




Targeted session: TACSA – Talking to people online: grooming

Session overview

This session will allow the young person to explore how some people build connections to us online and then use them to get us to do things we might not want to or that we feel uncomfortable doing.

Information for practitioner

-  You must make it clear that they will not be expecting them to share any personal experiences or information. However, it is important to be aware that they may choose to share their own experience which needs to be responded to in a sensitive and mindful way with reassurance that they don't have to say anything they don't want to.
-  Throughout this session you will need to be mindful of how the young person is, what they say, their body language, behaviours and any potential impact this might have. The young person may not feel comfortable to take control of the session and stop if they need to.
-  Practitioner must be aware and be prepared to take a time out or stop totally before any distress is caused. Utilise the looking after yourself exercises to support the young person if the session is stopped.

Resources needed for this session

- Chat log examples

Pre-session action

Select a *"Looking after yourself"* exercise in advance for the close of the session.

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 1

- **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?**
- **Were you super nice to them before you asked?**
- **Do you think the person you were asking knew 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 wanted was final?**



Reflection:

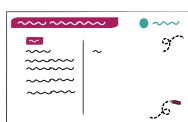
The discussion and examples above can be common behaviour when we want something. But it’s important to know that no one wanted to cause anyone hurt, we simply looked at how we might get something that we wanted. This is normal human behaviour and because it is, it can be really difficult to spot when someone does it to be harmful or abusive.

What we do know is that people who want something from us that is harmful or abusive will try and get what they want by behaving in the Harie way and they don’t stop. They don’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 log examples

Activity 2

Reading through the examples of chat logs, practitioner and young person to highlight comments that feel uncomfortable to them and to highlight grooming behaviours that we have discussed – persistence, flattery, inappropriate questions and comments, trying to get them to do something or give personal information.



Practitioner needs to be aware that the young person may not see anything wrong in the chat logs. Open up and explore through discussion being mindful of not placing blame or responsibility on the child in the chat log as well as the child you are working with.

- **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 2 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.**

 Practitioner may find it useful to access the “Giving and receiving permission (consent)” session with the young person as 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.



Looking after yourself exercise to close

Targeted session: Grooming Chat 1

Activity questions - sheet that young person can read through

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 says im too young

Groomer: I think ur perfect

Notes



Activity questions - sheet that young person can read through

Chat 2

Groomer: where r u anyway?

YP: at home in [town they live in]

Groomer: im not too far away from u. How old did you say u were?

YP: 10. U?

Groomer: 14. That ok?

YP: yh

Groomer: ru home alone?

YP: dads in the kitchen

Groomer: so ur on ur own now?

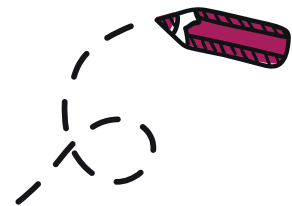
YP: yh

Groomer: do u wanna play a game?

YP: what kind of game?

Groomer: show me part of ur body and ill guess what it is

Notes



Activity questions - sheet that young person can read through

Chat 4

Groomer: been hot today

YP: yh too hot

Groomer: u look cool in that vest top. U got shorts on?

YP: yh

Groomer: show me

YP: k

Groomer: u look gr8. Give me a twirl

YP: ur funny!

Groomer: u can move, do a dance!

Notes



