



Safeguarding & Exploitation Resource Pack

TRUTH THROUGH TRAUMA

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UK Support & Safeguarding

In an emergency, always call **999**. If you can't speak, dial **55** after calling 999; the operator will transfer your call to the police.

Key UK Helplines:

- **Childline:** 0800 1111
- **NSPCC:** 0808 800 5000
- **The Mix (Under 25s):** 0808 808 4994
- **National Domestic Abuse Helpline:** 0808 2000 247

Grooming & Exploitation Signs

Behaviour:

- Secrecy and withdrawal
- Increased anxiety or fear
- Changes in mood or behaviour
- Decline in school performance

Relationships:

- New, older friends
- Secretive communication
- Isolation from family and friends
- Change in friend groups

Items:

- Unexplained gifts or money
- New phone or devices
- Drugs or alcohol

Control:

- Being controlled by another
- Lack of control over their choices
- Feeling trapped or obligated

Missing:

- Going missing for periods of time

What To Do If You're Concerned

- **Notice:** Be aware of potential signs of grooming and exploitation.
- **Record:** Document your observations and concerns.
- **Act:** Take immediate action if you suspect someone is at risk.
- **Follow Procedures:** Adhere to your organisation's safeguarding policies.
- **Seek Support:** Consult with safeguarding professionals and report concerns to the appropriate authorities.

Young Person Support

If you're worried about something, remember you're not alone. It's important to talk to someone you trust, like a teacher, family member, or friend.

Childline is here to help. You can talk to us about anything. No problem is too big or too small.

Call us for free on 0800 1111

Summary

This resource pack provides essential information on safeguarding and exploitation. It covers key signs of grooming, steps to take if you're concerned, and support resources for young people and adults. Remember to always prioritise safety and seek help when needed.

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