

## You CAN talk to someone.

If you want to talk to someone without being judged contact:

NSPCC	0808 800 5000
SHOUT	01733 334325
Samaritans	08457 909090
Timestop	01733 891891
Connexions	01733 703400
Bridgewater	01733 314551
Drinksense	01733 551575
Childline	0800 1111
Sexwise	0800282930

Or your school counsellor

PSCB Website:  
[www.peterboroughscb.org.uk](http://www.peterboroughscb.org.uk)



# R U OK?



**. You are important!** 😊

**. You can make decisions about your life!**

Children and young people who are sexually exploited come from many different backgrounds and environments

**It could be you**

**We know:**

**Anyone can use you, for example**

- Friends
  - Boyfriends
  - Family members

**You may be given money for it or**

**gifts,**

**Alcohol,**



**Drugs,**

**or somewhere to stay.**

**You may not think it's such a bad thing right now but...**

**YOU DO HAVE CHOICES!**

**If you feel:**

- Depressed/Sad
- Unsafe/Scared
- Threatened
- Alone and unable to talk to someone
- Bad about yourself