

What to do if your child has sent or received, a nude.



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Where to start?

It can be difficult to hear that your child has been sending, or asked to send, explicit images, but it's crucial that you know what to do if they come to you with a problem.

Tips to encourage conversation in awkward situations.

- **Having a 'side-to-side' talk can be less intense than face-to-face.** Try going for a walk or chatting while you're in the car
- **Stay calm:** your child might say something distressing, but if they see you look upset they might think they're in trouble and refuse to talk anymore.
- When your child starts to open up, **just listen** and give them the space to talk.
- **Reassure your child** that they aren't alone, and that you will help them find a solution if they're in trouble.
- **Don't threaten to take their devices away.** This might also shut down any conversation. Instead, talk to children about setting boundaries for screen use.



** Remember: no two incidents are exactly the same but if you find out your child has sent or received explicit images from someone else, here are some options of what to do next.*

If your child has shared nudes with another child:

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- Make sure any images are deleted from your child's devices.
 - Speak to your child's teachers - they'll be able to offer you help and support if you need it.
 - If you choose to speak to the parents of the other child, proceed with caution. Everyone needs a clear story of events, and it's important not to react too harshly.
 - If a child needs someone to talk to, Childline can offer them friendly, confidential advice. Their phone number is 0800 11 11.

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Try not to panic,
there are people
who can help.



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If your child has shared nudes with an adult:

- If an adult is involved, you need to contact the **Child Exploitation and Online Protection Centre (CEOP)**. They'll work with you to decide what's best for your child - that might mean talking to a professional like a social worker, or contacting the police.
- If the images are online, you should try to get them taken down. You can either contact the website where they're being shown, or send a report to the **Internet Watch Foundation (IWF)**.
- If the adult involved sent text messages to your child, you might be asked to keep a record of them as evidence if the **police** get involved.

