

5 Early Signs of Grooming—And What to Do Next

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You know your child best. If something feels off, trust that instinct. These five signs will help you spot grooming early and take action calmly and effectively.

Spot the Signs

- Sudden gifts, money, or treats from an adult
- Private texts, DMs, or requests for secrecy
- Increased one-on-one time without clear reason
- Behavior changes in your child—withdrawal, anxiety, or over-attachment
- Adult acting as 'rescuer' or overly involved helper

Talk & Listen

- Ask open-ended questions: 'What did you do at ____?'
- Stay calm and avoid blaming your child
- Focus on safety and openness, not fear

Next Steps

- Document what you observe: dates, messages, conversations
- Talk with your child about safe and unsafe behaviors
- Seek professional or legal help if multiple red flags appear