

Getting Help

Grooming can happen to anyone, boys and girls, young and old, from any background. It can happen anywhere – in the park, at home, on the internet, at a club or somewhere else you hangout. Groomers can be men or women, they might even be other children and young people.

It is never our fault that someone has groomed us. It was them who tricked us into thinking they cared. It is what a groomer does to get power and control over a child or young person, they can even make the child or young person think it was their idea.

If someone is making you feel uncomfortable or you are asking yourself why has this person started to be interested in me then you need to talk to someone you trust about it.

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Who do you feel you could talk to?
Parent • Carer • Teacher • ChildLine
• Trusted Adult • Police

So if you are worried about someone trying to groom you or someone else, it is important to tell an adult you trust. You might be worried about getting into trouble but the trusted adult will only care about keeping you and your friends safe.

Help Information

If you are concerned that a child may be a victim, that a child is suffering, or that a child is at risk of significant harm, call 01629 533190. This will connect you to a contact and referral service for Derbyshire.

For emergencies call the Police on 999.

Additional support and information contacts:

Police
non-emergencies: 101

Childline: 0800 1111
www.childline.org.uk

NSPCC: www.nspcc.org.uk

CEOP: www.thinkuknow.co.uk

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What have you learnt about?
What do you still want to know about?...
...Relationships? Grooming?
Keeping Safe? Being online?

Make sure you talk to a trusted adult about any questions you might still have.

Designed by North East Derbyshire District Council 7200



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About it



Derbyshire Community Health Services **NHS**
NHS Foundation Trust

Relationships

We develop a relationship with the people around us whether they are family, friends, teachers or someone else who is in our lives. Some relationships are close and caring, others are more about being able to work or learn together.

Healthy and unhealthy relationships

A healthy relationship is one that we feel is positive, not one that makes us feel frightened or hurt. All relationships look different but what makes a good friend is a good place to start with all relationships.

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Take some time to discuss with an adult you trust what a healthy friendship would look like.

Power and control

A healthy friendship should be equal and one person shouldn't think or act like they are better than the other person, such as tell the other person what to do. We all have the right to feel safe. This is also true when we have a boyfriend or girlfriend.

Grooming

Most people are ok and great to get to know, but there are some people who aren't. They want to get to know us so they can use us. Sometimes they will give you what you want to seem ok. Others might use the fact that you are unhappy about something by pretending they care, for example, maybe after an argument at home. This is called **grooming** and the person is trying to get control over you.

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What sort of stuff might someone give you if they are trying to buy your trust?
When might you be upset or just not thinking straight and be tempted to do something that isn't safe?
What feelings might you have that something isn't quite right?

Sometimes a groomer will manage to trick a child and gain control over them, telling lies or even making threats to scare them. They may hurt the child but the child feels too trapped to tell someone and get help. None of this is a child's fault.

Staying Safe

Some children go into town or to the park themselves, go to friends houses or get the bus themselves, or play video games with others online at home. Whichever you do, in any situation, we can't take away all risks, but we can think about what might go wrong and how we can be safer.

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Discuss where some risks might come from e.g. chatting online with people you don't know in real life, sharing your personal information with others on social media, adults or older children who you don't know very well, being asked to keep secrets about where you are, who you are with or what you are doing.

For each risk you think of talk about how you might stay safer e.g. only accept friend requests from people you know in real life and whom you like, never give out your age, address or where you go to school, and if you are unsure about something always ask your trusted adult for advice.