PROCESS

The Grooming Process can be used by people like Gary in the play to break down someone's defences and existing relationships with friends and family, in order to establish control over them.

A very well-rehearsed and methodical combination of befriending, gifts, rewards, threats and punishments can be used to trick, trap and manipulate young people into activities that they may think they have consented to, but which are actually highly abusive and exploitative.

The people who do this can be male or female. They may be older or they may be the same or similar age to the young person. They can be strangers but they can also be people that the young person already knows, such as friends, family members or family friends.

There are various methods, or combinations of methods, that can be used when targeting young people. They may pretend to be in a relationship with them, such as a boyfriend or girlfriend or just a friend. They may be part of a group or gang that are working together. They may try to engage the young person via text, online, on social media, in chatrooms or on gaming sites. They may be in a position of authority over the young person and use that position to groom them and exploit them. They may give presents, phones, alcohol, drugs, or maybe just a little love, care and attention. They may get the young person to move out from their parents or carers or they may get them to stay there and sneak out whenever they're told to. They may exploit them in the local area or move them to different towns or cities.

WHO CAN YOU ASK FOR HELP OR ADVICE?

If you (or someone you know) are in immediate danger call 999 & speak to the police. You can also call 101 for non-emergencies.

If you need help or advice (or if you are concerned about a friend) you can contact:-

'Say Something' CSE Helpline on 116 000. It's free, anonymous & operated 24 hours a day.

Or call ChildLine 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
- www.disrespectnobody.co.uk
- www.healthyrespect.co.uk
- www.thehideout.org.uk
- www.faceup2it.org

