

# Factsheet 131

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## Are you being groomed & exploited?

**If your answer is yes to many of these questions please confide in someone you trust and ask for help**

1. Are you receiving lots of expensive gifts?
2. Is your so called boyfriend/girlfriend much older than you?
3. Does he or she say they are your boyfriend/girlfriend?
4. Does your perpetrator have a flashy car?
5. Are you driven from place to place?
6. Are you hanging out in a grotty flat or house somewhere?
7. Are you under the age of consent?
8. Is your perpetrator "love bombing" you?
9. Does he or she say they "love you"?
10. Are you given drugs?
11. Are you plied with alcohol?
12. Are you addicted to drugs or alcohol or both?
13. Are you given cigarettes?
14. Are you given "pocket money"?
15. Are the gifts in return for sex?
16. Are you forced to have sex?
17. Are you forced to have sex with multiple partners?
18. Are you being sold for sex?
19. Are you being threatened?

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20. Is your family being threatened?
21. Do you receive threatening texts?
22. Are you being physically abused?
23. Are you being verbally abused?
24. Are you being mentally abused?
25. Does your perpetrator speak for you?
26. Are you being financially abused?
27. Are you being stalked?
28. Are you being harassed?
29. Are you constantly receiving texts about your movements?
30. Are you being given unachievable demands?
31. Has your appearance changed?
32. Does your perpetrator choose your clothes and underwear?
33. Has your behaviour changed?
34. Has your mood changed?
35. Have you been isolated from family & friends?
36. Are you depressed?
37. Are you self-harming?
38. Do you stay out overnight regularly?
39. Do you go missing for many days and regularly?
40. Are you scared?

**Please seek help from a trusted friend, colleague, family member, agency or the police.**