



Appendix 2

The Signs of Grooming

Things a groomer might do:

At first:

- Be really friendly and kind
- Give you lots of compliments
- Seem to have lots in common with you
- Send you gifts – real or virtual
- Try to get you on your own
- Tell you to keep your friendship a secret
- Pretending to be a friend

Later:

- Put pressure on you to do certain things
- Ask for personal information
- Ask for rude/inappropriate photos or videos of you
- Send rude/inappropriate videos or photos
- Threaten you
- Make you feel sad or uncomfortable
- Ask you to meet them

Someone who is being groomed might:

- Seem sad or withdrawn or angry
- Stop wanting to hang out with their friends
- Be secretive about who they are talking to online
- Not want to do their usual activities or hobbies
- Have an older boyfriend or girlfriend who they spend a lot of time with
- Talk a lot about a friend that no one else knows

