

### Session overview

This session will allow the young people to develop an understanding of grooming and to explore what it can look like. The term grooming is given when a person acts or says something to increase the chances that another person will do what they want.

#### Resources needed for this session

- Chat log examples

### Information for practitioner

The difference between the types of behaviours below is about intent and harm.



You do not know what example the young person might use but be mindful to ask them to focus on something that doesn't cause them upset or harm. **Be clear that we are not asking them to share anything personal.**



**Be aware that they may choose to share their own experience, which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.**



Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any potential impact this might have. The young person may not feel comfortable to take control of the session and stop if they need to. **Practitioner must be aware and be prepared to take a time out or stop totally before any distress is caused.** Utilise the looking after yourself exercises to support the young person if the session is stopped.



Practitioner to note additional guidance within the session information.

### Pre-session action

Select a *"Looking after yourself"* exercise in advance for the close of the session.

### Session

Check in with the young person as to how they have been since your last session together. Are there any thoughts or feelings that you may need to reflect on and address before you begin this session?

Inform the young person what we are going to do in this session, sharing the overview.

#### Activity 1

- Think about a time when you wanted your friend or parent to do something (can be something like drive you somewhere or buy you something)
- How did you go about asking for it?
- Did you choose a particular time to ask?
- Did you start dropping hints saying how much you liked it?
- Did you choose one parent/friend over another as you felt they were more likely to do it for you?
- Did you try to enhance the connection with the person you were asking, such as talking about something you have in common or something you know they like?

- Think about your behaviour when you were asking: did you show how good you are, or describe how happy it would make you feel or offer to do something for them?
- Do you think the person you were asking was aware that you wanted something?
- Did they do anything to resist what you wanted? (For example: a parent saying no I have to go and do the shopping, a friend saying that their dinner will be ready soon.)
- When and how did you know that the person's decision to not do what you want was final?



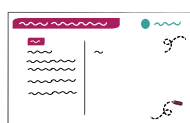
### Reflection

The behaviours and examples above are normal and there was no intent to cause anyone any harm, we simply looked at how we might get something that we wanted. This is normal human persuasive behaviour and because of this it can be incredibly difficult to spot when things become harmful, abusive and inappropriate.

What we do know is that people who want something from us that is harmful, abusive and inappropriate will try and get what they want by behaving in the same way BUT they don't stop when they should. They won't listen to what we want or how we feel, they will continue to put pressure on us and they will ignore our resistance whether verbal or through our actions, they are persistent, they don't care about us.

 **These people are groomers. This is NOT normal human persuasive behaviour, they intend to cause harm.**

A groomer isn't someone we would necessarily know is a groomer when we first meet them, and **what happens isn't because of who we are or what we do**. It is important to remember that they are the ones deliberately behaving in a way that will cause harm. **We are NOT to blame in any way at all**



Chat logs


### Activity 2


Read through the examples of chat logs together and highlight comments that feel uncomfortable and/or inappropriate and highlight grooming behaviours that we have discussed – persistence, deflection, attempts to divert the conversation, flattery, inappropriate questions and comments, sexualised comments, trying to gain personal information, moving to another app/video call.

- What do you think the young person was thinking in these situations?






### Reflection

 Practitioner must be aware that victims and survivors often blame themselves for engaging in conversations or sending images and can feel complicit in their abuse. For example: "if I hadn't carried on chatting it wouldn't have happened", "if I had said no, it wouldn't have happened."

 Practitioner to highlight in chat 1 when the groomer gives their age they ask if that is ok. This is done intentionally to place perceived consent with the young person.



-  Practitioner to make it clear that a **victim of grooming and Technology-Assisted Child Sexual Abuse (TACSA) is NEVER complicit and DID NOT choose to be harmed or abused.**
-  The chat log examples are real and it is clear that the young people chatting tried various ways to change the direction of the conversation.
-  It is important to know that saying no to someone isn't the only way to show that you don't want to do something. We can say no with our behaviour and with other words. The chat logs show that the groomer chooses not to hear these deflections and continues to persist with their own agenda.



### Closing activity

Looking after yourself exercise to close

## Grooming chat logs

Activity questions - sheet that young person can read through

### Chat 1

**Groomer:** would love to see u!!

**YP:** yh wish u could

**Groomer:** no cam on phone?

**YP:** no no phone at all!

**Groomer:** no webcam?

**YP:** not allowed

**YP:** not allowed

**Groomer:** y?

**YP:** dad caught me talkin to boy

**Groomer:** were you undressed?

**YP:** no not really

**Groomer:** were you in your underwear?

### Notes

## Grooming chat logs continued

Activity questions - sheet that young person can read through

### Chat 2

**Groomer:** where r u anyway?

**YP:** at home in [town they live in]

**Groomer:** whereabouts is that?

**YP:** near XX and XX

**Groomer:** im not too far away from u.  
How old did you say u were?

**YP:** 15. U?

**Groomer:** 18. That ok?

**YP:** yh

**Groomer:** ru home alone?

**YP:** at the min yh

**Groomer:** til when?

**YP:** Mum be home soon

**Groomer:** what time?

### Notes



## Grooming chat logs continued

Activity questions - sheet that young person can read through

### Chat 3

**Groomer:** I could phone u

**YP:** not got phone atm

**Groomer:** skype? Zoom?

**YP:** no keeps crashing

**Groomer:** webcam?

**YP:** my brothers got it

**Groomer:** go get it

**YP:** nah, my brother is using it for work meetings.  
He's just got a new job. What do you do?

**Groomer:** ah no. go c if he's using it, be good to  
c u now

### Notes



## Grooming chat logs continued

Activity questions - sheet that young person can read through

### Chat 4

**Groomer:** been hot today

**YP:** yh too hot

**Groomer:** like being on holiday!

**YP:** I wish I was on holiday!

**Groomer:** u got bikinis to wear?

**YP:** yh

**Groomer:** or do u go topless?

**YP:** no way!

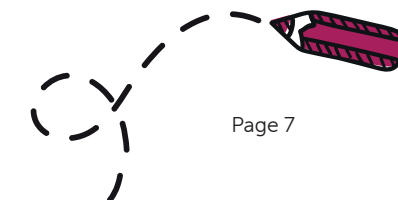
**Groomer:** everyone would be checkin u out

**YP::** thx

**Groomer:** reckon u will do it one day?

**YP:** myb

### Notes



## Grooming chat logs continued

Activity questions - sheet that young person can read through

### Chat 5

**Groomer:** hiya, how r u sexy?

**YP:** im gd ty

**Groomer:** where you from

**YP:** XX

**Groomer:** how old r u?

**YP:** 14. U?

**Groomer:** Yeah. 38

**Groomer:** you got any pics to send?

**YP:** not rly

**Groomer:** y don't u take some now?

**YP:** nah im just chillin after school, cba

**Groomer:** wont take a min

**YP:** im having a snack, starvin!

**Groomer:** go on, would love to see you

**YP:** nah im good ty

**Groomer:** if you had a cam we could watch each other

**YP:** watch me eat my snack? LOL!

### Notes

