

# Be Healthy



Our guide to  
respecting  
young people  
affected by  
sexual exploitation

[ayph-behealthy.org.uk](http://ayph-behealthy.org.uk)

**Our stories, our voices. We'll tell them when we want and how we want.**

**Victim or survivor? It's not that simple.**

**We are not helpless, we are strong.**

**When we work together, we are even stronger. Don't stop us from having those opportunities.**

**We all have different experiences, hopes, fears and opinions. Talking to one of us is not the same as talking to all of us.**

**We are more than just our experiences. Value our opinions on other issues.**

**Take the time to find the positive stories.**

**We've spent time thinking critically and researching. We expect the same from adults.**

**Sometimes we are invisible because of all the media misrepresentations. But now you can see us. We've got voices. We are being heard. We are bold.**

**Don't always talk about us. We can speak for ourselves.**

**We've all been affected by sexual exploitation but we're ready to move on now. We've got bright futures.**

# Be Healthy

It's easy!



[ayph-behealthy.org.uk](http://ayph-behealthy.org.uk)