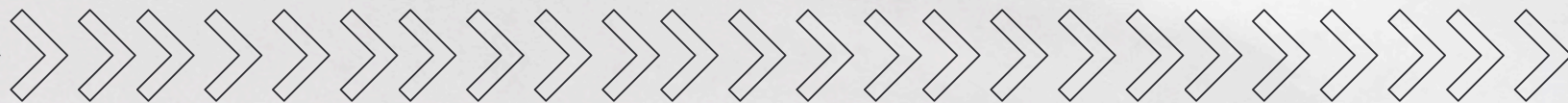


PARENT P WER

educate | equip | empower



Pornography Awareness Conversation Guide

THE BASICS

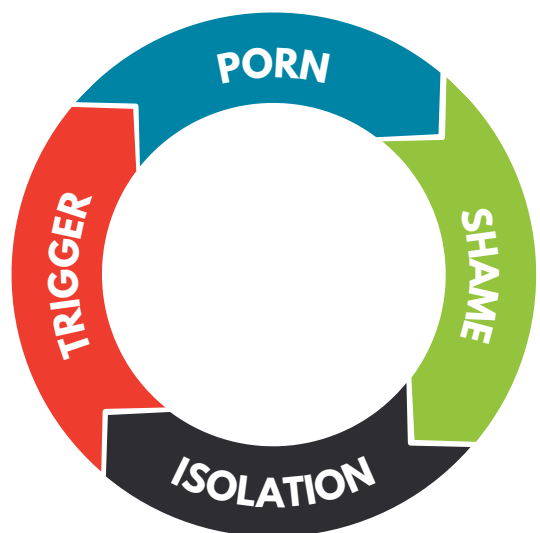
- Studies show that most young people today have been exposed to porn by age 13, and a nationally representative survey of U.S. teens shows 84% of males and 57% of females ages 14-18 have viewed porn.
- Pornography is addictive and it does have the power to affect our relationships. This is why it is vitally important that we are educated and start having restorative conversations around this topic.

**Percentage of Teens Who Have Viewed Pornography
(ages 14-18)**



THE SHAME CYCLE

When someone views pornography, they feel shame, so they isolate, and then experience a trigger which causes the cycle to start all over. Remember, isolation is one of the greatest factors within addiction. In order to break the cycle, we have to interrupt the process by helping them break free of shame and bring them out of isolation. There is hope in knowing that once we break the cycle, the brain begins the process of rewiring our neuropathways. Our first step is talking with our children about pornography.



THE CONVERSATION

ACKNOWLEDGE THE AWKWARDNESS

Talking about sex and pornography with your children is uncomfortable. Pretending that it isn't awkward just makes the situation worse. Instead, acknowledge that awkward feelings come with the conversation. Uncomfortable conversations aren't going to keep us from doing hard things. (Pro tip: Talking about difficult subjects in the car alleviates the pressure of eye contact, which can make everyone feel more comfortable).

AXE THE ANXIETY

Pornography can be hugely triggering to people who have been sexually abused, were exposed to sexually explicit material at a young age, or who have been impacted by pornography. It might help to talk with a pastor or counselor before you talk with your child.

ASK QUESTIONS

Asking questions helps us tailor the conversation to what they want to know, and in how much detail. If you get caught off-guard, it's perfectly acceptable to say, "That's a great question! Let me think about that and I promise to get back to you." Just make sure you do actually get back to them.

ABANDON SHAME

Keep in mind that it's not just the words that induce shame, but the tone. Young people need to know they're not the only ones who have encountered pornography. Isolation only breeds more secrets, while connection builds authentic relationships. We model authenticity by sharing from our own lives.

START SMALL & BUILD

**Have you ever heard
of pornography?**

**Do you know what it is?
(If yes, tell me what it is)**

**Have you ever seen it?
(Are you sure? Are you lying? Don't just
take what they say at face value)
(If yes, how did you come across it?)**

**Do you have friends that watch
it/talk about it?**

**Has anyone ever sent you anything pornographic?
(The answer to this is most likely yes)**

**Do you understand why it's bad?
(If yes, why is it bad?)
(Help them explain it and walk them through it)**

FINAL ENCOURAGEMENT

For a lot of us, we may feel disqualified to talk to our children about sexual issues like pornography because of struggles that we have had or struggles that we are currently involved in. If this issue is something you have walked through or are working through, that does NOT disqualify you from talking with your children about it. They need to be protected, and you are their first line of defense.

Here's a few things you can do:

1. Encourage them to talk to someone! If students are struggling with the temptation to look at pornography, they need to connect with a trusted adult like a parent, pastor, or school counselor.
2. We recommend that the whole family use filters and accountability. Download content blockers and accountability apps on ALL your devices.
3. We suggest that struggling students stay busy with device free activities. The temptation to look at pornography most often occurs when they are bored or tired. The best way to fight the temptation is to keep them busy with activities that do not involve devices.
4. Set boundaries for your family! One great boundary to set is not to have any internet capable devices in children's bedrooms. Keep devices in a common room where your family will come and go. Consider only having TVs in family spaces instead of bedrooms. Buy a multi-phone charger and charge phones overnight together. While setting boundaries like this is not the most convenient way to deal with devices, it will help limit the opportunities to look at pornography. Protecting our kids isn't easy, that why they need wise parents who have a hope and vision for their futures.

One final word of encouragement - your children are resilient. The neuropathways that form from your child watching pornography can die off when they stop watching it. The earlier they stop watching it, the sooner their brain can create new, healthy neuropathways. There is hope for them no matter where they are or what they've been exposed to.

ADDITIONAL RESOURCES

bark 

www.bark.us

 **CovenantEyes**[™]
www.covenanteyes.com

Qustodio

www.qustodio.com

 **pinwheel**
www.pinwheel.com


AURA

www.aura.com