DIGITAL FOR LIFE
PLAY IT FORWARD

Help Your Child Understand the Risks of Sexting

Understand what sexting is and its potential impact on your child. Learn how you can support them in navigating the online world safely.

What is Sexting?

Sexting is the sending, receiving or forwarding of sexually explicit content (sexts) of oneself or others, usually through messages, photos, and videos.

Sexting with persons below 18 years old may carry legal ramifications, including that of having committed a criminal offence under Singapore law.

The Potential Impact on Your Child

Your child's reputation and mental health may be harmed, as sexting may lead to:

- Sharing of intimate content without permission e.g. revenge porn
- Content being used for blackmail e.g. sextortion

🔍 I Found Sexts on My Child's Phone!

Stay Calm	Have an Open Chat	Delete the Sexts
Stay calm and have an open and non-judgmental conversation about the incident. Assure your child that you're there to listen and understand from their point of view. This will create a safe space for them to be truthful.	Have a frank conversation about relationships, intimacy, respect and consent. Highlight the risks of sexting and discuss safer ways of expressing emotions in relationships.	Guide your child to remove all sexts from their devices and cloud storage. If you are still concerned, discuss with your child about activating **parental controls** to protect them.
Gather details by asking who received the content and where it was shared. If your child created the content, ask why. If it involves content from others, ask if they requested it.	Reassure your child that it is okay to say "no" and reject sexting requests. Let them know that they should not share any intimate and personal information online.	**Note:** If you suspect your child is being groomed, learn how you can help your child **here**.

3 Tips To Protect Your Child From Sexting

The best way to deal with sexting is to prepare your child in advance.

A Educate your child about relationships and sex, starting with these tips from HealthHub: **Tip One** **Tip Two** **Tip Three**

B Keep a close watch on your child's online usage and activities.

C Build a trusting relationship with your child to encourage open communication and ensure they feel comfortable seeking guidance from you.

Your child can better protect themselves with your support and guidance. By staying informed and building a trusting relationship with your child, you can create a safer online experience for them.

Visit **www.digitalforlife.gov.sg** for more tips on parenting in the digital age.