



Grooming

**You meet friends and new people online and just chat, and that is ok.
But sometimes people are not who they say they are...**



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

Groomers may also build a relationship with the young person's family or friends to make them seem trustworthy or authoritative.

Is it too good to be true?

Do they say they share all your interests, do they agree with everything you say?

If they ask you to do anything you're uncomfortable with, say no!

Flattery – do they lavish you with praise and compliments for all the pictures you post?

Let's talk about sex – sometimes groomers will get young people to talk about sex really quickly, and being online means they may lose the shyness they would have in real life. Be cautious, you do not have to say or do anything you are not comfortable with. Remember – it is against the law for an adult to have sex with anyone under 16. It is also illegal for someone to put pressure on an under 18 to send sexual photos of themselves.

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RIPPLEVALE
SCHOOL

Got any sexy pictures? If they ask you for pictures they are breaking the law. They may try and entice you by saying other people have sent pictures...this is probably not true!

Can we go somewhere more private? Always be safe. If you met online, then they may ask to meet you in person. It is not good to do this, but if you want to, speak to a trusted adult and then take a friend with you and meet in a very public place. If you meet in a game online and they ask you to contact them via another app like Instagram, Snapchat or WhatsApp, make sure that you use group chats or stay on public forums

Our little secret? Abusers don't want other people to know that you're chatting, so they may ask you to keep it secret. If someone is making you do things you don't want to do or aren't comfortable, it's not your fault, and you will not be blamed. Do not keep friends a secret - if you are worried, speak to a trusted adult.

Mood swings – some groomers start by being really nice to you and then they can turn nasty. They might act like this to make you do something and react. No one should be treated like this.

“My camera isn't working” – they say this because they might be pretending to be younger than they actually are and because you cannot see them, you can't tell. Sometimes they even use fake pictures and videos to trick you. If you think this is happening report it.

What to do:

- Block people that make you feel uncomfortable
- Keep personal information private
- Be careful about meeting up – it is best not to meet up with people you have met online.
- Take breaks – remember to go offline as well! It is important to talk to others in your house.
- Speak to a trusted adult – if you feel uncomfortable talk to someone about what is happening.
- To report any misuse – use the CEOP website.

If you are concerned, please call the office on 01634 812233 or email our safeguarding team. safeguarding@ripplevaleschoolrochester.co.uk

Useful places to go for information:

<https://www.ceop.police.uk/ceop-reporting/>

<https://www.nspcc.org.uk/>

<https://www.thinkuknow.co.uk/>

<https://youngminds.org.uk/>

<https://www.kooth.com/>

Childline 0800 1111