

10 RED FLAGS OF A GROOMER

1

They love bomb you (i.e. are extremely nice and complimentary).

2

They buy you gifts (e.g. phone or virtual gifts in games).

3

They isolate you (i.e. physically or emotionally).

4

You've only met online and they ask to meet irl.

5

They ask you to keep secrets.

6

They introduce sexual content (e.g. talk about it or share explicit links)

7

They threaten you or say you "owe" them.

8

They pressure you to do things you don't want to do.

9

You're afraid of what they'll do if you say no.

10

You get a gut feeling that something is "off"



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I SEE THE SIGNS, WHAT NOW?



Know It's Not Your Fault: It's normal to feel embarrassed, guilty, confused, let down or even a mix of excitement. It's normal to have complex feelings. Remember, their actions are not your fault.



Go to Ruth <https://ruth.parasolcooperative.org/>: As a first step, visit this free AI tool, describe your situation, and ask if this might be a groomer.



Talk to an Adult you Trust: Ruth is just a first step. It's really important to talk to an adult you trust, because:

- grooming can escalate quickly to abuse or exploitation;
- groomers rely on shame and secrecy to stay hidden, so speaking up helps break their power and reminds you that you're not to blame;
- a safe adult can help provide emotional support and make a safety plan to protect you; and
- a safe adult can help you see the situation more clearly, as groomers often manipulate and confuse intentionally.



Limit Contact and Seek Help: If someone is grooming you, end contact with them. You may want to take screenshots to share with law enforcement. You may also want to seek assistance from counsellors trained in this area for support and guidance.



Trust Your Instincts: Prioritize your own safety. Trusting your gut means listening to your mind and body's warning signals that want to keep you safe.



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