

GROOMING

Grooming is when somebody builds a relationship with somebody else with the aim of exploiting them later on. Sexual abuse of children normally starts with a grooming process. People with extremist views often look to groom others.



Grooming can happen online or in the real world. The person may or may not be a stranger to you. They could be any age and male or female. They might also not be who they say they are.

THINGS TO WATCH FOR

Signs of being groomed include:

- Being asked personal questions.
- Somebody paying you lots of attention.
- Being offered gifts.
- Being asked to meet people you first met online.
- Being asked to do things you're uncomfortable with.



WHAT TO DO

Be suspicious! If you think that you, or somebody you know, is being groomed then tell someone, e.g. a parent or teacher. You can also use the Click CEOP website to stop grooming.

