

THE THINGS I WISH MY PARENTS HAD KNOWN

YOUNG PEOPLE'S ADVICE ON TALKING TO YOUR CHILD ABOUT ONLINE SEXUAL HARASSMENT

Summary of top tips

- 1 Start speaking to your children about these issues before you first give them a phone or set up a social media account. This might feel very early, but you can do it in an age-appropriate way. It is better to be proactive than reactive.

Don't wait for the crisis.

- 2 Keep the conversation going. Adapt to your child so you can support them.

Don't mention it once and think that's enough.

- 3 Keep it casual, find everyday opportunities to speak about these issues with your child – like when you're walking or driving somewhere.

Don't scare them with 'the big talk'.

- 4 Focus on your child's emotions first and work out what they may have seen online. By listening to your child and understanding if they accessed harmful content, you can help to support them.

Don't punish them before listening and understanding.

- 5 Keep curious about the technology your child is using and stay up to date with platforms, apps and trends.

Don't pretend these issues don't exist

- 6 Set boundaries. Use filtering tools to limit your child's exposure to harmful content. Decide on rules and boundaries with your child, allowing them to input. Explain which monitoring and filtering tools you are using, and why.

Don't leave your child unsupervised online without using monitoring and filter tools. You wouldn't leave them alone in the park or the street, apply the same level of protection online.

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**Our full guide shares information
on each of these topics:**



Pornography

"I feel like the best time for parents to have a conversation about porn is a bit earlier for boys than girls. From my experience of male friends, they definitely see porn earlier than my female friends. I mean like early: year 4, year 5, year 6."



Sharing nudes

"A lot of parents might just blame the child instantly instead of trying to support them."



Sexualised bullying

"A lot of my male friends feel like they can't do certain things as they feel like they will get bullied, or even worse than bullied... they feel like they're in danger if they don't do a certain thing."



Editing photos and body image

"It is still as damaging ... you know it's edited, you still wanna look that way. It is hard to get over the fact you don't look that way. It's hard to navigate through that."



Peer pressure

"You see people like those comments and get lots of likes. It makes you think to post more comments like that, you see people like them so you start posting more hateful comments."

All quotes from young people aged 16-21

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