



Supporting our young people around sexting.

Advice adapted from NSPCC guidance.

[\(https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/\)](https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/sexting/)

Explain the risks of sexting

- Tell them what can happen when things go wrong. Don't accuse them of sexting, but do explain the dangers and legal issues
- You may find it easier to use real-life examples, such as television programmes or news stories, to help you explain the risks
- Ask them if they'd want something private shown to the world. Talk about the granny rule - would you want your granny to see the image you're sharing?
- Talk about whether a person who asks for an image from you might also be asking other people for images
- If children are sending images to people they trust, they may not think there's much risk involved. Use examples of when friends or partners have had a falling-out and what might happen to the images if this happens

Every child is different, so your approach should be based on their character and your relationship with them. You could:

- Outline your expectations and explain the rules of having a mobile, tablet or smartphone
- Ask them what they feel is acceptable to send to people, if they'd be happy for you or a stranger or other children to see certain photos. If the answer is 'no', explain that the image, video or message is probably not appropriate to send
- Make sure they're comfortable saying no, that they know their body is private and being asked to share explicit images is inappropriate
- Explain to them about the importance of trust and consent in a healthy relationship. Tell them that it's not ok for someone to make them feel uncomfortable, to pressure them into doing things that they don't want to do, or to show them things that they're unhappy about. Let them know that they can speak to you if this ever happens



Supporting our young people living with parents with substance misuse.

Advice adapted from NSPCC guidance.

(<https://www.nspcc.org.uk/preventing-abuse/child-protection-system/parental-substance-alcohol-drug-misuse/>)

Most parents and carers who drink alcohol or use drugs do so in moderation and don't present an increased risk of harm to their children (Cleaver et al, 2011).

However, parents and carers who misuse substances often have chaotic, unpredictable lifestyles and may struggle to provide their children with safe care and clear boundaries.

Impacts to children can be:

- Physical and emotional abuse or neglect as a result of inadequate supervision, poor role models and inappropriate parenting
- Behavioural, emotional or cognitive problems and relationship difficulties
- Taking on the role of carer for parents and siblings
- Preoccupation with, or blaming themselves for, their parents' substance misuse
- Infrequent attendance at school and poor educational attainment
- Experiencing poverty and inadequate and unsafe accommodation
- Exposure to toxic substances and criminal activities
- Separation from parents due to intervention from children's services, imprisonment or hospitalisation
- Increased risk of developing drug or alcohol problems or offending behaviour themselves

(Altobelli & Payne, 2014; Cleaver et al, 2011; Cornwallis, 2013; Home Office, 2003; Templeton, 2014)