Video 3.2 What complicity is in in a case of maltreatment but really also very specifically with sexual abuse or assault is or misconduct is they find a way to make you feel responsible and what is the most common way that that happens in an acute situation meaning it may have only happened once, mine was multiple but, is that the coach or the person of authority will buy a young person alcohol or drugs and then that young person feels well you know it's probably obvious to you as I'm saying this but you know "I got I got intoxicated therefore it's my fault that this happened to me" etc. So those are the stages of grooming that I specifically went through: favoritism, over personalization, isolation and complicity. I wish I could say that these aren't followed like a recipe but they actually are and so I just wanted to highlight before we get into you know more, deeper conversation is that I hate to say it but it's quite simple and there's some key things that you as just as a human as a coach, administrator as an athlete can watch out for when it comes to the grooming process.