

# POCKET CHATS

## CONVERSATION STARTERS TO KEEP DIALOGUE OPEN AFTER DISCOVERING SECRET SEXUAL ONLINE CONTACT

These conversations don't need to happen all at once. One calm question at a time is enough.

1

### “WHAT PART OF THIS STILL FEELS CONFUSING FOR YOU?”

**Why this works:** Grooming and unsafe online contact often creates mixed emotions. Young people may feel flattered, embarrassed, guilty, or unsure all at once. Naming confusion reduces shame and opens space for honest reflection.

**What to listen for:** Self-blame, loyalty to the other person, difficulty labelling feelings, or statements like “It wasn't that bad” or “I knew better.” These responses reveal internal conflict.

2

### “WHEN DID IT START TO FEEL UNCOMFORTABLE, IF AT ALL?”

**Why this works:** This question strengthens body awareness and boundary recognition. It helps young people identify the moment something shifted from “normal” to “not okay,” which builds future self-protection skills.

**What to listen for:** Moments they ignored red flags, rationalised behaviour, or felt pressured to continue. Early warning signs matter.

3

### “IF THIS HAPPENED TO A FRIEND, WHAT WOULD YOU WANT AN ADULT TO DO?”

**Why this works:** Creates emotional distance and perspective. When young people imagine advising a friend, they often access clearer judgement than when they reflect on themselves.

**What to listen for:** Whether they expected protection, intervention, reporting, or silence. Their answer reveals what they believe adults should do in risky situations.

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4

### “IF SOMETHING LIKE THIS STARTS AGAIN, WHAT’S THE QUICKEST WAY YOU’D WANT ME TO HELP?”

**Why this works:** Turns reflection into a practical safety plan. It shifts from analysing the past to preparing for the future.

**What to listen for:** Preferred signals, timing, boundaries, or hesitations about involving adults. This guides how you step in next time.

5

### “WHAT HELPS YOUR BODY FEEL CALMER WHEN THINGS GET OVERWHELMING?”

**Why this works:** Unsafe online contact can activate stress responses. Supporting nervous system regulation reduces panic and builds resilience after the event.

**What to listen for:** Coping strategies they already use, whether helpful or unhelpful. This gives you insight into how they manage stress and what support might strengthen recovery.

#### Try this tonight

- Avoid correcting, reassuring, or problem-solving straight away. Listening comes first.
- Before dinner, pick just one question from the guide.
- Ask it with genuine curiosity, then pause.
- Let your child speak without interrupting or correcting.
- Notice what you learn about their world, and thank them for sharing.

#### What Happens Next?

These questions are just the beginning. If you want a structured, research-backed way to guide your family through serious online risks without shutting down trust, [Module 4: Digital Trust](#) covers grooming behaviours, sextortion, sexual image pressure, scam tactics, reporting pathways in Australia, and how to build the kind of relationship where your young person comes to you first.

**It is not about banning. It is about building trust, empathy, and digital responsibility together.**