

WHEN TALKING TO YOUTH...

- Think about what you want to say ahead of time, but don't worry about sticking to a script. Let the conversation flow naturally.
- Address feelings, theirs and yours, as they come up.
- Create a safe space for open conversation free from blaming or judgmental language.
- Encourage them to ask questions and answer them as honestly as you can.
- Admit when you don't know something and let them know you will try to find the answer to their question.
- Talk about your values. Explain why rules are in place and why they are important.
- Talk through consequences of actions.
- Don't worry about saying the "right thing", just have an open and honest dialogue.
- Don't wait for the "right time". Have these conversations regularly. Pause movies, TV shows, or online games to talk about what your child is seeing and hearing.

QUESTIONS TO GET YOU STARTED...

- What does consent mean to you?
- Have you ever seen anything online that you knew wasn't meant for kids to see?
- What do you like to do on your device?
- What are some good things and not so good things about having social media?
- What would you do if someone online made you feel uncomfortable or weird?
- What would you do if someone was being nice to you online, but then started to harass or threaten you?
- What do you think about talking to people online that you don't know in real life?
- Why do you think someone might send a naked picture to someone else?
- What would you do if someone asked you to send them a naked picture?
- Why do you think people re-share naked pictures of other people?
- What would you do if a naked picture of someone you care about was being shared?