

Sexting: how to keep your child stay safe

As a parent, it's important to understand the risks of **sexting** so that you can talk to your child about how to stay safe and what to do if they ever feel scared or uncomfortable.

- ✓ Acknowledge that your child probably won't want to talk to you about **sexting**.
- ✓ Think about the best way of starting the conversation with your child, based on your child's age, your parenting style, and using some of the tips on nspcc.org.uk/sexting.
- ✓ Reassure your child that you will be supportive and understanding should they ever want to talk about sexting.
- ✓ Explain that your child's body is private and that being asked to 'sext' is inappropriate (sending an image of their body).
- ✓ Remind them that even if they trust the person who is asking them for a picture, the nature of their relationship could change in the future.
- ✓ Remind them that they need to think carefully about what they post and share, as it's very difficult to retrieve an image once it's out there.
- ✓ Mention that ChildLine have an app called Zipit, which can help diffuse situations where your child is asked to 'sext'. To find out more about the app visit www.childline.org.uk/zipit

For more help and advice visit
www.nspcc.org.uk/sexting
or contact the NSPCC helpline on
0808 800 5000 to discuss any concerns

XOXO

