

PDF 02 · PARENT + TEEN TOOLKIT

Conversations That Protect.

A practical guide for parents and guardians to talk to teens about online safety
— without shame, panic, or blame.

**“Safety first.
Fear never.”**

A SheShield Cyber Resource · Free to share

EMERGENCY · 24/7

1930 · [cybercrime.gov.in](https://www.cybercrime.gov.in) · [NCW](https://www.ncw.gov.in) · [stopncii.org](https://www.stopncii.org)

SheShield Cyber

EMERGENCY SUMMARY

If your teen is being targeted online, your first reaction shapes the next ten years of their relationship with safety. Lead with calm. Lead with love.

1. RED FLAGS IN TEENS

- Sudden secrecy with phone
- Panic after notifications
- New unknown online 'friends'
- Requests for photos from strangers
- Vague threats or fear
- Withdrawal & isolation

2. WHAT PARENTS SHOULD SAY

USE these lines:

- "You can tell me anything."
- "You are not in trouble."
- "We will handle this together."

AVOID these lines:

- "Why did you send it?"
- "This is your fault."
- Panic, blame, or shouting

3. DIGITAL BOUNDARIES TO SET TODAY

- Private accounts on all platforms
- Location sharing OFF
- No intimate content — ever, with anyone
- Strong unique passwords
- Two-factor authentication (2FA) enabled

4. IF SOMETHING GOES WRONG — PARENT CHECKLIST

- Stay calm. Do not react with anger.
- Save evidence (see Evidence Checklist PDF)
- Report to 1930 and [cybercrime.gov.in](https://www.cybercrime.gov.in)
- Contact school / college if needed
- Seek legal help — many NGOs offer it free

5. SCHOOL / COLLEGE RESPONSE

- Ask for the harassment / POSH policy
- Speak to the school counsellor
- Approach the Women's Cell
- Anti-ragging committee contacts

HELPLINES

1930 — National Cyber Crime Helpline (24/7)

cybercrime.gov.in — File official complaint

NCW — 011-26942369 / 26944754

stopncii.org — Global intimate-image takedown

iCall — 9152987821 (counselling)

Vandrevala — 1860-2662-345 (24/7 mental health)

Shame silences. Support protects.

Your calm is your child's safest password.