

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

For adults, if you have any 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 Youths
web page



NSPCC
SCOTLAND

West
Dunbartonshire
COUNCIL



Resource
for parents,
carers and
trusted
adults

LET'S REMOVE SHAME FROM THE CONVERSATION

A youth-led
campaign for healthy
relationships online

ABOUT THE CAMPAIGN

RESPECT US AS INDIVIDUALS

SHAMELESS YOUTHS

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.

WHO IS THIS RESOURCE FOR?

It's important that young people feel that they can reach out for support from adults and those in caring roles in their lives. This resource is for **anyone** who plays a supportive role for any young person and wants to support them to have positive experiences building relationships online.

“WE WANT TO BE SUPPORTED, NOT SHAMED”

MAKE SPACE FOR CHATS

Being online is a part of our everyday lives, we believe that the best way to support young people to have positive experiences online is to have open, regular chats with the adults that they know and trust. Here are some top tips to get started:

- Remember that regular, positive conversations about being online is the best way to help young people stay safe.
- Think about a good time and place that you and your young person can be comfortable for an open, judgement free chat. This will be different for everyone!
- Keep the chat chill and relaxed, start with positives and show an interest in their favourite games, apps or activities.
- Let your young person know that you are open and willing to talk to them, remind them that they can **always** come to you for a chat and for help.



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.



Be patient, supportive and accepting, even if you don't fully understand or can't relate.



Take time to listen and let young people share what they want to share.



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

RESPONDING TO ASKS FOR HELP

It can be difficult for young people to ask for help, and hard to know how to respond in a helpful and respectful way. Here are some top tips to consider:



Listen – it's ok if you're not sure what to say at first, being listened to can be all that is needed to start with.



Be open and honest – it can be helpful to acknowledge that this might be hard or scary for you too.



Let them lead – ask your young person what they would like to happen and how they'd like to be supported. If speaking to others for further support, ask if they would like to be involved in those conversations.



Get help – there are lots of places to get more information and support (see back of this resource for some suggestions).