



# **TALK TODAY**

## **Starting the Conversation**

**You don't have to be an expert to protect your teen—you just have to start the conversation. Here are a few simple openers you can use tonight, in the car, on a walk, or over dinner:**

- “You may have heard the word ‘sextortion’—what have you seen or heard about it online or at school?”
- “If someone ever tried to scare or threaten you with pictures or messages, what do you think would make it hard to tell an adult—and what could I do to make it easier?”
- “No matter what you’ve sent or done online, I would always want to help you, not punish you. If something ever felt scary or out of control, how could we handle it together?”