

SOMETHING FEEL NOT QUITE RIGHT? KNOW ABOUT GROOMING

Grooming is when someone convinces you they are your friend and can be trusted, but actually they want to exploit you – which might include sexual abuse.

They might treat you well or give you gifts, but this is to gain your trust and make you feel you have to give something back in return.

You or someone you know could be being groomed online or in the real world right now. It's not always easy to tell. Knowing how grooming works will help you to spot if it's happening to you or a friend.



1.

They may try to gain your trust by:

- Giving you money or buying gifts, including alcohol or even drugs
- Taking you out to nice places or giving you somewhere to stay
- Giving you attention and telling you that they love you



2.

In return they may make you do things like:

- Have sex or do something sexual with them or with others
- Take sexual images and share them online
- Look at sexual pictures or watch them do something sexual



IT'S NOT YOUR FAULT IF THIS HAPPENS TO YOU

People who target and groom children and young people are very clever in the way they work.

There are lots of people that can help you.

IT'S NOT OKAY – TELL SOMEONE YOU TRUST

You will be listened to. Talk to a teacher, a parent, a trusted friend and go to

bedfordshireagainstcse.org

for more information about what safe, healthy relationships are

IT'S NOT OKAY

CHILD SEXUAL
EXPLOITATION IS
CHILD ABUSE