

Diocese of San Diego



Safe Environment Training
11th Grade



Introduction



- ☞ You were made to know and follow God in the way of goodness.
- ☞ Do what is right.
- ☞ Learn ways to overcome tricks abusers use to mislead you.
- ☞ Develop tools to help recognize and respond to these tricks.



Healthy Boundaries



- ❧ Boundaries are rules that govern relationships.
- ❧ They define appropriate behavior in thoughts, feelings, or touch.
- ❧ Boundaries keep people feeling safe and secure ensuring trust for healthy relationships to develop.
- ❧ Personal or external aspects of life demand some form of boundary.

Healthy Boundaries

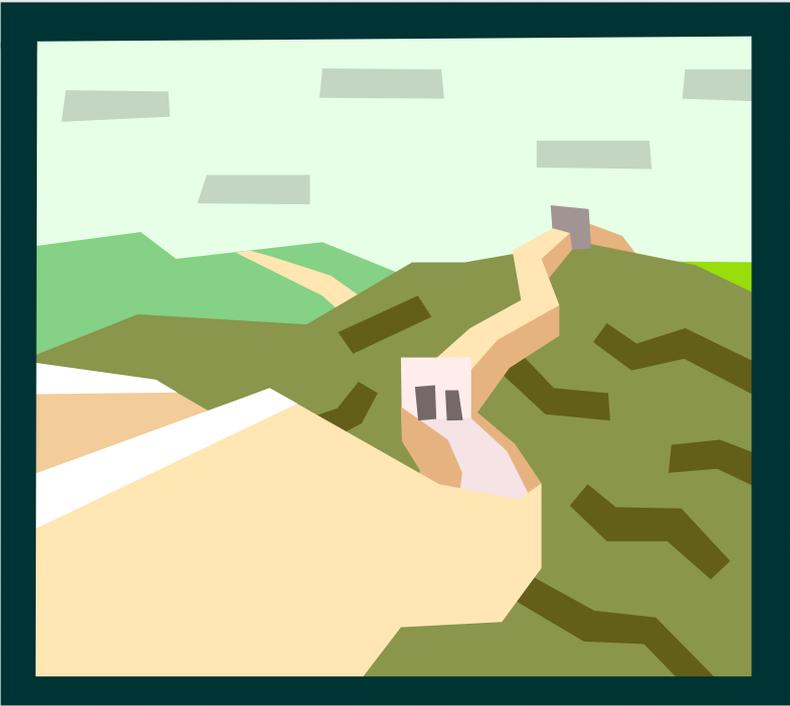


☞ Different types of relationships call for written and unwritten rules for boundaries.

☞ Two major categories of relationships are:

☞ Casual

☞ Close



Casual Relationships



☞ Acquaintances, people you know or recognize and share common activities such as sports or schoolwork.

☞ Such casual relationships could be neighbors, classmates, teammates, people you work with or your parent's friends, etc.

☞ Casual relationships normally would NOT share knowledge or feelings about personal aspects of each other's lives.



Close Relationships



- ❧ Some Family Members and Best Friends.
- ❧ People you spend a lot of time with.
- ❧ People who know and accept you for who you are.
- ❧ People who allow you to share personal thoughts, hopes and feelings.
- ❧ Are built over a longer period of time and most likely include trust, respect, caring, support and constructive criticism.



Summary



- ☞ Some actions correspond only to those persons you know well.
- ☞ It is inappropriate to share personal thoughts, feelings, or stories with people you have just met.
- ☞ Allow yourself enough time to know whether the person is trustworthy and respectful.
- ☞ Maintain a healthy boundary until you know the person is to be trusted; especially before sharing personal thoughts, feelings or information.

Things go be aware of



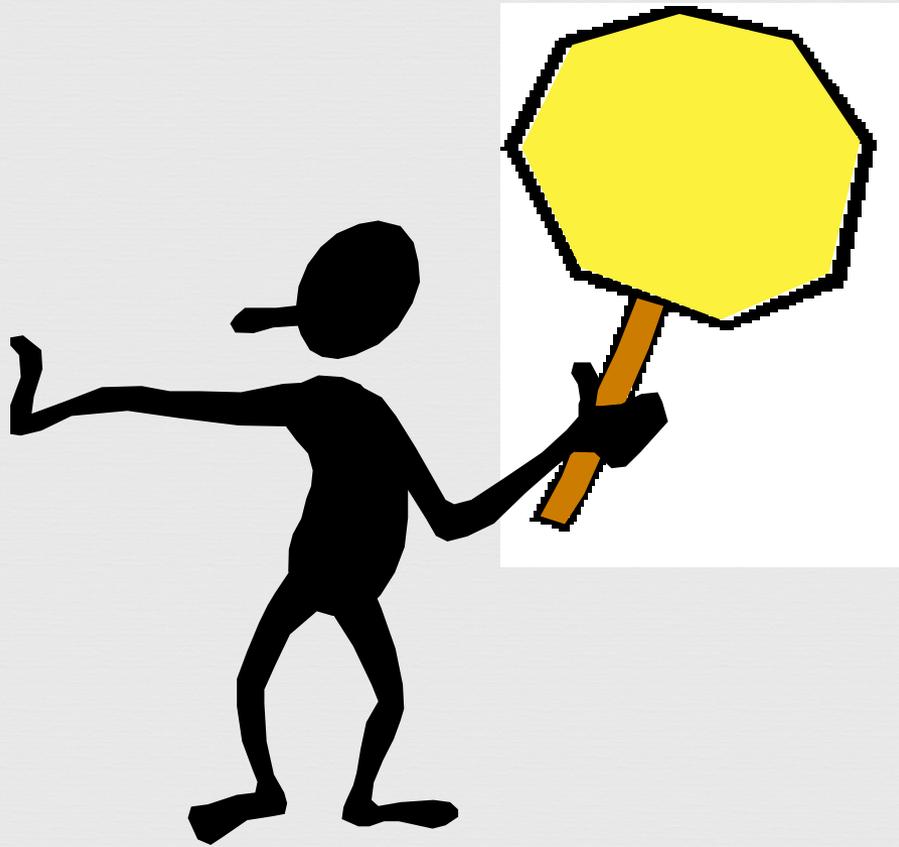
œ What is Grooming?

œ Grooming is a deliberate process to win the trust of the victim and the victim's family and inner circle in order to establish a sense of credibility, control or power.

œ Abuser stereotypes

œ Most sexual abuse is done by people known to the victims such as: family, neighbors, friends, teachers or any adult in a position of trust.

œ Sexual abuse is a misuse of human sexuality.



Grooming



- ⌘ Abusers look for ways to gain the victim's trust.
- ⌘ They listen and look for vulnerable areas in the victim's life that cause: distress, unhappiness or emptiness.
- ⌘ Groomers lend their "support and affection" to gain access and trust in the victim's life.
- ⌘ Abusers do not need to use physical force, they convince the victim that anything done in the relationship is natural and appropriate.

Grooming Methods



☞ Groomers gain access to emotions through:

- ☞ Trust
- ☞ Anger
- ☞ Jealousy
- ☞ Bribery
- ☞ Secrecy
- ☞ Intimidation
- ☞ Flattery
- ☞ Insecurity



Grooming Methods



Method #1~Trust

- ❧ Victim is convinced groomer is the ONLY person in the world who can be trusted.
- ❧ Groomer claims victim is the most important person in their life and their world revolves around the victim.
- ❧ False trust is built on emphasizing how natural and safe their relationship is.

Grooming Methods



Method #1~ Trust

- ☞ Groomer buys gifts for the victim and protects him/her from others.
- ☞ Connects actions done for the victim as signs of true love.

Once the groomer has earned the victim's trust and loyalty, the abuse is initiated in some form of sexual or illegal behavior. The victim is led to believe that the activities are a natural part of their relationship.

Grooming Methods



Method #2~ Anger

- ☞ Often used to control.
- ☞ Leads to sex to “make things better.”
- ☞ Can be verbal or physical but always leads to the sexual act.
- ☞ Victim is usually blamed for the abuser’s anger.
- ☞ Becomes the major feature of an abusive relationship, equating sex with anger and control.

Grooming Methods



Method #3~ Jealousy & Possessiveness

- ☞ Groomer does not want to share the victim with anyone even family and friends.
- ☞ Victim is treated as an object.
- ☞ Feelings are not considered.
- ☞ Groomer may even want to know the victims thoughts and conversations.

Grooming Methods



Method #4~ Bribery

- ☞ Groomers give gifts to their victims.
- ☞ They expressly intend to charm their victims into pleasing the groomer.
- ☞ Victim feels as though he/she needs to “pay back” in some fashion.
- ☞ Gifts and bribes are carefully chosen to further the relationship into a secret sexual connection.

Grooming Methods



Method #5~ Secrecy

- ☞ Once the groomer achieves full trust of the victim, leading to the participation of sexual behavior, the groomer persuades to keep their secret safe.
- ☞ If the victim resists, the groomer proceeds to threaten to tell and get the victim in trouble.
- ☞ Alternatively, the groomer may threaten to harm the victim's family.

Grooming Methods



Method #5~ Secrecy

- ❧ The groomer assures the victim that the motive for sexual behavior is purely love.
- ❧ Groomer tells victim that if others know about their relationship, they will not be free to love each other.
- ❧ Victims develop a fear of the abuser and they continue to give into the abuser's requests.
- ❧ Victims are then lead to feel hopeless and senseless.

Grooming Methods



Method #6~ Intimidation

- ❧ Consists of frightening, threatening or coercing victims into submission.
- ❧ Some forms of intimidation are:
 - ❧ Glaring
 - ❧ Staring
 - ❧ Standing over the victim
 - ❧ Hitting the palm of the hand
 - ❧ Grabbing

These force the victim to acknowledge the power of the abuser.

Grooming Methods



Method #7~ Flattery

- ❧ Emotional groomers know how to impress others and appear trustworthy.
- ❧ They tend to exaggerate compliments in order to get what they want.
- ❧ Flattery towards a victim is considered to be sexually suggestive.
- ❧ Flatter is not praise.

Grooming Methods



Method #7~ Flattery

- ∞ Praise demonstrates approval and/or admiration towards an achievement or accomplishment.
- ∞ Flattery is insincere; and this is geared towards an unrelated action or deed.

Grooming Methods



Method #8~ Insecurity

- ☞ Groomer needs constant reassurance of the victim's love and loyalty.
- ☞ Abusers will seek proof of victim's love.
- ☞ Sympathy is used by the groomer to obtain forgiveness from the victim.
- ☞ False claims of concern are given in excuse for bad treatment towards the victim.

Grooming Methods



Method #8~ Insecurity

- ☞ Groomer's will instill further insecurity into their victim's by telling them that he/she is unlovable by anyone outside of the abuser. Thus, feeding on the victim's own sense of insecurity.

Reporting



- ❧ It is not acceptable for someone to offer money, favors, gifts to try to entice you to do things that you know are wrong.
- ❧ When an abuser:
 - ❧ Manipulates you
 - ❧ Uses physical force
 - ❧ Threatens you or people you care for
 - ❧ Makes you do things that make you feel uncomfortable and/or leaves you feeling bad about yourself.

Their behavior is WRONG! What they have done is NOT your fault!

Sexual abuse is against the law. No matter what you did, **report and get help.**



Key Learning



- ☞ Groomers desensitize their victims so they can no longer tell right from wrong.
- ☞ They use guilt, fear and embarrassment to control their victims and keep them from reporting their abuse.
- ☞ Groomers manipulate their victims. Seek help from an adult who can protect you from the abusers harm.
- ☞ Abuser threats are empty. They fear being exposed and caught. Break off the abusive relationship despite the abusers attempt to control you.

Get Help



- ☞ Abuse is illegal, reach out to your parents or a trusted adult or organization and seek the legal and emotional help you need.
- ☞ Never meet one on one with the abuser, even for one last time. They may try to control or harm you.
- ☞ Even if an abuser convinces you to do something that later you regret or recognize was wrong, do not be afraid to go to your parents or an adult who can help you.



✧ This presentation was created with permission by using the Archdiocese of Galveston-Houston's Sacred and Safe Lesson Plans.