

Session overview

This is the term given when one person acts or says something to increase the chances that another person will do what they want. This session will allow the young person to explore what grooming can look like.

Information for practitioner

The difference between the type 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.

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.

Resources needed for this session

- Chat log examples

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

- 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

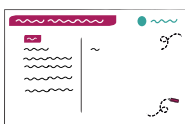
The behaviours and examples above are normal and there was no intent to cause anyone any harm, we simply looked at how we might get something that we wanted. This is normal human persuasive behaviour and because of this it can be incredibly difficult to spot when things become harmful, abusive and inappropriate.

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 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.



Looking after yourself exercise to close

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

Groomer: y?

YP: dad caught me talkin to boy

Groomer: were you undressed?

YP: no not really

Groomer: were you in your underwear?

Notes



Activity questions - sheet that young person can read through

Chat 2

Groomer: where r u anyway?

YP: at home in TOWN

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



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



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



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

