

# Parent guide to online sexual harassment and image-based abuse



## Four ways to make it easier for young people to ask for help

eSafety research on the [‘Digital lives of Aussie teens’](#) told us young people see their parents as an essential source of online safety information. The [parents](#) pages on eSafety’s website have advice and resources about the risks and how to provide the best support to your child.

### Here are four things you can do with your teen to help them feel safe to ask for help:

1. Make sure you tell them that you are always there to help, and that they should never feel shamed or embarrassed by talking about difficult issues.
2. Start the chat about what’s OK and not OK in respectful online relationships and when to [report abuse](#). Every chat you have makes it easier for young people to ask for help when something goes wrong.
3. Use the [The eSafety Guide](#) to learn how to report negative experiences on different online platforms.
4. Talk about how [counselling and support services](#) may help them, and what they can expect if they use them.

You can also share eSafety’s self-help resources for [young people](#).

## How to start the chat

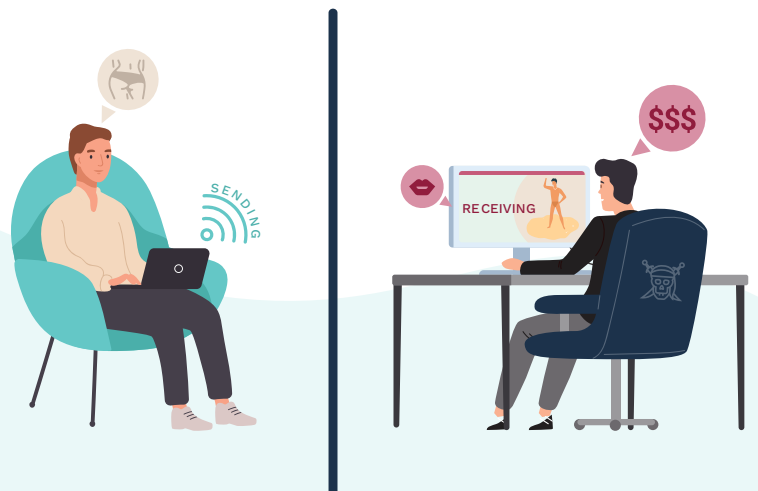
- Talk about permission and consent online. For example, ‘That must have been tough when Sam asked you to be in the family photo. I know you’re not into having your photos online at the moment. Can I help so it’s easier next time?’
- Talk about pressure in relationships. For example, ‘Sometimes our friends or people in our community can influence what behaviours we think are OK. Have you seen this happening?’
- Encourage young people to consider the online world from different perspectives. For example, ‘Do you think your gender affects what you see or do online?’ Then ask them to consider the online world from another perspective.
- Explore the impact of bystanders. For example, ‘I’ve heard sometimes young people get angry and use nudes to try to get back at someone. Do you think there’s anything others can do to try to help the situation?’
- Keep your child safe. If you think it’s possible they are being groomed or exploited by a sexual predator, talk to them honestly. For example, ‘I’ve noticed this one person has liked a lot of your Instagram posts. Does he follow you on any other social media?’

## Other resources for parents

- eSafety's resources for parents and carers include pages on [sexting and sending nudes](#), [unwanted contact and grooming](#) and the [hard to have conversations](#).
- eSafety's [image-based abuse](#) pages have information about how family and friends can support someone if an intimate image or video of a person has been shared online without their consent.
- [Reachout.com](#) has advice for parents on topics like how to talk to your teen about consent and peer pressure.
- [Kidshelpline.com.au](#) has a wide range of advice for parents and young people on a range of issues including social, sexual and mental health issues.
- [Australian Centre to Counter Child Exploitation](#) has resources about child sexual exploitation for parents and young people.
- [Closing The Net](#) is a podcast by the ACCCE that covers online child sexual exploitation, tips and advice on how to protect kids and report offensive behaviour.

The Our Watch campaign '[Doing nothing does harm](#)' looks at how bystanders can call out online disrespect.

- SBS TV program [The Hunting](#) covers themes of misogyny, online exploitation, sexuality and sexualisation among teens.
- Raising Children Network has advice on [what to do if a child is sexually abused](#) and [problematic sexual behaviour](#).
- eSafety's pages for [women](#) have information about dealing with gendered abuse and domestic and family violence.
- SBS TV program '[See what you made me do](#)' and the related [Connect with respect](#) support materials look at family violence and technology-facilitated abuse. The show includes real experiences of domestic and family violence which some viewers may find upsetting.



## Support services

### In an emergency call Triple Zero (000)

#### Kids Helpline

Provides free, 24/7 confidential webchat and phone counselling for children and young people aged 5 to 25 years.

**Phone:** 1800 55 1800

**Web:** [kidshelpline.com.au](http://kidshelpline.com.au)

#### eheadspace

A confidential, free and secure space where young people aged 12 to 25 or their family can chat, email or speak on the phone with a qualified youth mental health professional.

**Phone:** 1800 650 890 or

**Web:** [eheadspace.org.au](http://eheadspace.org.au)

#### QLife

Phone and online counselling for LGBTIQ+ people and their family and friends (all ages).

**Phone:** 1800 184 527

**Web:** [qlife.org.au](http://qlife.org.au)

#### Bravehearts

Child sexual assault and exploitation counselling and support.

**Phone:** 1800 272 831

**Web:** [bravehearts.org.au](http://bravehearts.org.au)

#### 1800 RESPECT

Free 24 hour support for people impacted by sexual assault and domestic or family violence and abuse.

**Telephone:** 1800 737 732

**Web:** [1800RESPECT.org.au](http://1800RESPECT.org.au)

#### Men's Referral Service

**Telephone:** 1300 766 491

**Web:** [ntv.org.au](http://ntv.org.au)

#### MensLine Australia

**Telephone:** 1300 789 978

**Web:** [mensline.org.au](http://mensline.org.au)

#### Lifeline

**Telephone:** 13 11 14

**Web:** [lifeline.org.au](http://lifeline.org.au)

#### Australian Centre to Counter Child Exploitation

Report online sexual exploitation of anyone under 18, including grooming and abuse.

**Web:** [accce.gov.au/report](http://accce.gov.au/report)

#### Youth Law Australia

Confidential legal information and help for young people under 25.

**Web:** [yla.org.au](http://yla.org.au)

#### Parentline

Each state or territory has a dedicated Parentline that offers counselling, information and a referral service. Opening hours vary by state.

**Web:** [parentline.com.au](http://parentline.com.au)

**Parentline (ACT)** — 02 6287 3833

**Parentline (NSW)** — 1300 1300 52

**Parentline (QLD and NT)** — 1300 30 1300

**Parent Helpline (SA)** — 1300 364 100

**Parent Line (TAS)** — 1300 808 178

**Parentline (VIC)** — 13 22 89

**Parenting WA Line (WA)** — 1800 111 546

