

How to approach your child if their intimate image has gone viral

- **Do not panic:** Stay calm. If your child sees you panicking, they might shut down or start panicking even more and might not disclose more information (such as sextortion, blackmail, cyberbullying and much more).
- **Avoid judgement and blame:** If your child came to you with this information, they want you to support them. Be their safety net, listen to them without judgement and help them move past self-blame. Reinforce that they are not alone and use words such as, "Tell me more about that".
- **Move past the anger:** Anger might be the first emotion you feel; however, try to move past the anger as it might make the situation worse. Regulating oneself is paramount as it will allow you to support your child without them shutting down and help you find a solution, instead of dwelling on the situation at hand.
- **Provide an open space:** Be empathetic to their situation and go in with solutions. If you did lash out, apologize—for example, say "I'm sorry for my reaction, I promise I'll stay calm". Silence can be empowering. It's okay to have some silence in the conversation, it provides the young person space and time to think about what they want to share.

Get Help/Report it:

Surrey RCMP non-emergency line:

604-599-0502

Victim Support Services:

604-599-7600

Kids Help Phone:

1-800-668-6868
kidshelpphone.ca

needhelpnow.ca:

Helps in reporting images to social media sites.

Cybertip.ca or 1-866-658-9022

Report the online sexual abuse and exploitation of children.

Project Arachnid:

Assists with removal of images and videos online (Cybertip.ca).

“Just as the body of an adolescent undergoes great physical changes, the brain also develops and changes, but at different rates. ...although teens may logically understand the consequences of actions, they are more likely to act from their emotions and without consideration of these consequences.” DR DEBBIE LINDSAY

How to approach your child if they have spread/shared intimate images online

- **Educate yourself** on the consequences of these actions. This will help you explain to your young person how they could get into trouble for spreading intimate images online.
- **Be mindful** of any negative emotions you may feel and understand what you are projecting.
- **Provide sense of surety** for your child to feel comfortable speaking their truth. Saying things like, “I’m always here to support you”; provides a sense of surety. It is important to tell your children these words because children believe reassuring words before actions.
- **Normalise different relationships** in your home and conversations about these relationships. This way, if your child receives an inappropriate image, they are more likely to talk to you.
- **Set boundaries for phone usage.** If you do not have boundaries around phone usage, set some. Create a social contract and ask your child to provide the consequences for the contract. This teaches accountability. When rules are broken **follow through with the consequences.**



“Almost half of all youth victims of non-consensual distribution of intimate images were victimized by an intimate partner (28%) or a friend (21%).”

STATS CANADA (2014-2020)