



For guardians – talking to children about consent, secrets and online safety

Hi,

Today your child has listened to an important lecture about online safety. As a guardian, you play a crucial role in giving your child the tools to teach children what is okay – and what is not, both online and offline. That is why we want to give some simple but important tips for conversations at home about consent, secrets and online safety.

1. Talk about consent – always getting and giving a yes

Consent is about respect. Teach your child that no one has the right to touch them without asking first – and that they must also ask before touching others. This applies to play, hugs and other types of closeness. Explain that a no must always be respected, even if it is said with a laugh or silence. Confirm that they always have the right to say no, even to adults. The same applies online. Even there, you need to check before posting pictures or videos of others. As an adult, you are a role model here. Always ask children before taking photos, filming or posting.

2. Good and bad secrets

A good secret is something that feels fun and safe, for example a birthday present. A bad secret is something that feels strange, uncomfortable or makes you feel sick to your stomach.

Encourage your child to always tell you if something feels wrong – even if someone has told them not to. Explain that adults who do the right thing never ask children to keep secrets about things that feel wrong.

3. Online crime – talk openly about risks

Children and young people are often more digital than we adults, but this also makes them vulnerable. Tell them that you know that it is common for people to pretend to be children online, and that it is never your child's fault if they end up in an unpleasant situation. The most important thing is that they dare to tell – and know that you will listen.

4. Never judge – listen first

Children do not tell someone who gets angry or blames them. Show that you are always there, no matter what happened. Never threaten to take their phone. Reaffirm that it is brave to tell and that it is never their responsibility if someone else has done wrong. You can say: “Thank you for telling, I am proud of you.”

Talking about the internet doesn't have to be difficult – the most important thing is to start. An open, safe dialogue at home can make a big difference.

Book recommendations: The book series “Zero and the Internet”, the book series about Alex (Boksmart, for primary and secondary schools) and “Fin du är – om grooming, consent and sexual offences on the internet” (Bonnier Carlsen, for ages 12 and up).