

# Grooming

Grooming refers to someone **building a relationship with a child or young person** in order to manipulate, exploit and abuse them



**Stop the communication but don't delete the account as the Gardaí will need it as evidence.**

## Signs of potential grooming to look out for in your child can include:

- ▶ Being **secretive** about how they spend their time.
- ▶ **Having gifts** that they can't explain.
- ▶ Becoming **upset, withdrawn or depressed**.
- ▶ Showing signs of **increasingly sexualised behaviour and language** or an advanced understanding of sexual activity.

## If your child tells you that they think they're being groomed, reassure them that telling you was the right thing to do.

- ▶ Remind them that it's **not their fault**.
- ▶ Stop the communication but don't delete the account as the Gardaí will need it as evidence.
- ▶ **Do not confront the alleged groomer.**

Report what your child has told you to your local Garda Station and/or the Garda Child Sexual Abuse Helpline **1800 555 222**. You can also call the ISPCC Support Line by emailing **parentingsupport@ispcc.ie** between 9am – 1pm Monday – Friday or by calling **01 522 4300** if you want to talk.

