

## Talking with Children and Teens about Pornography

By talking with your children pro-actively about sex, sexual development, and pornography, you can share accurate information and communicate your values and cultural beliefs.

How you respond to your child about pornography can have a greater impact on the child than the pornography itself. If you get angry or panic, it may send a message of shame and determine whether or not your child feels comfortable asking you questions in the future about pornography, sex and sexual development. Talk to both your sons and daughters.

General talking points about pornography to use with children:

- Sex is a loving, enjoyable act between consenting adults.
- Touching your own private parts feels good and can be fun, but it's done in private and not shared with others.
- Pornography is when actors mimic acts of sex in front of cameras to cause sexual excitement.
- The images in pornography are sometimes what kids come to believe sex is really like and it can feel scary.
- Pornography can come in printed images in magazines or in videos or movies on line.
- Images of pornography can be violent and painful and can make kids feel scared.
- You will probably be exposed to pornography by your friends, online, on the school bus etc.
- Once you look at pornography a few times, it may make you want to look at it more - for teens, discuss the possible addictive nature like wanting more than 1 or 2 cookies.
- If anyone ever shows you pornography and you feel excited by it or uncomfortable by it, it's okay to talk about it with an adult you feel safe with and trust.
- You will never be in trouble if you talk about pornography with an adult.
- Pornography is sometimes used by teens or adults to groom kids, which means to get them to be your friend. If someone does this, they are breaking body-safety rules and it's okay to talk with an adult you trust.
- I am always available to talk about any questions you have about sex/ pornography.
- Brainstorm other safe people your child can talk with.
- It's natural to be interested in sex but pornography can be violent and scary which is not what sex is about.

### Keeping Kids Safe Online – 10 Best Practices

While there are unique safety challenges specific to each form of technology, service, and app, here are ten general practices to support online safety.

1. Keep your computer or tablet in a high-traffic area.
2. Limit the sites your kids are allowed to visit, and for how long.
3. Spend time with your children online and invite them to show you sites and activities they enjoy, including chat rooms and social networking.
4. Don't allow children to take their phones and tablets into the bedroom overnight.
5. Resist the urge to purchase external web cams.
6. Get to know your children's online friends just as you would their in-person friends.
7. Let children know that they have to "friend" you as a condition of using social media.
8. Teach children not to share personal information (birth date, phone #, address, passwords).
9. Ask your child to sign a "Safe Use" agreement – and don't hesitate to revoke privileges if the "Safe Use" agreement is broken.
10. Talk with other parents about your online safety practices and setting limits when kids are using devices together on play dates.

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