

Module 3 - My Strong Future Self

The Stages of Grooming

In this module, you learnt about the topic: grooming. Grooming is when someone tries to build trusting relationships with a young person or their family to prepare the young person for sexual activity at a later stage. You learnt about different grooming behaviours and the below stages of grooming:

IDENTIFY

A groomer often observes potential victims and then selects them based on ease of access to them or their perceived vulnerability.

GAIN TRUST

A groomer will spend time getting to know the young person that they are trying to groom so that they can fulfil their needs and gain their trust.

FILL A NEED

Using the understanding of the young person's needs the groomer will fulfil those needs to make the young person feel dependent on the groomer. This may involve giving gifts, compliments or spending time with them.

ISOLATE

A groomer will use the special relationship with the young person, to find opportunities to be alone with them and gradually isolate them from the people that care for them.

SEXUALISE

A groomer will begin inappropriate, sexual behaviours with the young person, which may include sexting, showing them porn and sexual touch.

MAINTAIN CONTROL

The groomer will use the young person's trust to keep them quiet about the inappropriate behaviours and may threaten the young person as a way to keep control of them.