

10 WARNING SIGNS OF GROOMING

1

Unexplained changes such as withdrawal, anxiety, new tattoos, drinking/drugs, unusual sexual language.

2

Receiving gifts or money from unknown sources.

3

Involvement in an all-consuming relationship with a new friend or partner (evidence of love bombing).

4

Presence of a controlling or manipulative person in their life.

5

Developing relationships with previously unknown individuals (such as online), especially an older person.

6

Sudden changes in online behavior, like spending excessive or significantly less time on devices.

7

Increased secrecy around activities, friends, or social media accounts.

8

Changes in appearance, often becoming more sexualized.

9

Signs of physical or emotional abuse, such as bruises, cuts, or changes in eating habits.

10

Decline in school performance or attendance.



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I SEE THE SIGNS, WHAT NOW?



Stay Calm and Empathize: Appear calm on the outside, and avoid jumping to conclusions. Your kid might feel embarrassed, confused, or even excited about a new 'friend.' Recognize their complex feelings about this new 'friend'. Strengthen your bond as a safe, trusted confidant to overcome the predator's influence. Share your own personal experiences and mistakes.



Gather Information: Encourage open communication using non-judgmental language. Review contact and message history to better understand the situation.



Educate and Reassure: Explain the unhealthy aspects of the groomer's behavior and emphasize that your kid is not at fault. Create a safe space to build trust and ensure your kid feels comfortable sharing concerns in the future by reassuring them of your love and that they aren't in trouble. As tempting as it is, don't take away all their screen time, or they won't come to you with concerns in the future.



Limit Contact and Seek Help: Guide your kid to recognize the importance of ending contact with the groomer, while seeking assistance from law enforcement and counselors for support and guidance.



Trust Your Instincts: Prioritize your kid's safety by taking action when you sense something is amiss. Trusting your gut can help protect your kid from potential harm.



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