CONSENT™ PARENTING



10 CHILD GROOMING SIGNS TO KNOW

Learn the behavior signs to look out for from potential predators so you can stop it.

By Rosalia Rivera

thank you!

Hi, I'm so grateful you are here to learn this!

I'm Rosalia Rivera, a consent educator and abuse prevention expert. I teach you how to teach your child important safety skills.

This is a critical part of a solid abuse prevention strategy.

This PDF walks you through the most common signs of predatory child grooming.

It can happen over a short OR prolonged period of time (weeks, months, or even years).

These are some grooming signs to pay attention to (and along with your gut feeling about someone) can be cause for extra vigilance and limiting or completely removing 1:1 access that that person has with your child.



Rosalia Rivera

Founder of CONSENTparenting™, host of the AboutCONSENT™ podcast and creatrix of CONSENTwear™

grooming signs

Predators are master manipulators and work in a very organized way to gain trust and access to your child, both online or offline. This is called grooming.

- It can happen over a short OR prolonged period of time (weeks, months or even years).

- Here are some grooming signs to pay attention to (and along with your gut feeling about someone) can be cause for extra vigilance and limiting or completely removing 1:1 access to your child.

1. The person seeks out ways to have 1:1 time with your child ("I can pick them up", "Can he/she/they come with me to get ice cream", etc.)

2. They act overly interested in your child. Asks you lots of questions about your child.

3. Buys your child gifts or treats that are out of the norm (outside of birthdays, holidays or special events)

4. Is very 'touchy' in non-sexual ways in front of trusted adults (which makes the child think the touching is ok)

grooming signs

5. They find out what your child likes and interests and then flatters the child by claiming to have the same like/interest.

6. They pretend to be a good friend to your child, even 'best friends', and acts as a sympathetic listener when your child is upset

7. Offers to babysit or take them out to 'take them off your hands' regularly. Offers a lot of free child care.

8. Tells the child inappropriate jokes or shows them explicit images/videos/exposes themselves (this is closer to when they are about to abuse)

9. Works to be above-and-beyond helpful to the parent in other way (besides caregiving) to gain trust of the parent, and have an upstanding personal quality.

10. When it comes to online grooming, similar signs can be recognized, and can also happen with peers- particularly for tweens and teens. They will try to gain 1:1 access by asking the child to use their device/computer/phone in a private room of your home, or outside of your home.

grooming signs

Many parents might say 'but this sounds like things that even good and caring adults would do that I KNOW for certain aren't going to hurt my kids, so how can I tell the difference?'

As I mentioned above, if you notice these in a pattern and they ask for more frequent 1:1 access AND you have a gut feeling that something is off, OR your child's behavior begins to change around them, those are signs to pay attention to.

Have you witnessed someone displaying these signs?

Have you had gut feelings that made you suspicious but weren't sure how to address them?

The best thing to do is to remove 1:1 access to that person with your child.

Only approve visits if you're present.

Set firm boundaries with that person about touching and secrets safety and be more vocal about the abuse prevention that you're teaching in your home.

what offenders look like

The image you have in your mind about what an offender looks like is probably wrong.

Because it could be a doctor, a nurse, a coach, a teacher, a babysitter, an aunt, a grandparent, a 7-year-old, a spouse, a camp counselor, a neighbor, a sibling, an online 'friend', an online stranger, anyone. It could be anyone.

So how do you know who could be an offender in your child's life or from your family?

Please Note: 90% of abusers are people that the parent or child knows, likes/loves, and trusts, and up to 30% of them are family members - spouse, grandparent, etc.

You have to learn what the red flags are and how to spot them. You have to be vigilant (no you don't have to be paranoid, but reduce the amount of 1:1 interactions your child has with people who demonstrate those red flags).

Above all, you have to teach your kids about body safety, boundaries and consent. They need to learn and practice these life saving skills!

learn more at consentparenting.com

you should also know

Predators look for kids that they can:

- **somehow help emotionally, financially or otherwise**
- **sympathize with for feeling 'done wrong' by society**
- **exploit their 'bad' records (in school, with law, etc.)**
- **make feel good by siding with them vs their parents**
- **look exemplary against**

Because these are the kinds of kids that society won't believe. Time and time again, people look at kids who are 'trouble makers' and discount or discredit them.

Predators know this and look to take advantage of this in various ways.

They tell kids things like:

- **"You're going to get in more trouble than you already are if you tell anyone"**
- **"No one will believe a bad kid like you"**
- **"No one will love you if they find out how bad you've been"**
- **"No one will think you're telling the truth because I am a good person in this community and you're a trouble maker"**
- **"It's your word against mine"**

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you should also know

This is why it's so important for kids to know that they are INHERENTLY GOOD.

It's important to learn to connect with kids instead of the colonizing punishment for obedience format.

For this, I recommend following parenting accounts (and working with them *ahem, pay them) that help you foster a positive and connected relationship with your child.

This is the most important investment you could ever make.

Want to read more on this? Check out the article I wrote in Mother.ly Magazine about it!

Beyond this, there are 7 things you should be teaching your child about body safety, boundaries and consent so that they become less of a target to offenders/predators.

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7 things to teach kids

In my framework for teaching abuse prevention, I break them down into 7 parts. They are:

1. Teaching about body autonomy (your body belongs to you, and practicing it beyond just words).

2. Teaching about boundaries (all kinds of boundaries)

3. Anatomy (including body functions like erections)

4. Sexuality (anatomy could be considered part of this education, but I teach it separately because privacy and private parts are included. With sexuality, we are talking about the foundations and building on them as the child develops.)

5. Safety/Intuition (teaching about red flags and tuning into the body/feelings/emotions, etc).

6. Fostering courage (courage exercises)

7. Exit strategies (how to get out of or avoid unsafe situations and how to report unsafe touch)

And I encourage that they are taught in this order.

learn how to protect your family

ALL LINKS BELOW ARE ACTIVE

- **Weekly abuse prevention content on my blog: www.consentparenting.com**

- **Listen to my sexual empowerment podcast at www.aboutconsent.com**

- **Stay connected via Instagram: @consentparenting + @aboutconsentpodcast**

- **Watch my weekly live videos on Facebook @consentparenting**

- **Watch the workshop Getting Started With Abuse Prevention for Ages 0 to 6 years old**