

SAFE ENVIRONMENT PROGRAM

DIOCESE OF FORT WAYNE-SOUTH BEND

GRADE 8 – SESSION 2

LESSON PLAN & HANDOUTS

Grooming & Tactics

Time estimate: 1 session of 45 minutes or this session may be combined with sessions 1 and 3 into one long session with breaks

Session two objective: Define grooming and some tactics used by groomers

Supplies needed: *Grooming & Tactics* (Student Handout 8-2, page 5 of this material) one for each student
Grooming Scenarios (Student Handout 8-3, page 6 of this material) one for each student or each small group

*Note: Skip the **Prayer** and **Review** sections below if you are presenting all three sessions of the grade 8 material in one long presentation.*

Prayer: Loving God, open our minds and hearts to you. Help us discover your loving plan for each of our lives – a plan to grow, to learn, to give, to receive and to love in relationships with all our brothers and sisters. Help us to know and live this plan which will lead us to happiness with you forever.

Review: In the last session we began talking about how someone can break our personal boundaries. We also can do this to others. We learned that violations range from simple, such as interrupting a conversation, to very serious, such as abuse. Today we will learn more about the serious boundary violations and the process an abuser uses on a victim. We do this so that you can learn to spot these tactics and learn to protect yourself from those who would want to harm or use you.

Grooming

Definition: When a person, whether male or female, plays with someone's feelings in order to gain control of the other person, that process is called grooming. There are adults who will take

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advantage of age difference to use a younger person in such a way. These people are called groomers. The groomer wants to prepare the person (victim) for some type of behavior that will benefit the groomer's selfish goals. Emotional grooming is used to seduce or con youth into sexual activity. Peers can also groom one another for personal gain.

The "groomer"

- can be very friendly, charming, warm, etc., but is very skilled at manipulation and persuasion
- wants to control his/her victim(s) and prepare them for some type of unhealthy behavior.
- creates a false sense of trust with the victim by convincing the victim that the abuser is the only person to trust; in reality the groomer cannot be trusted at all
- uses secrecy to control others by persuading the victim to "keep this special thing just between us."

How does someone do this? There are many grooming tactics. *Give each student a copy of the **Grooming & Tactics** handout (Student Handout 8-2, page 5 of this material). As you read through this list with the students, give a simple example of each one, or ask a student to give an example.*

1. **Flattery** -- insincere compliments that are phony and overdone; these are always meant to get something in return; they are NOT the same as a compliment or praise.
2. **Bribery** --excessive gift giving, etc. to make someone feel obligated to another; groomers use the gift given to demand favors in return; gifts should be freely given with no expectations
3. **Status** – the groomer uses the lure of popularity, money, possessions to get the victim to do what the groomer wants;

These first three tactics – flattery, bribery and status – are called "soft" grooming tactics. They mimic good things and can be difficult to see through.

4. **Jealousy and possessiveness** – these are normal emotions that everyone feels at some time; groomers use them to control and manipulate a person; also the groomer isolates the victim as this is very important; the groomer treats the victim as an "object" rather than as a person to respect; examples include: telling another how to dress, where to go, how to talk, what to like

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5. **Insecurity** – another normal emotion; It can be used two ways by groomers
 - a. groomers use it to play on the neediness of their victim; the groomer may exaggerate the victims flaws in order to control and keep him/her dependent on the groomer; a groomer will use insecurity to manipulate
 - b. The groomer may act insecure to seek the comfort and reassurance of the victim; examples: “You are so great. I don’t deserve your friendship.”; “If you leave me, I don’t know what I will do without you.” If you break up with me, I will kill myself!”

Note: If a person goes so far as to threaten self harm, you must tell a trusted adult and get help. You cannot stay in a relationship with someone who threatens to hurt or kill him/herself. Threats can lead to actions.

6. **Accusations** – the groomer says the victim did things in order to scare, threaten, control and manipulate; often the accusations are said so others can hear in order to embarrass, humiliate, and intimidate the victim
7. **Intimidation** –scare tactics that can be a word, look, a stance that are meant to frighten, threaten, intimidate the victim into doing exactly what the groomer wants; can be verbal or nonverbal, physical or emotional; this is not healthy and has no place in any relationship; this is related to bullying behavior
 - a. Examples of verbal intimidation: vulgar language, sexual noises, howling, questions that are too personal
 - b. Examples of physical actions that intimidate: looming over a seated person, standing too close, touching/grabbing yourself or another; using loud and controlling voice tones and language; staring at sexual body parts; hitting hands together very hard; clothing that is too tight or revealing; faking a punch; holding a fist to another
8. **Anger** – this is another normal emotion; it is only a grooming tactic when used to control others; making the victim feel afraid of being hurt
9. **Control** – this is the goal of the groomer; the groomer wants the victim to feel powerless and helpless; Someone is too controlling if he/she does any of the following:
 - a. Calls constantly to check up on you
 - b. Tells you how to dress, be friends with, how to spend time or money
 - c. Forces you to do what he/she wants you to do
 - d. Sends harassing or threatening e mails, texts, notes
 - e. Physically, emotionally, or sexually abuses you
 - f. Uses violence or intimidation to get his/her own way

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- g. Puts you down or humiliates you in public
- h. Makes demands or gives orders
- i. Wants to keep your relationship or any part of it secret
- j. Has sudden and explosive anger and may throw things, slam doors, punch walls
- k. Refuses to respect you or others
- l. Tries to keep you away from family and friends
- m. Gives gifts to get something from you
- n. Spreads rumors or gossips about you
- o. Threatens self harm or harm to others

The groomer will gain control of the relationship using any or all of the grooming tactics. Groomers will take their time. If one tactic is not working, they will use another.

Activity: *Separate the class into small groups of 2-4. Hand out to each small group **Grooming Scenarios** (Student Handout 8-3, pages 6-7 of this material). Assign one scenario to each small group and ask the small group to decide which grooming tactic it is. After several minutes, bring the class together. Ask each small group to share their scenario and answers.*

Conclusion: We have talked about this today so that each one of you can be safer in relationships with peers and adults. Our goal is to help you learn about the right way to have relationships so that each one of you can fulfill the dream that God dreamed for you. God desires that you have right relationships that help you become more loving, caring and holy people. Take home your handout and put it somewhere in your home that you can refer to it. We all need reminders and this list is good reminder of when a relationship is bad for you and time to get out.

End of lesson plan for session two. Handouts on following pages.

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There are many grooming tactics.

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4. **Jealousy and possessiveness** – these are normal emotions that everyone feels at some time; groomers use them to control and manipulate a person; also the groomer isolates the victim as this is very important; the groomer treats the victim as an “object” rather than as a person to respect; examples include: telling another how to dress, where to go, how to talk, what to like
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 - b. The groomer may act insecure to seek the comfort and reassurance of the victim; examples: “You are so great. I don't deserve your friendship.”; “If you leave me, I don't know what I will do without you.” If you break up with me, I will kill myself!”
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Grooming Scenarios

Identify which of the nine grooming tactics is used in each of these scenarios.

1. “What kind of fool do you think I am? I have seen the way you look at him. You’re my girl and you cannot have it both ways.”
2. “I always knew you were too good for me. I knew it wouldn’t last. Let me know when it’s over.”
3. “Do you ever think anyone will ever want you as a friend or treat you as well as I do? Are you kidding me? You are lucky I have stayed around as long as I have.”
4. “She told you what about me? Just wait until I see her. She will regret saying that.”
5. “I am so mad right now, I could kill you. I feel like tearing something apart!”
6. “Just let him try to mess with me. I could take him easily. He has no idea who he is dealing with.”
7. “I saw what you did. I saw the way you looked at her. You flirted with her and you flirt with everyone.”
8. “You are so cool. You are the best on the team. I would love to....”
9. “Why don’t you come with me and my friends to this party? Everybody is going to be there. Don’t you want to be with us?”
10. “Don’t you think I care for you? Don’t I give you nice things?”
11. “I have told you before that I don’t like you wearing that outfit. I have told you what I want you to wear when you are with me.”
12. “If you cared for me, you would do this for me.”
13. “I don’t know why I waste my time with you. You are such a loser.”
14. “This is so special, let’s just keep it between us.”
15. “Your parents said what about me? They don’t know you and care for you like I do. Let’s just forget about them.”

Grooming Scenarios

Identify which of the nine grooming tactics is used in each of these scenarios.

1. “What kind of fool do you think I am? I have seen the way you look at him. You’re my girl and you cannot have it both ways.” **(jealously and possessiveness)**
2. “I always knew you were too good for me. I knew it wouldn’t last. Let me know when it’s over.” **(insecurity – of the groomer)**
3. Do you ever think anyone will ever want you as a friend or treat you as well as I do? Are you kidding me? You are lucky I have stayed around as long as I have.” **(insecurity – of the victim)**
4. “She told you what about me? Just wait until I see her. She will regret saying that.” **(anger, intimidation)**
5. “I am so mad right now, I could kill you. I feel like tearing something apart!” **(anger)**
6. “Just let him try to mess with me. I could take him easily. He has no idea who he is dealing with.” **(intimidation)**
7. “I saw what you did. I saw the way you looked at her. You flirted with her and you flirt with everyone.” **(accusation)**
8. “You are so cool. You are the best on the team. I would love to...” **(flattery)**
9. “Why don’t you come with me and my friends to this party? Everybody is going to be there. Don’t you want to be with us?” **(status)**
10. “Don’t you think I care for you? Don’t I give you nice things?” **(bribery)**
11. “I have told you before that I don’t like you wearing that outfit. I have told you what I want you to wear when you are with me.” **(control)**
12. “If you cared for me, you would do this for me.” **(control)**
13. “I don’t know why I wasted my time with you. You are such a loser.” **(insecurity – of the victim)**
14. “This is so special, let’s just keep it between us.” **(control)**
15. “Your parents said what about me? They don’t know you and care for you like I do. Let’s just forget about them.” **(control)**