Picture the Consequence

PARENT & CARER COMPANION GUIDE

Contents

Introduction

Picture the Consequence is a lesson and story which looks at the behaviours around image-sharing online. Its content encourages children to keep images of themselves private because they can never know if that image will be shared more widely.

It draws on research with young people around the topic of prevention education with sexual image-sharing. However, this lesson does not specifically refer to sexual image-sharing but rather general image-sharing. It focuses on behaviours that young people (aged 11-13) said they experience or demonstrate around image-sharing.

Bea
Sorry ♥

Kitty
Pls take it down

Colin
Can u send a pic?

Facts & stats about image-sharing

55%

In 2023, 55% of all 'self-generated' child sexual abuse imagery (images that children took themselves) included an 11- to 13-year-old girl.

Source

1816%

From 2019 to 2023, there was a 1816% increase in 'self-generated' reports featuring a 7- to 10-year-old (boy or girl).

Source

92%

92% of child sexual abuse material that was removed in 2023 was 'self-generated'.

Source

28%

28% of under-18s who shared intimate photos said those photos were misused.

Source

Note: 'Self-generated' images include both those where children were coerced by an abusive adult to create those images and where children sent those images to peers.

digital matters

Using the story at home

Once Upon Online is a story activity where children need to decide which choice the character makes in each short chapter. This lets them make choices that would be risky in real-life so that they can see the outcomes in a safe environment.

This is a great activity to do at home together, either following the same route or each completing your own route to then discuss where you've ended up.

Use the following as guidance for completing Once Upon Online at home:

Step 1: Access the lesson on Digital Matters and select 'Start Now' under Once Upon Online. Choose the story helper and the begin the story.

Step 2: Read the first chapter together, even if you're both doing the story independently. This will help set your child up for a thoughtful experience.

While Kitty only has two choices, explain to your child that in real life, they will likely have more than two choices. Together, brainstorm and discuss other options that Kitty might have and highlight the choices which are safest and most helpful.

Step 3: Continue onto the next chapters. Stop after each chapter to discuss the choices made and the potential consequences. If doing the journey independently from each other, take turns summarising the chapter you got and the choices you each made.

Step 4: At the end of the journey, review your story summary. If you took different routes, discuss the choices that got you there and whether the endings are positive.

Consider downloading the story summary and working together to answer the reflection questions as well.

Remember that finishing this activity does not mean the conversation should stop. Regular conversations about issues like image-sharing, online safety and your child's general online life can help keep them safer when using online spaces.

Explore additional resources at the end of this document to help you continue their learning.

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digital matters

Additional resources

- [What parents need to know about sexual image-sharing among kids:](#) Learn about sexual image-sharing among 11-13-year-olds and what you can do to prevent the behaviour as your child grows.

- [Sexting facts & advice hub:](#) Explore the issue of sexting among children and young people and what you can do to prevent your child from engaging in the behaviour.

- [Online reputation facts & advice hub:](#) Dive deeper into online reputation and the different elements that create your child's digital footprint to help keep them safer online.

- [What is sextortion?:](#) Learn about sextortion, or sexual coercion, how it takes shape online and what you can do to protect your child.

- [Conversation starters to understand your child's online life:](#) Find tips and guidance for having conversations about all things digital with your child to help them feel more willing to come to you for help.

- [Sharenting tips for parents:](#) Learn how to share more safely online when it comes to shining a spotlight on how proud you are of your child.