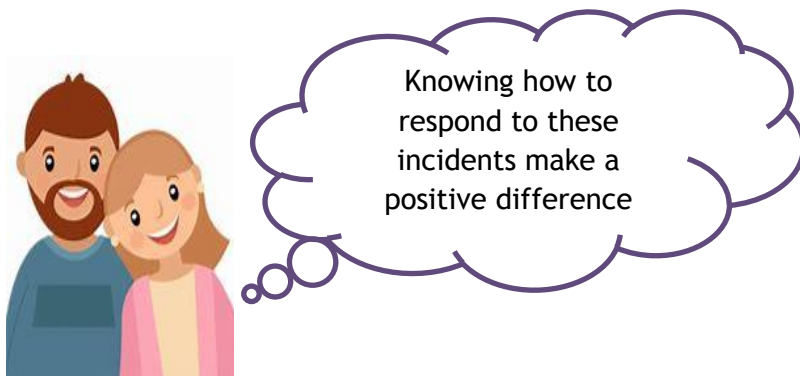


RESPONDING TO SEXTING AND IMAGE BASED ABUSE



Sexting has become the new norm

It's a way of pushing boundaries

It's a way to relate to others



It can make them feel good about themselves

Important things to discuss

- **An understanding of pressures to behave sexually while expressing that** *"it's never okay to feel pressured into doing things you're not okay with"*
- **Definition of a friend** *"what does a good friend mean?"*
- **Definition of consent** *"what do you think consent means?"*
- **How trust can sometimes place us in unfavourable situations** *"how do you think I come to trust you"*
- **Healthy relationships** *"what do you think a healthy relationship means"*
- **Internet safety** *"how can I be safe on the internet"*
- **Safe sharing of information and photos** *"how do you know who can see your photos online?"*
- **Legalities and definition of sexting** *"Today I seen an article about a young person being charged with sexting, do you know what that is?"*
- **Safe people** *"If you were feeling unsafe who would you talk too?"*
- **Family agreements** *"I feel like we should have a family online agreement so we can make sure everyone is safe"*

How to immediately respond

- **Reassure and praise them for speaking up** *"I'm really glad you told me"*
- **Refrain from anger and offer your help and support** *"I support you and I am here to help where I can"*
- **Focus on solutions and avoid questions** *"we will figure this out together"*
- **Ask them about their concerns** *"what are you most worried about"*
- **Listen without judgement and criticism** *"Sounds like you're really worried"*
- **Calmly explain the legalities and the need to report the incident** *"It's important for you to know that sexting is illegal at your age and although you may not feel as though you want to, it's important that we report what has happened"*
- **Report the incident** – you can report to the school, the website the content is on, the police and/or the e-safety commissioner
- **Delete the image** – it's important to delete the image after you have reported the incident or immediately if the incident is not going to be reported – **NEVER FORWARD THE IMAGE OR SHOW OTHERS**
- **Seek professional support** - for the young persons thoughts and feelings as well as your own

In the state of Queensland 1 in 10 adolescents report experiencing sexting or image based abuse

