



University of  
Nottingham  
Rights Lab



# About being exploited and what you can do about it



# What being exploited means



**Exploited** is a hard word.  
We say it like this **ex ploy ted**.



Or we might say **exploit**.  
We say it like this **ex ploy t**.



Being exploited is when someone  
treats you badly on purpose to get  
what they want.



They might know you are very kind  
and caring.  
They use this to make you do things  
or give them something.



Being exploited can be done by a stranger or someone you know.



Some ways of being exploited happen a lot.



Someone might try to make you buy something you don't want or need.



They might try to make you feel bad or stupid if you don't buy it.



**Scammers** might email or phone you. **Scammers** are people who try to trick you and steal your money.



They tell you there is a problem with your bank account.



Then they ask you to tell them your bank account numbers.

The scammer uses this to steal the your money.



Someone might ask to borrow money off you and not pay it back.



Or they might make you pay for things like food and drinks when you go out.



It is always ok to say no to these things.

## How people might exploit you



Stay at your house when you didn't ask them to.



Use your house to sell drugs or have parties.



Make you give them money or buy them a present.



Take your money without asking you.



Ask you to do things that are wrong.  
Things like stealing.



Blame you for things that are not your  
fault.



Make you work but they do not pay  
you for it.



Say that they care about you but then  
ask you to do things that make you  
unhappy.

Things like asking you to have sex  
with other people.



Tell you what to do, who to see and where to go.

They get upset with you if you don't do it.



Be unkind to you on **social media** so that people like their **posts**.



**Social media** is things like Facebook, WhatsApp and Instagram.



**Posts** are things you put on social media.

People can like the post by pressing a thumbs up picture.

## What you might see if someone you know is being exploited



The person might not see you or other friends as much.

Or they might not see their family much anymore.



They might look sad and down.

Or they might seem worried or stressed.



The person might spend time with people you haven't seen before.

Or have new people as friends.



They might not have as much money as they used to.



The person might owe money to people or places they have bought things from.



They might seem hungry a lot.

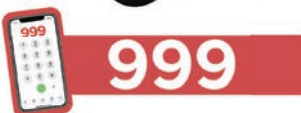


The person might stop looking after themselves.

Things like not washing themselves or changing their clothes.



They might have bruises or cuts that they don't want to talk about.



If you think someone is in danger, you can call the police on 999.

## Things to remember



It is never OK for someone to exploit you.



It is not your fault.



Get help if you are worried you are being exploited.

# How to get help

Talk to someone you know and trust.



This might be:

- A friend or someone in your family.



- A social worker or support worker.



- A doctor or nurse.



- The police.



# Other places you can get help

## Crime Stoppers

You can tell them if you think someone is breaking the law.



You do not have to give them your name.



**Phone:**

0800 555 111



**Look at their website:**

[crimestoppers-uk.org](http://crimestoppers-uk.org)

## Modern Slavery and Exploitation helpline

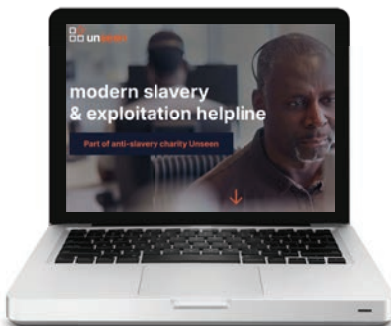


You can tell them if someone is making a person work without paying them for it.



**Phone:**

08000 121 700



**Look at their website:**

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

## About this easy read



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