

LIST OF DO'S AND DON'T'S



DO

1. Start the conversation with your child about their online safety early. We know from research that parents often start talking to their child around the age of 12, or when something has already happened. Children have access to tablets and phones at a young age. So be there on time!
2. Take online sexual exploitation seriously. In today's online age, the online world has never been more relevant. And so are the dangers it brings.
3. Check if your child's favorite apps or games offer parental controls or privacy settings. To help with this, Terre des Hommes has created a clear list of parental control options for the most popular online platforms and games among children. Visit int.terredeshommes.nl/also-online for more information.
4. Emphasize the benefits of social media. Social media offers opportunities for new experiences, friends, and communities. For over **90% of young people**, social media is important for staying connected with others.
5. Stay interested in your child's online and offline life. Immerse yourself in your child's online world and relationships, just as you would ask them about their day after school.
6. Speak with your child about the topic while you are doing something else, such as when you are in the car together or doing the dishes. It is often less intimidating to discuss such a topic in a more light-hearted setting.

DON'T

1. Don't assume you know everything. Social media is more relevant to the new generation than ever before. This also means that they have more knowledge about the online world. Try to put yourself in their shoes and if you are unsure about something - ask!
2. Never collect or search for images of child sexual abuse. Not even if it is your own child. Possession of sexual images of minors is **always** illegal in the Netherlands. So even if you search for it with the best intentions because you want to protect your child. By saving those images you are part of the problem.
3. Never make the conversation about relationships, sexuality and intimacy a taboo. Many parents do not talk to their children about online transgressive behavior, because they believe they are too young. The moment you start with an easy-going conversation, it creates a safe environment to talk about it and you lower the threshold for your child to come to you for help.
4. Don't assume that all perpetrators are unknown men. Research shows that almost **80%** of all perpetrators of sexual abuse are known to the child.
5. Don't wait until your child is older or has become a victim. Start talking about healthy sexual behavior from an early age. It is better to be there sooner than to sound the alarm when it is already too late.

