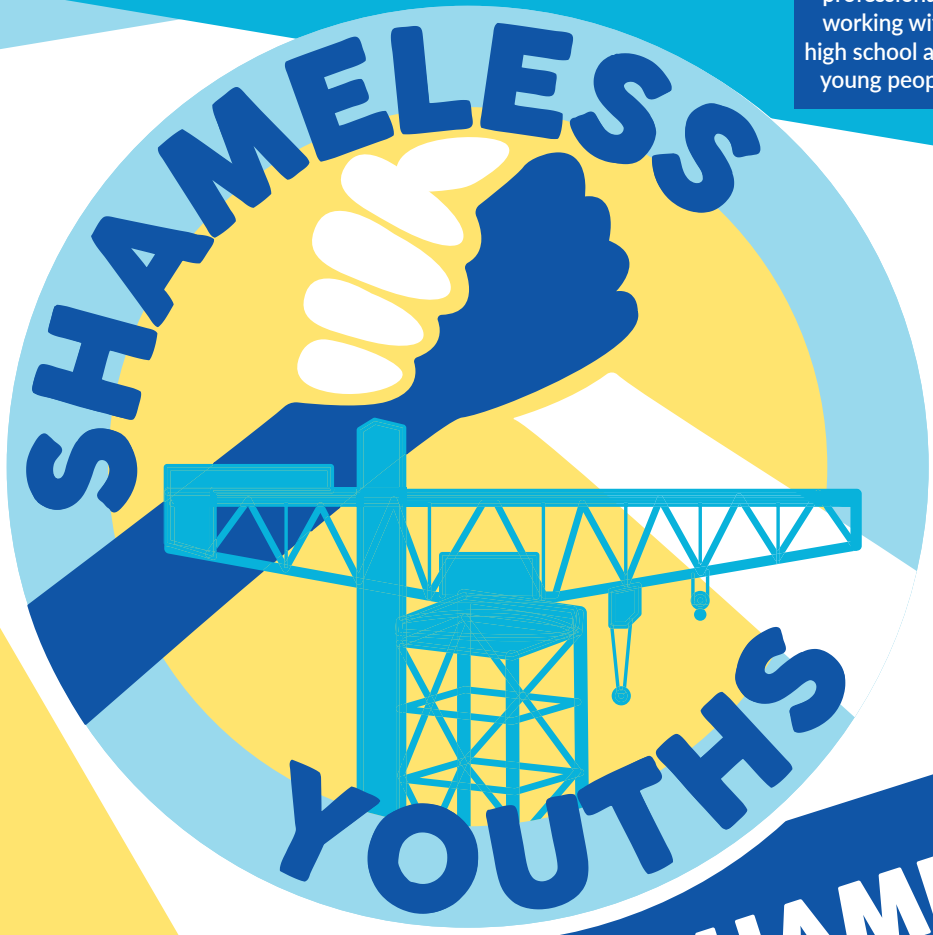


Information for
professionals
working with
high school aged
young people



**“LET’S REMOVE SHAME
FROM THE
CONVERSATION”**

**A youth-led
campaign for healthy
relationships online**

ABOUT THE CAMPAIGN

SHAMELESS YOUTHS

is a campaign which recognises the importance of supportive conversations between young people and the adults in their lives, particularly when it comes to being online and engaging in relationships online. These conversations need to be regular, judgement-free, informed and respectful...

THEY NEED TO BE SHAMELESS

Our aim is to promote positive conversations which support young people to understand what consenting and positive experiences online looks like.

This resource provides helpful tips and insights into how to create space and opportunity for young people to have supportive conversations with professionals.

“WE WANT TO BE SUPPORTED, NOT SHAMED”

CREATING THE SPACE

Feeling comfortable and safe enough to open up is an important first step in getting support or help. There are lots of things that organisations can consider in ensuring their environment is somewhere that young people want to have supportive conversations.

Here are some top tips about how to create a safe, supportive space for young people:

- Involve young people in designing the space. Listen to their ideas and create a shared sense of ownership.
- Make this somewhere that young people can go when they choose.
- Comfort is important – think about comfy seats and keeping it cosy with cushions and nice art.
- Have staff or volunteers available for those who want to chat and have an accessible timetable about who is available and when.
- Remember that a young person might not be ready to chat right away – being in the space may be enough to begin with.
- Having other spaces for different activities or energies are important too – trying to meet everyone's needs with one space might not work.

SHAME DOESN'T DEFINE US, WE'RE PROUD

Professionals can play a huge role in supporting young people to have healthy and positive experiences online... here are some ideas every professional should consider...

MAKE TIME AND SPACE



Be open and offer your support – make sure we know we can talk to you if we want to.



If an adult is always busy, it can feel like they don't want to talk to us at all. Consider being open about when you're free e.g. sharing your timetable so young people know when they can ask for a chat.



Take time to listen and understand what's going on, sometimes a listening ear is all that is needed

RESPECT US AS INDIVIDUALS



Remember that being online, connecting with others online and even taking risks is a normal part of growing up – even if you don't agree with certain choices, we still deserve support.



Every young person is different, and every relationship/experience is unique.



Be mindful of LGBTQ+ relationships and different genders and sexualities, try not to make assumptions.

HELP US MAKE INFORMED DECISIONS



Share information and help us access information on different topics.



Make sure we know we can **ask for support** if needed.



Help us **access services** that might help us with different issues.

SUPPORT IS AVAILABLE



**Nude image of you online?
We can help take it down.**



Having nudes shared can feel scary, and it can leave young people feeling worried or even ashamed. Children and young people can report nude images or videos of themselves to be taken down from the internet using the **IWF** and **Childline Report Remove** tool.

CHILDLINE

Support for children and young people is available 24/7 through Childline on **0800 1111** or at **Childline.org.uk**.

NSPCC HELPLINE

If you can have concerns about the safety of a child, you can call the NSPCC Helpline on **0808 800 5000**.



**Scan the QR Code
to visit the
Shameless youth
web page**

