

CSE Principles #10. Stay hopeful: Things can change.



## CSE Principles #10:

### Stay hopeful - Things can change

**While the accounts of young people affected by child sexual exploitation (CSE) contain many indictments of professional practice, they also contain praise and an acknowledgement that individuals can make a big difference. Where young people have received good support, they can identify how circumstances have changed for them. It is important that professionals believe things can change – that they persevere, and don't give up. That belief can become a source of hope for young people when they are going through very difficult experiences.**

"The police do an excellent job in keeping young people safe. They helped me find a safe place to stay and without them I never would have been here now. They have helped me understand that what happened was not my fault and that I was not to blame."

**(Young person, 'Children's Voices')**

"Because Tom [my worker] has had experiences with almost exactly the same situations as mine, he's taught me about what's happened – where they [the young people] are now and that's almost made me think, this isn't going to be forever. I can be a normal teenager... definitely Tom's making me think that I can get past this."

**(Young person, 'Helping me find my own way')**

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