

Pressure & Unwanted Content: A Guide for Families

Your teen took part in a lesson on what to do if someone pressures them for sexual messages or images, or sends something they didn't ask for.

What your teen learned

Pressure can sound romantic or normal ("if you trusted me...", "everyone does it"), but it is never consent. Your teen learned five things: **you owe nothing, no is enough, don't forward, save the details (never the image), and get help.** Above all, they learned that they deserve support even if they made a mistake.

Conversation starters

- "What would you do if someone kept asking you for something you didn't want to send?"
- "If a friend got sent something upsetting, what would you tell them to do?"
- "If anything like this ever happened, I would want to help, not punish. What would make it easier to tell me?"

Tips for parents and caregivers

- **Lead with calm.** If your teen comes to you, your first reaction decides whether they come back. Thank them for telling you.
- **Never blame.** The responsibility lies with the person who pressured, sent or shared. Avoid "why did you...?"
- **Don't take the phone as punishment.** Fear of losing their phone is a main reason teens stay silent.
- **Don't copy or forward images.** Save messages and usernames, report, and get help. Take It Down can help remove images of under-18s.

If something happens

1 Stop

Stop replying if they won't respect your answer.

2 Save

Messages, username, date and time. Never the image.

3 Report & block

Use the app's tools once details are saved.

4 Tell someone

A trusted adult can help you make a plan.

Where to get help

1564

National Lifeline for emotional support, open 24/7

LARA

Email for support and guidance:
laraa@laraa.org

112

Internal Security Forces, if someone is in danger or threatening you

Take It Down (takeitdown.ncmec.org): Free help to remove private images taken before you turned 18. The image never leaves your device.