



**HUMAN  
TRAFFICKING**

# Grooming: The Art of Manipulation

*Source: Polaris Project*

## Facts about grooming:

- Most traffickers groom victims over time to be exploited rather than kidnap them.
- Sex and labor trafficking rarely start with violence or an abduction.
- The process of grooming is methodical and intentional.
- Most of the time, a stranger is NOT involved.
- Grooming is the most common way that adults and children end up in trafficking situations.

## The grooming process:



**Target the Victim**



**Build Trust**



**Meet Needs**



**Isolate**



**Exploit**



**Maintain Control**

