

# SAFE 101

## SPORT 101

### FOR JUNIOR COMPETITORS



## WHAT IS GROOMING?

Grooming is when someone engages in a series of behaviors with the goal of engaging in sexual misconduct. In situations of child sexual abuse, the abuser targets a minor and works to earn the trust of the minor, the minor's family, and the community. It can also be manipulative behavior the abuser uses to prolong the abuse and make the minor fear reporting or be less likely to be believed if they do report.

## SIGNS OF GROOMING

- ▶ Trying to have **ALONE TIME** with you
- ▶ **SENDING** private messages ▶ Offering **GIFTS** or **SPECIAL TREATMENT**

## WHAT ARE YOUR NEXT STEPS?

- ▶ **TALK** with a parent or trusted adult
- ▶ **CALL: 24-HOUR HELPLINE (866) 200-0796 OR COURAGE FIRST (888) 279-1026**
- ▶ **BE INFORMED:** Take the Safe Sport courses to learn more *(requires parental consent)*
- ▶ **TEND to Mental Wellbeing:** [usef.org/safe-sport/additional-resources](https://usef.org/safe-sport/additional-resources)
- ▶ **REPORT by text: TEXT 28733 (2USEF) to report anonymously**
  - ▶ **REPORT Abuse:** [usef.org/safe-sport/reporting](https://usef.org/safe-sport/reporting)

