



Signs of grooming you may spot in a child

It is worth noting that some of these signs have other causes, but a selection of them seen together indicates grooming and that intervention is needed.

Behaviour change	Anxious, depressed, withdrawn, angry or defiant
Gifts or freebies	The child may not be able to explain why they have them
Isolation	Groomers isolate a child, but a child may also pull away from friends, family, hobbies etc
Control and manipulation	Child not acting with free will
Sexualised behaviour	Sudden inappropriate language/actions
Risk taking	Unable to see or acknowledge risks, such as meeting up/giving personal info
Secrecy	Child may be told to keep relationship secret, but may also hide devices or content, or lock him/herself away in a room to avoid questions

Places to contact (click names to link to website)

CEOP	If you suspect that a child is being sexually exploited online
NSPCC	For information about online safety and reporting concerns
Report Remove	Nude selfie online? Get it taken down here
Internet Matters	Excellent advice for everything from setting console safety controls to understanding online issues
UK Safer Internet Centre	Online safety tips and advice
Common Sense Media	Game and film reviews from parents AND children
Family Video Games Database	Comprehensive listings of age-suitable games and alternatives
Think U Know	Excellent wide-ranging advice for all ages, broken down by age group
Childline	For children to report their concerns

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