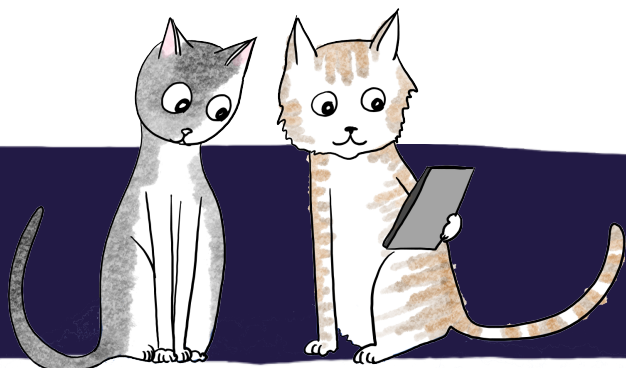


# HAVE YOU HEARD OF SEXTORTION?



## TEACHING KIDS TO STAY SAFE

TALK ABOUT IT WITH YOUR KIDS, THEN TALK ABOUT IT WITH YOUR FRIENDS.

**THIS IS HARD, BUT YOU'RE ALREADY DOING GREAT BY BEING HERE.**

Your children are safer because of your support and guidance through all of life's challenges. Safety in the digital age is new, and chances are your children feel more comfortable navigating digital communities than you do, while knowing less than they need to stay safe. There are a few things you can do to help your child avoid getting into tricky, and sometimes dangerous, situations like sextortion.

**USE THESE STEPS TO HELP TEACH SAFETY AND START A CONVERSATION.**

### **01** Talk to your kids about online safety.

Talking about sexting is an easy entry point, plus it is language kids get. Sexting is sharing/receiving sexually explicit messages or nude/partially nude images usually via cell phones. Check out these conversation starters below.

*Has anyone ever sent you a sexual picture or sext?* [You can probably just say sext if you're comfortable.]

*Has anyone ever asked or pressured you to send a sexual picture or sext?* [Explain that a person pressuring them into sending intimate images isn't someone they should trust.]

*Do you think it is okay to forward sexual or embarrassing images?*

*Why?* [Emphasize the importance of not forwarding these images. It could be really hurtful for the person in the image, and your child could get in trouble for forwarding. Plus, nobody has the right to decide who should see someone else's body.]

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## **02** Tell them: don't forward pics.

Have a discussion with your kids about what it means to share nude photos of a classmate. Remind them not to forward these images. These may be considered child sexual abuse material (legally known as child pornography), and there can be both **legal and personal consequences** if they forward them.

## **03** Understand the issue.

**Learning about how sextortion happens** and what to do to protect your child is an important step in preventing it from happening in the first place.



## **04** Understand how it's perpetrated.

Knowing what sextortion looks like can help you determine if your child is a target. **Being equipped with knowledge** ahead of time will help you resist panicking in the moment and give you the tools you need to help them through it.

“MY MOM TOLD ME IT WOULDN'T BE THE END OF THE WORLD IF IT DID HAPPEN AND WE WOULD GET THROUGH IT.”

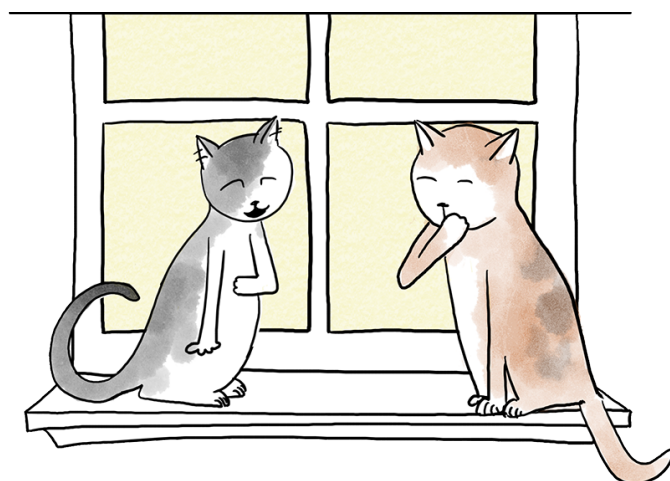
- Female, 18, sextortion survivor

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## 05 Share the cat video.

Did **this video** make you laugh, but also teach you about something serious? Share it with your kids to start the conversation and encourage them to be as informed as you are about sextortion and how it happens.



## 06 Keep learning.

Keeping up with the fast-paced changes in today's technology is hard. Download new apps and try them out. Ask your kid what their favorite apps are. The more you talk about this with your child, the easier it will be to understand if something bad is happening, and the easier it will be for them to share uncomfortable situations with you.

Some of our favorite **apps that kids are using** today are TikTok, Snapchat, Kik, WhatsApp, and Instagram. These will definitely change, so ask your kids what is cool now! Go to the app store on your phone, search for them and sign up.

## 07 Spread the word.

By educating each other, we create a stronger safety net for all of our children. Share our video with your kids and your friends. The more people know about some of the ways sextortion happens, the better equipped they'll be to handle these situations.

You can also bring **FOSI's Online Safety Programs** to your school and teach other parents how to **confidently navigate the web** with their kids.