

What is Grooming?

Grooming is when someone builds a relationship and trust with a young person so they can manipulate them or start a sexual relationship.

Grooming is done by an older person in a position of power over you, for example:

Teacher Church/Community leader Older friend, boyfriend or girlfriend
Friend's parent or relative Neighbour Older family member

Grooming can start in lots of different ways, including:



Giving you
special attention



Asking you to keep
things secret



Taking you on
trips away



Separating you from
friends or family



Buying and
giving you gifts



Tell a different adult you trust straight away if someone is:

Touching you or asking you to touch them, kiss or have sex

Asking to meet without an adult or for your home or school address

Asking you to send or sending you private pictures



Saying or doing things that make you feel uncomfortable



Grooming is **illegal**. Experiencing it is **never your fault**, and there are people who can help you.

National GBV Command Centre : **'please call me' - *120*7867#**

Childline : **0800 055 555**