

IT'S NOT OKAY

CONVERSATION TIPS AND STARTERS

#SAYNOTOSEXING



Sexting definition: the sending or receiving of sexually explicit or sexually suggestive images, messages, or video via mobile or the internet

Young people are sexting more than ever before and accept it as the norm, but sexting has the potential to spiral out of control with serious side effects that can last forever.

It's important to talk to your kids about the risks, how to prevent their 'harmless' sexts from doing more serious damage to their reputation and future.

You can use these discussion points to help you get the conversation started.



BREAKING THE ICE

- What do they like most about the internet and why?
- What sites do they visit? What games do they play? What social media do they use? What do they use texts for?
- It's not about finding out who and what your young person is sexting, instead look at whether they know how to stay safe.



ASK

- Do they understand the consequences of sexting?
- Do they know how to protect their privacy?
- Have they ever felt pressured to send an image?



REASSURE

- They can come to you if someone asks them to 'sext' or they receive an image.
- They NEVER have to send a text they don't feel comfortable about sending.



EXPLAIN

- Nude images or sexual messages are not appropriate to send.
- Sexts can be saved and shared around the web leading to bullying, abuse and even legal charges.



LISTEN

- Make sure your child is comfortable saying no and that being asked to 'sext' is inappropriate.
- listen and look at the things they may be showing you not just what they're telling you.



RESOURCES TO HELP

At www.knowaboutcse.co.uk you'll find

- Videos to help you explain the consequences of sexting.
- An App to help your child get chat back on track if asked for nudes.

CONCERNED THAT YOUR CHILD IS BEING PRESSURED TO SEXT OR BEING SEXUALLY ABUSED? CONTACT FIRST RESPONSE ON 0300 1313 126 OR NSPCC 0800 800 5000

FIND MORE INFORMATION AT WWW.KNOWABOUTCSE.CO.UK