

Believe in children

Barnardo's



ERASE EXPLOITATION



It might start off really nice.....

Make you feel special?



Do they buy you lots of presents?

Do they ask you to do things that make you feel uncomfortable or they'll finish you?



Do they ask you to keep secrets?



# Being Groomed?

It's happening right here in Darlington!  
Spot the signs:

1. Trust yourself to know when something is wrong. If someone makes you feel unsafe, pressured or frightened, follow your instincts and seek help
2. Don't trust people you don't know, even if they seem friendly – and make sure you know who you are talking to online. Never give away personal details or agree to meet someone who you have only talked to online
3. Don't be tricked into doing things that are unsafe, even if they seem like fun. What might look exciting at first could be more dangerous than you realise

[www.eraseabuse.org](http://www.eraseabuse.org)

