

Before You Share

A Digital Dignity Reflection



Every child has
a story. Our role is
to protect their right
to tell it.

Before we share a story, it helps to know
whose story we are telling.



A parent's story may include...

- Receiving a diagnosis
- Learning to navigate services
- Advocating for support
- Celebrating milestones
- Coping with uncertainty



A child's story may include...

- Growing friendships
- School experiences
- Developing independence
- Privacy
- Identity
- Discovering who they are

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Both stories matter.

Before sharing, pause and ask:
Whose experience am I sharing?

*A parent's experience belongs to them.
A child's experience belongs to them too.*



Five Questions Before You Share



A thoughtful pause today can protect dignity tomorrow.

Before posting, take a moment to pause and reflect on what truly matters.

1

Is this my story, my child’s story, or both?

2

What is my purpose for sharing this?

3

Could I tell this story without this photo or detail?

4

Does this protect my child’s dignity?

5

How might my child feel about this when they are older?



Remember

There isn’t always one right answer.
Reflection simply helps us share more thoughtfully.

A pause before posting can protect dignity long after the moment has passed.



Awareness or Exposure?



Awareness brings understanding.
Dignity protects identity.

Our intentions may be good, but the impact is what shapes a child's future.



Awareness might look like...



Sharing what you have learned as a parent.



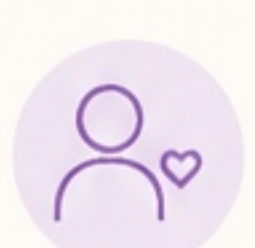
Talking about systems and inclusion.



Celebrating achievements respectfully.



Protecting privacy while educating others.



Keeping the child's identity larger than their diagnosis.



Exposure might look like...



Sharing a child's most vulnerable moments.



Posting personal care or distress without a clear purpose.



Creating content that centres a child's diagnosis more than the child.



Sharing details the child may later wish had remained private.



Sharing because the moment is powerful, not because it is theirs to tell.



The question is not only whether a story raises awareness.

It is also what the child gives up for that awareness to be created.



Awareness and dignity should work together—not compete.

Looking Towards the Future

Today’s post will become part of your child’s tomorrow.
Take a moment to look ahead.



The choices we make today can shape how our child is seen tomorrow.



In 5 years

They are growing into new experiences, new friendships and new challenges.



In 10 years

They are shaping their identity, building independence and forming their voice.



In 20 years

They are living their life, making their own choices and writing their own story.

Ask yourself...

	Would they recognise themselves in this story?	
	Would they feel respected?	
	Would they feel heard?	
	Would they be comfortable with strangers knowing this?	
	Have I left space for them to tell their own story one day?	



Children grow.

Their identity grows.
Their voice grows.

Leave room for it to become their own.

One of the greatest gifts we can give children is the opportunity to become the authors of their own stories.