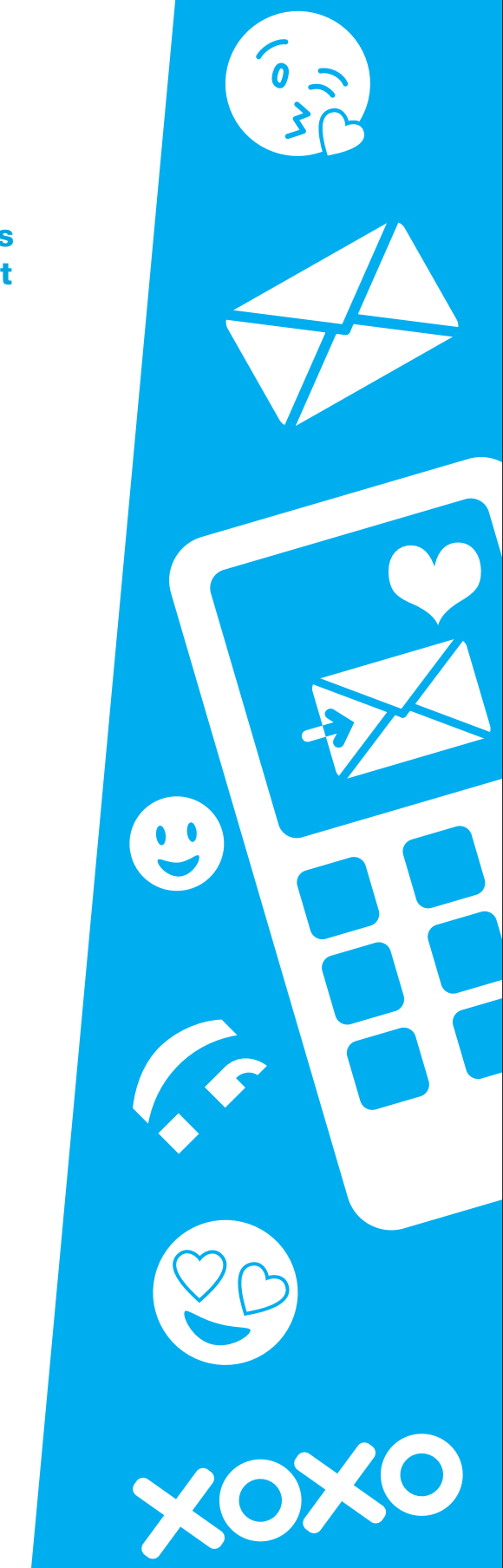
# Sexting: how to keep your child stay safe

**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**



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For more help and advice visit

**www.nspcc.org.uk/sexting**

or contact the NSPCC **helpline** on **0808 800 5000** to discuss any concerns

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Cruelty to children must stop. FULL STOP.