

Reporting sexual abuse and exploitation

You may choose to report this as a criminal issue, although many victims find this difficult:

Call Cleveland Police on 101 or 999 in an emergency

Teesside Sexual Assault Referral Centre (SARC)

If you feel unable to report directly to the Police, SARC staff can discuss your options, as well as offer confidential support and advice.

Ring this 24hr free helpline 0330 223 0099



Modern Slavery Helpline

Anyone can ring this number in confidence to seek help, report or seek advice:

08000 121 700

modern
slavery
helpline

Local Adult Social Care Team

If you need help with your care and support, and are unable to protect yourself because of these needs, your Council may be able to help:

Hartlepool	01429 523 390
Middlesbrough	01642 065 070
Redcar & Cleveland	01642 771 500
Stockton-on-Tees	01642 527 764
Evenings & Weekends	01642 524 552

If you are unsure about this talk to your local Adult Social Care Team who will listen and give you advice. You can talk without giving your name.

Find support in your area

You can also find support from local charities who are there to help people affected by sexual abuse and exploitation, as well as further information on this subject, **via this website: <https://www.tsab.org.uk>**



Protecting Adults From Sexual Abuse & Exploitation

More information and an interactive map of locations can be found here:

<https://www.tsab.org.uk/key-information/find-support-in-your-area>

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www.tsab.org.uk

Ensuring our safeguarding arrangements will effectively prevent and respond to adult abuse



Sexual Abuse - has this happened to you?

- Rape, attempted rape or date rape
- Pressured to do something, or touched sexually without permission
- Sending sexual texts and images to someone else without your permission, including 'revenge porn'
- Sexual attention – for example 'up-skirting' or other sexual comments
- Sexual acts when you are too drunk or high to give permission
- Sexual acts when you are asleep or unconscious
- Being forced to watch or appear in pornography
- Being stopped from using contraception.

"No matter how much you've drunk... no matter what you wear... no matter if you've kissed... sex without consent is rape".



Sexual exploitation - has this happened to you?

This is when a sexual act takes place in exchange for things like food, shelter, protection, or to pay bills. You may have felt frightened if you did not do what the person wanted, and this can involve a boy or girl friend.

Exploitation means taking advantage of someone

This can happen in the following ways:



**Contact
including sex work**



Webcams



**Websites including
mail order brides**



**Social media and
dating sites**

How sexual exploitation affects adults

Sexual exploitation has a very serious effect on the physical and mental health of adults. Physical and sexual violence can lead to victims having long-term injuries that impact on their ability to have children, and mental health problems that have a lasting and severe impact on the person.

What are the signs of sexual abuse and exploitation?

These include physical injuries, sexual diseases and other signs linked to someone feeling anxious, stressed, depressed or frightened.

Other signs of sexual exploitation include:

unexpected or unexplained changes in behaviour; withdrawal from social activities and cutting off ties with friends and family; obsession with a new mobile phone and a desire to hide who they are talking to. People who are being sexually exploited are often unaware that they are victims of such abuse.

"I already had problems from the past... people took advantage of me... I started selling my body to pay for drugs"



Who is at greater risk of sexual exploitation?

There are certain factors that can result, lead to, or identify adults that are at more risk of sexual abuse or exploitation.

These include the following:

- Adults with a physical or learning disability are four times more likely to be a victim of sexual abuse
- People who are homeless (rough sleepers) can face a constant stream of sexual suggestions linked to basic needs, which can also be called 'survival sex'
- Women from Black, Asian and Ethnic Minority Groups
- Victims of human trafficking (modern slavery)
- Victims of domestic abuse
- Victims of sexual abuse as a child are also more likely to be victims as adults, although this is not always the case.

Many of these factors may overlap or be present at the same time.

Adults suffering from sexual exploitation are also much more likely to die younger than someone in the average population.