

Chatting to your child about risky online behaviour.



#DontAskMe

Talking about nudes can be awkward, but it's important to have conversations early. It could cause significant anxiety if children are faced with a request to share an intimate image. It's important to make sure that your child has the resilience to refuse.

As soon as you give a child a device, they need to be aware of the potential risks so please, have that chat.

• Are they unusually protective of their devices?

We know it can often feel like children are glued to their screens every hour of the day. But if it feels like they're using their devices more than usual, it might be worth asking them about what they're up to. Be especially careful if your child tries to take their devices to bed with them.

• Are they being secretive?

Does your child leave the room to reply to a message, or delete their texts as soon as they send them? It's natural for children to want a little more privacy as they mature, but secretive behaviours could mean they're trying to hide something.

• Are they playing/chatting with different friends at school or online?

Making new friends isn't automatically something to worry about - it's usually great! But if you notice your child is suddenly sending lots of messages to a particular person, or spending time playing online with them, there could be a chance that they're enticed into more risky behaviour.

• Has their behaviour changed?

Is your child suddenly very grumpy or emotional? Are they getting enough sleep? Are they spending more time on their own instead of with friends? If they seem isolated, it may be because of an incident that they need help sorting out.

• Is their school work suffering?

Talk to your child's teachers. If they tell you that your child is finding it hard to concentrate in class, or struggling to get their homework done, it may be because they're worried about something that's happened to them online.