

# Grooming

## What is grooming?

Grooming is when someone builds an emotional connection with a young person to gain their trust for the purposes of sexual abuse, exploitation or trafficking

Young people can be groomed online or face to face in the real world, by a stranger or by someone they know - for example a family member, friend or professional. Groomers may be male or female. They could be any age.

## How to get help

Speak to any member of staff at school.

## Other support

[nspcc.org.uk](https://www.nspcc.org.uk) 0808 800 5000

ChildLine 0800 1111 (24 hours)