



Digital Safety Conversation Guide

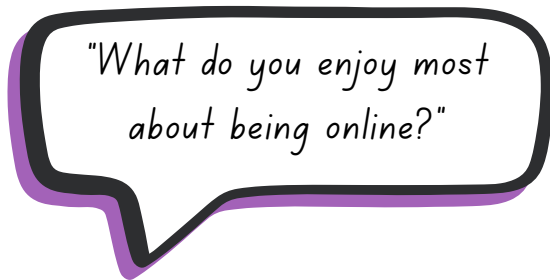
Practical scripts and prompts to help you talk with your child about online safety, spotting red flags, and speaking up when something doesn't feel right.

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Online safety isn't about fear, it's about giving children the tools to make good choices and speak up when they feel uncomfortable. These prompts help you explore safe digital behaviour, recognise warning signs, and build a strong habit of coming to you when something isn't right.

Starting the Conversation

Use these prompts in a relaxed moment, not during conflict or device removal.



Recognising Red Flags

Help your child spot unsafe behaviour even from friendly people.



"What would you do if someone asked you to keep a secret from me?"



"How would you feel if someone sent you a message that made you uncomfortable?"



"What could you say or do if someone pressured you to send a photo?"

Safe Responses

Practise what your child can say or do when they feel unsafe online.



"I'm not comfortable with that."



"I'm going to leave this chat now."



Block, report, tell an adult - role play these steps together.

Building Ongoing Trust

Let your child know they can always come to you without fear.



"If you ever see something that worries you, I want you to tell me right away."



"I will always listen and help you work it out."



"You won't be in trouble for telling me the truth."

Reflection Space

