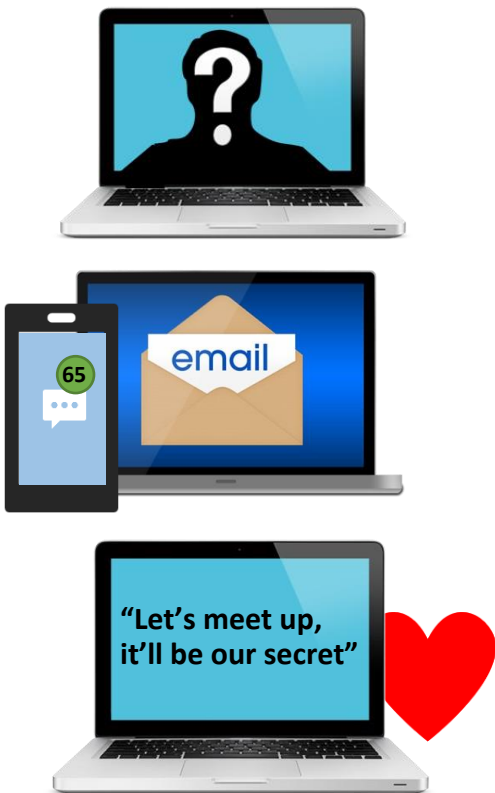


Grooming

Are you at risk?

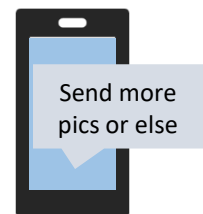
Coronavirus means you will be spending more time at home and will likely use the Internet and your mobile phone more.



You don't always know who you are talking to online. Someone can pretend to be someone else so that you do what they want. They might:

- Use your online profile to find out information about you.
- Send you lots of messages.
- Say things to make you feel special.
- Tell you that they love you.
- Ask to be your boyfriend or girlfriend.
- Promise to be with you after lockdown.
- Ask you to keep them a secret.

Once they have your trust, they might try pressuring you into doing something sexual or criminal.



They might:

- Ask you to meet them for a date or sex.
- Pressure you to send naked photos or videos.
- Threaten to share your photos or secrets.
- Sharing your images or video without your permission is a crime.



If you are worried about someone you have met online, you can:

- **Block them from your profile or log out.**
- **Tell someone you trust like a family member, friend, health worker or support worker.**
- **Call the Police on 101.**
- **In an emergency call 999.**