

Supporting your child with SEND to thrive online

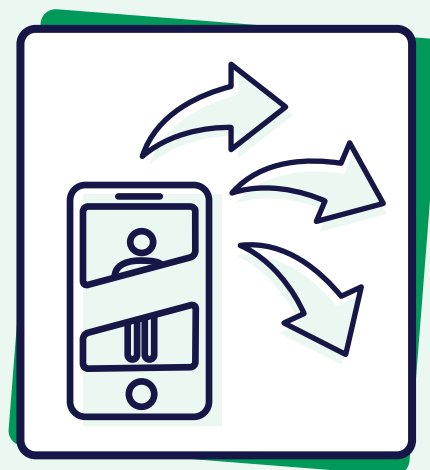
Nudes



Things to know

'Nudes', sometimes known as 'sexting', refers to the use of technology to share nude, nearly nude or sexual photos or videos. Young people might take these images of themselves and send to someone for personal reasons (e.g. a partner in a relationship). They may also use nudes as a way of exploring their own sexual feelings towards others.

In addition to taking images of themselves, young people may also share on someone else's nudes or pressure other young people to share images of this kind.



The sharing of these images is not always sexually motivated. Some young people might take nudes of their own or share nudes on:

- to 'fit in' or win the approval of others,
- because they are told to,
- because they think that it is something that everyone does,
- because they are curious about their own body and others' bodies,
- because of a lack of inhibition,
- to see how others react to it,
- to have 'fun', or
- to hurt or embarrass someone.



It is important that young people know that images can be shared on further with other people, without the consent or knowledge of the person in the image. Nude images can also end up being shared or leaked more widely, including hosted illegally online. In some cases, a person may be blackmailed or coerced into taking or sharing this kind of content. If they have shared such content with someone, they can be vulnerable to threats of it being shared more widely and coerced into taking and sharing more to prevent this.

Engaging in sexting can impact on young people's emotional wellbeing, self-esteem and relationships. Having a nude image leaked can damage relationships and cause fear, upset and embarrassment for those targeted.



Young people who have their nude images shared without their consent are victims and should not be blamed. Often, victims who are struggling with the aftermath of nudes being shared or leaked will avoid seeking help due to fears including:

- how family members or people they know may respond,
- how they may be blamed, shamed or 'get in trouble', and
- how the incident might be handled.

The law

Taking, sending and receiving a sexually explicit photo or video of an under 18 year old breaks the law in all parts of the UK, even if an under 18 year old took the picture of themselves. The National Police Chiefs' Council of England, Wales and Northern Ireland have stated that young people engaging in sexting should be treated as victims and not face prosecution as first-time offenders, but that the situation will be investigated to ensure the young people involved are not at further risk. The police's priority is those who profit from sexual images and exploit children. Repeat offenders and more extreme cases are reviewed differently, still with a focus on avoiding prosecution unless absolutely necessary. The non-consensual sharing of someone's nude image, whether you are over 18 or not, is always illegal.



Things to do

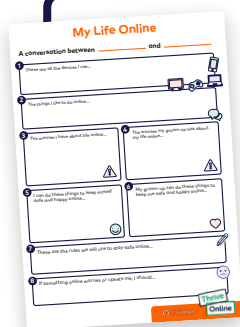


Talk regularly about life online and how we should behave online.

Talking about nudes can feel like an intimidating topic to tackle with your child. Build up to it by talking regularly about their online world, such as how they check it's okay to post a photo of someone online. This will make the more difficult discussions feel less unusual to your normal conversations. Find the right time and place to have these discussions.

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Set clear boundaries and expectations. Establish clear expectations with your child about how they should use technology safely and respectfully. If you know that asking for or sharing nudes is something your child is aware of, interested in, or has done in the past, be especially clear about why this is not acceptable. If you don't think your child is aware of nudes yet, clear expectations about using technology responsibly are still important and helpful. Childnet's **My Life Online** resource can help with this.



Model consent and respect when sharing. Show your child with actions, as well as words, the importance of consent when sharing things online. If you want to share photos or videos of your child, ask for their permission first and explain that everyone should have a say in whether content about them or including them is shared online.



Think about your language and tone. Young people who have taken or shared nude images can be reluctant to get help because they are worried they will be judged, shamed, or get in to trouble. If your child comes to you with an online problem, thank them for talking to you and use supportive language. If you are discussing someone else sharing nudes in another context, such as a fictional character or another child they know, avoid blaming or judging these individuals as this may prevent your child coming to you for help in the future.



Use the correct terminology for genitalia and body parts. It's important to be as clear as possible about which parts of the body are private and should not be shared in photos or videos. Using the correct terminology can help with this. It also means that if a young person is approached by a stranger for photos or videos of themselves, they're better equipped to tell you exactly what has happened.



Familiarise yourself with the reporting tools available. Search 'Childline Report Remove' online to access a tool provided by the IWF and NSPCC for children and young people to remove nude images they may have shared. Visit CEOP's website, ceop.police.uk, to report contact from someone who has asked for images or videos of your child online.



Things to say

Do you know what nudes are?

If they are unsure, use the definition above to help you explain what it is and what the law says.



Some parts of our bodies are private.

You may wish to use a picture or illustration of the human body to help your child understand these. The NSPCC also have a useful resource written for children with autism, [Talk PANTS](#).

It is okay to be curious about your body but taking pictures or videos of yourself to explore this has some risks.

Explain that nude or semi-nude pictures or videos of someone under the age of 18 is illegal. These images could also end up being seen by people who they didn't want or expect to see them, and it can be difficult to get that image removed from the internet once it is out there. Tell them that they can come to you with any questions that they have about their body, even if it seems embarrassing at first. You will not judge any questions that they have.

It is never okay for someone to pressure you to send nudes.

Explain that a relationship is unhealthy if someone is pressuring you to do something. Explain that even if you are in a romantic relationship with someone, this does not mean that you have to share nudes with them. Use the guidance provided in '[Supporting your child with SEND to thrive online – Healthy Relationships](#)' to further explore healthy and unhealthy relationships and discuss consent.



It is never okay for you to pressure someone else to send a nude.

It is against the law to have an image like that of someone who is under 18. If the image shows a person over 18 it could still be illegal. Help your child understand that an image like that does not belong to them and it could really hurt and embarrass the person it is of.

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“ Sending nudes to someone has lots of possible risks. ”



Write a list or draw a mind map of these possible risks with your child. These risks could include: your picture could be seen by lots of different people who you didn't expect would see it; it can be difficult to delete all copies of that picture or video once it is online; it could affect your chances of getting certain jobs when you are older; it could make you feel very upset or anxious.

“ Talk to me if you're ever worried about an image of yourself or someone else online. ”

It is very important that your child feels comfortable to tell a trusted adult about a situation like this should it ever happen. Reassure them that you will never judge them and that you will support them. You could make a list together of all the trusted adults in their life that they can talk to if they need to (e.g. other relatives, a teacher, etc.)

“ It is never okay to share someone else's nude with other people. ”

Tell your child that nude images are very private. If they receive one, they should stop looking (e.g. by switching off the screen or closing the laptop) and tell a trusted adult. Your child's school is a good place to go for help, as they are well practiced in safeguarding procedure and what to do next. Talk to them and explain what has happened, but do not send nude images on to them.

