Start the Conversation on Inappropriate Content

Start an open and meaningful conversation about inappropriate content.

Take time to talk to your child in a safe and comfortable space. Let your child lead the conversation with their questions. Stay calm and listen, avoid the urge to scold them without hearing them out.

Each family is different – you know your child best, so say what you think will work with your child.

	My Child is 3-6 years old	My Child is 7-12 years old	My Child is over 13 years old
Ask	'Have you ever seen anything online that looked weird/scary/disgusting?' Or 'Has anyone ever mentioned seeing something like this?'	'Have you ever seen anything online that looked pornographic or violent?' If they're unsure, describe it as 'naked people on screen.' Or, 'Has your friend mentioned seeing something like this?'	'Have you ever seen anything online that seemed sexual or violent?' or 'Do your friends look at violent stuff or pornography?' Assure them that they are in a safe space to share.
Probe	'How did you find it? Did someone show it to you?' Remind them they're not in trouble and they are safe to share.		
Check-In	'How did you feel when you saw it?' Your child may be distressed. Try not to downplay their feelings and assure them, 'It's normal to feel that way, I would too.'	'How did you feel when you saw it?' They might be upset or confused.	'How did you feel when you saw it?' Focus less on what they saw and more on the impact. Try not to dismiss their concerns and feelings.
Explain	Guide them to understand that it is a bad idea to look for such content. **Teachable Moment** Explain the difference between 'good' and 'bad' touches and teach them how to say 'no'.	Explain the content and why you think they are not old enough to view it. For violent content, emphasise that real violence is not a joke and hurting people is wrong. For pornographic content, discuss respect and consent. **Teachable Moment** Talk about the importance of respect and consent. i.e. we need permission to hug, kiss or touch someone, and if someone says 'no', we need to listen.	For sexual content, ask 'Do you want to imitate what you see online?' Discuss the impact of how watching pornography can lead to unhealthy relationships. Remind your child that it is illegal to download, keep or share pornographic materials. **Teachable Moment** Talk about healthy versus abusive relationships. Remind your child that it is illegal to hurt people in real life, and discuss how to manage conflicts non-violently.
Discuss	'What would you do if you were shown this again?' Guide them to understand that seeking such content is not a good idea.	'What do you think you should do if you came across this again?' Guide them to avoid seeking such content.	'What do you think you should do if you came across this online again?' Explain why you think they should not view inappropriate content and discuss ways you can come to a compromise (if they disagree) and ways you can enforce it (if they agree), such as installing parental controls.
Assure	Remind them that you are always there to listen and answer their questions.		

While it can be challenging to navigate digital spaces with your child, have regular conversations and listen to what they have to say. Your guidance and understanding will help keep your child safe in their digital journey.

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