

ADVICE



- Don't give out your private information.
- Never meet someone you've only known online.
- Stop and think before sending anything.
- Support your friends if you think it is happening to them and tell a trusted adult.
- Tell a trusted adult if you see something that upsets you.

WHERE TO GO FOR HELP AND ADVICE:

childline

ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



BBC
OWN IT



internet
matters.org



YEAR 7
Grooming

HELP AND ADVICE

WHAT IS GROOMING?

Grooming is when someone builds a relationship, trust and an emotional connection with a child or young person so they can manipulate, exploit and abuse them.

- Grooming happens both online and in person;
- It can be by a stranger or by someone you already know.



SIGNS OF GROOMING

A person who is trying to groom you may:

- Message you lots;
- Ask you to keep conversations secret;
- Try to isolate you or stop you seeing other people;
- Start sending you or asking for sexual messages or pictures;
- Get you to share private information;
- Try to trick or blackmail you.

LIVE STREAMING AND SOCIAL MEDIA

- Live streaming can be recorded by others.
- When you live stream, you can't take back/edit what you have done.
- People 'following' you may trick you into doing something you would not normally do.
- Turn location services off.
- Think about what private information you could accidentally share.
- Think before you post anything on social media.

