

# Targeted session: Financial exploitation, or 'sextortion'

## Session overview

This session looks at how anyone can be manipulated and blackmailed or exploited and how quickly this can happen. It provides an opportunity to discuss what this might look and feel like and what we might do.

## Information for practitioner

The scenarios have been written to depersonalise this topic from the young person



**Be clear that we are not asking them to share anything personal.**



Be aware that there have been a number of young people who have died by suicide where there has been financial exploitation/sextortion after sharing an image or where a deep fake image has been created. Be aware, if appropriate, of signposting the young person to support from **ChildLine**, 0800 1111 [childline.org.uk](http://childline.org.uk), **Hopeline247** 0800 068 41 41 [papyrus-uk.org/papyrus-HOPELINE247](http://papyrus-uk.org/papyrus-HOPELINE247), and **CEOP Report**, [ceop.police.uk/ceop-reporting](http://ceop.police.uk/ceop-reporting)



**Be aware that they may choose to share their own experience which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.**



Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any potential impact this might have. The young person may not feel comfortable to take control of the session and stop if they need to. **Practitioner must be aware and be prepared to take a time out or stop totally before any distress is caused.** Utilise the looking after yourself exercises to support the young person if the session is stopped.

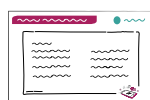
## Pre-session action

Select a "*Looking after yourself*" exercise in advance for the close of the session.

## Session

Check in with the young person as to how they are since your last session together. Any thoughts or feelings that you may need to reflect on and address before you begin this session.

Inform the young person what we are going to do in this session, sharing the overview.



Scenario 1  
The woman  
and the bank

### Activity

Read *The woman and the bank* scenario and discuss what happened to her.

**Consider the following moments from the scenario:**

- **How she might have been feeling at the time of the call.**
- **The pressure that was put on her to rush.**
- **The feeling once she had done as she was asked.**
- **When she noticed the money had gone.**
- **When she spoke to the bank.**

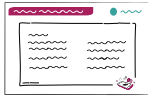
### Resources needed for this session

- Scenario 1 - The woman and the bank
- Scenario 2 - The young person and the picture



### Reflections may include:

Feeling tricked, falling for a scam, losing money, feeling foolish, shame, fear and panic, feeling sick. There may be positive reflections at times for example relief at 'the bank' helping them.



Now read *The young person and the picture* and discuss what happened.

### Scenario 2 The young person and the picture

### Consider the following moments from the scenario:

- Meeting and getting on with someone online.
- How they felt when things got spicy.
- When asked for a picture and in receiving her naked image.
- Feeling rushed into sending a picture before the chat ended.
- Being told they needed to send money straight away and the screenshot of their contacts.
- Who might the young person have talked to?



### Reflections may include:

Much of the same as the previous scenario. Discussion can be opened up around feeling connected to someone and the giving and receiving of intimate images.

- How do we feel about what happened to the woman and what happened to the young person?



It is important to draw upon the parallels in the stories and in how quickly a situation can change and how anyone can be tricked and coerced. When someone puts pressure on us by deliberately causing fear and panic it is difficult to think clearly.

- In situations like these, how might you find ways to gain control of the situation and find some time to think before responding?



Practitioner must make it clear that this isn't about blaming the woman or the young person.



### Reflection

It is normal to worry, feel scared and to panic when someone puts pressure on us and gives us no time to think. It isn't always obvious what someone's intention is, we naturally want to believe the best in people especially if they are offering to help in some way or if we connect with them. Being manipulated by someone can happen to anyone, you are not to blame.



### Looking after yourself exercise to close

A woman receives a phone call from her bank saying they believe her card has been used by someone else and there is a payment on it they need to check. She is asked to confirm her full name, post code and bank details. She isn't sure but she is reassured by the person on the phone that it is part of their security to check these details out. She says that maybe she should check her banking app but is told that it won't show up as she is calling from a different department in the bank and that she needs to verify her identity so she can stop

any more money leaving her bank account, saying that we "need to move fast". The woman provides the information needed to secure her account and the call ends with the bank saying they will issue her a new card number.

Later that day the woman logs into the banking app and finds £500 has been taken. When she calls the bank she is told that no-one from the bank has made contact with her and that would never ask for bank account details as security.





I met someone online last night, we chatted and shared memes and selfies and got on really well. It got a bit spicy. I said I needed to go soon and she asked me for a picture of myself naked. I wasn't really sure but she said she wanted it so she could think of me tonight. She sent me a picture of herself with no clothes on and said it was my turn. So I sent one. It went a bit quiet, I wasn't sure if she liked the picture, or me. I asked if she was still there and she replied with a screenshot of my contacts from my socials and said I had to send money tonight or she would send the picture to all of them. She said I needed to do it straight away or she would send the image.