

# ONLINE GROOMING: WHAT IT IS AND WHAT YOU CAN DO ABOUT IT

## WHAT IS ONLINE GROOMING?

It is when someone acts like your friend to try and make you do things like undress or change clothes for them. It can happen when you are on your computer, tablet or phone, or when you're playing games online, and it can put you in danger.

## HOW DOES IT HAPPEN?

It is not always the same, but it can happen like this:

- Someone talks to you online and tries to be your friend — it can even be someone you already know
- They talk about things you like, say nice things or give you gifts
- They may start talking about or asking you to do things that make you uncomfortable or embarrassed
- They may even ask you to go meet them somewhere in person
- They may also threaten you or ask you not to tell anyone about them

## WHAT CAN YOU DO?

There are people online who may lie to you or trick you into doing things. Be careful and stay safe:

- Ask your parents before you become friends with people online
- Keep personal information private — like your name, phone number and where you are, details about your life, and pictures or videos of yourself
- Know you can **always** say no when someone asks you to do something online
- Don't accept gifts from or agree to meet anyone without asking your parents
- If you feel scared, nervous or uncomfortable, stop talking to the person and tell your parents, teacher or another adult you trust

Learn more at [Canada.ca/childexploitation](https://Canada.ca/childexploitation)



**IT'S OK TO TALK TO PEOPLE  
YOU DON'T KNOW IN PERSON  
WHEN YOU'RE ONLINE,  
BUT NOT WITHOUT TALKING  
TO YOUR PARENTS FIRST.**