

Talking about sexting & nudes

Talking to your child about sexting can be hard to navigate. Here are our top tips to help get the conversation started.

Create a safe space for discussion

Depending on the reason you want to have this discussion (following an incident or for general interest), deciding on a designated time for the discussion with a loose timeframe to manage expectations can be helpful. By formalising these types of conversations over important concepts, teens will take things more seriously and won't feel ambushed. If a negative incident has occurred, you need to address it quickly as a parent, not a friend, and while it is important to minimise judgement and remain curious, it is vital you convey that these incidents and behaviours are taken seriously by your family.

During the modules, we discussed the A-B-C Online Safety Framework. In the module we discussed that C stands for communication, and the discussion on sexting and nudes can be a difficult one to have. To help, please see below for some conversation starter that help you put this concept into action:

To start with, try to stay authentic, non-judgemental and where you can, relax!

Use questions and comments like:

I know this is uncomfortable for both of us, but it's important we understand what happened. I want to hear your point of view, and I want you to know I'm on your side.

What were some of your thoughts when you were deciding what to do?

Do you know any kids that share nudes? What is their reason for doing so?

What do you think other people think about that behaviour?

How realistic do you think it is that a nude could get out?

What do you think is the most common way they get out?

How might you help a friend that this happened to?

What would kids want their parents to do in that situation?

Push through awkward moments by saying "tell me more..."



For further help, please visit the [ySafe Online Safety Hub](https://www.esafety.gov.au/y-safe)

www.interactionservices.org/online-safety-training