



# What Is Adult Grooming?

- Grooming is a form of abuse that involves manipulating someone until they're isolated, dependent, and more vulnerable to exploitation.
- When most people think about grooming, they think about children. But adults are vulnerable to grooming too.
- Grooming can lead to many different types of harm, including modern slavery, physical, sexual and financial abuse.
- Learn to spot the signs of adult grooming: [anncrafttrust.org/signs-of-grooming-in-adults-what-to-watch-out-for/](https://anncrafttrust.org/signs-of-grooming-in-adults-what-to-watch-out-for/)

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