



SUPPORT FOR
YOUNG PEOPLE

PROTECT and RESPECT

Help and support for safe
and healthy relationships

I used to think that
what happened to me
was all my fault. but they
helped me to realise it
wasn't.



PEOPLE CAN HAVE LOTS OF DIFFERENT EXPERIENCES OF SEX AND RELATIONSHIPS. BUT WHEN A RELATIONSHIP IS HARMFUL, STRESSFUL OR CONFUSING, SOMETHING ISN'T RIGHT. IT MIGHT EVEN INVOLVE BEING SEXUALLY EXPLOITED OR ABUSED.

? WHAT IS PROTECT and RESPECT? ? WHAT'S INVOLVED?

Protect and Respect offers help and support for safe and healthy relationships. We work with you to try and stop sexual exploitation from happening or to help you deal with it if it has happened.

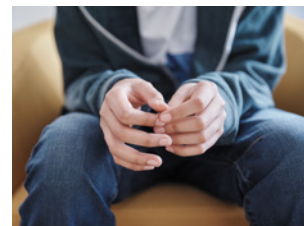
We'll help you:

- understand and make sense of your experiences
- learn about risks and how to keep yourself safe
- explore ways to deal with emotions
- make safer choices.

Protect and Respect usually lasts around six months. You'll have your own worker who will meet with you regularly – offering you time and space to talk about some of the things you might be worried about. Together you'll make a plan around how to build your knowledge, understanding and emotional strength.



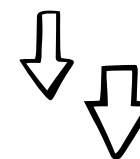
"it made me realise that I wasn't on my own and helped me open up"



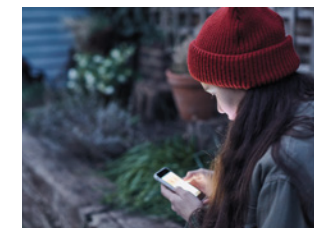
Some of the things you might talk about in your sessions could be:

- what sexual exploitation and abuse is and how this compares to a safe, loving relationship
- where to go to stay safe or who to talk to when you're worried
- how to get the support and opportunities you need – for example, school, college, legal and health services
- understanding that sexual exploitation is abuse and it's not your fault if you've been hurt.

You might choose one-to-one sessions, or attending a group may work better for you.



Your sessions may also include work with your parent(s) or carer and other people who can help keep you safe. We'll always discuss this with you first so you understand why we want to talk to them and you're able to tell us how you would feel about this happening.




"it gave me such a - BOOST -"



NEED to TALK?

If you've got any questions or worries, your Protect and Respect worker is here to listen:



You can also talk to Childline. It's a free, private and confidential place for you to be you. Whatever your worry, whenever you need help, however you want to get in touch. We're here for you.

Visit [childline.org.uk](https://www.childline.org.uk)
or call **0800 1111**.

Protect and Respect is an NSPCC service.

NSPCC

EVERY CHILDHOOD IS WORTH FIGHTING FOR