

Talk to your child about pressure

A conversation sheet for parents and other trusted adults.

Start here

Discuss fictional situations before a problem arises. If your child describes a real experience, listen first. They do not have to explain or solve everything at once.

What could someone do if an online contact kept asking for something they did not want to do?

Who could you turn to if I was not nearby?

If something feels difficult to tell me, we can find another adult you trust.

If your child tells you something difficult

Say: Thank you for telling me. I want to help. Let your child speak in their own words. Avoid blame or questions about why they did not refuse. Responsibility lies with the person applying pressure or committing abuse.

If there are threats or extortion

1. Stop contact and block the person. Do not pay or send more material.
2. Note usernames, links and times. Ask police how to preserve evidence. Do not forward intimate images to other people or an AI service.
3. Explain who you will contact and why. Agree an adult to help and a time to follow up.

Our next step

The adult who will help

When we will talk again

In Denmark: call 112 for immediate danger or contact police on 114 about threats or sexual extortion. SletDet supports children, young people under 18 and the adults around them.

Guidance: Danish police and Save the Children Denmark's SletDet. Produced by Sprout Guard.

[Danish police](#) | [SletDet](#)