



HOW WOULD I KNOW IF MY CHILD IS LOOKING AT PORNOGRAPHY?

“His entire pornography addiction happened in the kitchen and living room of my house while the family was in the room.”

Tasha Deschambault
Mother of 13 year-old recovering
porn addict

Pornography can quickly become overwhelming and confusing for children and teens. This can surface in ways that are difficult for parents or teachers to pinpoint.

Some signs could include:

- Outbursts of anger
- Preoccupation with sex
- Inability to concentrate
- Locking themselves in their room regularly
- Increased pop-ups or inappropriate e-mails on your computer
- Quickly changing or shutting off screen when you walk into the room
- Depression / suicidal thoughts
- Wiped browsing history
- Change in vocabulary (more mature/ inappropriate words)

CAN A PARENT PROTECT KIDS FROM ONLINE PORNOGRAPHY?

If a child has internet access, they have porn access. All they need to know is what words to type into Google. Sometimes kids discover it by accident when they innocently search for a word like “girl.” Often, kids are first exposed through pop-up ads that appear while they’re playing a game online. Even math websites can have pop-ups.

As parents, we need to be brave and not let the sex industry educate our kids. But don’t approach your kids in a confrontational way; come alongside, while driving or shopping or hiking. To open up the conversation, you can ask a simple question like “have you ever seen anything on the internet that made you feel uncomfortable?” You can also tell them that if they come upon a site that feels inappropriate, they can tell you and you won’t get mad. Then take it from there. You shouldn’t see the “sex/porn talk” as a one-time conversation, but view it like an onion that you peel back one layer at a time. Find age appropriate ways to talk with your kids, and make it an ongoing discussion.

These conversations are vital, but must go hand-in-hand with good systems that prevent exposure. Putting a phone in a 12 year-old’s pocket and then telling them not to look at porn is like putting a pack of cigarettes in their pocket and saying smoking causes cancer.

Some ideas for setting boundaries:

- If your child has a cell phone, don’t let them have it in their room at night
- Keep computers in a public area, like a family room
- Have filters on all your family’s devices
- Have all your child’s passwords

** More ideas and tech solutions can be found in the resources section of this guide.*

“I had a website, and on my website it says you must be 18 years old or older to enter. But anybody could click enter. A 10 year-old could click enter.”

Brittni De La Mora
Ex-porn star