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**STAYING SAFE ONLINE   
ONLINE GROOMING**

A picture containing text, person

Description automatically generated

When you see the words ‘we’ or ‘us’, it



means Quality Health Care (QHC).

Logo, company name

Description automatically generated

We have written this document in an easy-to-read way. We use pictures to explain some ideas.

This Easy Read document is a summary of other QHC documents. It reflects some of the policies that we have in place and NDIS Practice Standards that we follow.

You can ask for help to read this document. A friend, family member or support person may be able to help you.

**WHAT IS ONLINE GROOMING?**

A child using a computer

Description automatically generated with low confidence

**It is when an adult goes online to**

* talk to children younger than 6 years old
* to try and start a sexual relationship

A person taking a selfie

Description automatically generated with medium confidence

**The adult might tell the child:**

* They are the same age
* Their relationship is okay

A picture containing light

Description automatically generated

**Tips**There are things you can look out for to make sure you aren’t being groomed online.

The person might:

* tell you they like the same things that you do
* try to gain your trust
* try to make you feel special

Graphical user interface

Description automatically generated with medium confidence

A person using a computer

Description automatically generated with medium confidence

The person may ask you to share personal information or images and gets angry or makes you feel bad, if you don’t

Two people using a computer

Description automatically generated with medium confidence

They may ask to meet you in person

A hand on a computer

Description automatically generated with low confidence

They may offer to buy you gifts

**TO STAY SAFE - DO**

Icon

Description automatically generatedA picture containing text, person, wall, person

Description automatically generated

Only talk to people online that you know and have met before

Icon

Description automatically generatedGraphical user interface

Description automatically generated

Keep your personal information private.

A person pushing a person in a wheelchair

Description automatically generated with medium confidence

If you want to meet someone in person, you need to:

* tell someone you trust where you are going
* meet in a public place
* take someone with you

Icon

Description automatically generated

A picture containing text

Description automatically generated**HOW TO GET HELP**

You can report online grooming by:

visiting [www.thinkuknow.org.au](http://www.thinkuknow.org.au)  
click on the Report Abuse button

A picture containing text, person, indoor

Description automatically generated

If something feels wrong you should talk to a family member or someone you trust and feel safe with

You can also tell the police by calling 000

A group of police officers

Description automatically generated with medium confidence

A person holding a phone

Description automatically generated with medium confidence

Remember to keep proof of the grooming  
Take a photo or screenshot