

PORN PREP FOR PARENTS

DEFINITION

Explicit sexual content designed for the sole purpose of sexual arousal and making buttloads of money. It is not sex education or art.

WHAT'S UP

Every child will see porn by the time they are 18. Most kids see porn accidentally– they search for something innocuous; they are curious about sex terms they've heard; or someone shows it to them. The average reported age of exposures is about age nine, but it's probably more like seven. Often they see it and stop looking but they don't tell their adults about the exposure. And some kids can't stop looking at it.

It's *your job* to protect your kids online and not *their job* to make sure they are making good decisions. Curiosity will always win out, especially when it comes to sex.

If you haven't been using monitoring and filtering, and your kids are exposed, you should apologize for allowing this to happen and not keeping them safe online. Your kids will trust you more and be more likely to tell you when they make mistakes, if you are demonstrating this very thing.

PREPARE YOURSELF

Talk about sex. They need to know about sex before they see porn because it gives them context for what they will see and reduces their curiosity. They will have safe resources to learn about sex and get their questions answered.

Figure out your goal. What do you hope they learn, think, do, etc. as a result of your porn talks?

Make a plan for the talk. Who's doing the talking? What will you say? When will the first talk happen? How will you keep the conversation going?



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"Thanks to you I have a new level of comfort about my own sexuality and am thus more able to talk freely with my kids about sex."

~ Alyson M.

COMMUNICATION TIPS & SCRIPTS

What to say to maintain connection and openness when you tell them what porn is:

- Have you seen it? Has anyone shown it to you?
- Lots and lots of kids have seen porn. Who do you know that's seen it?
- You will not be in trouble if you tell me you've seen it and we will get you help if you need it.
- Do you have any questions?

If they've been exposed:

- I am so sorry you saw this. I made a mistake and didn't protect you online and this is my fault.
- Thank you for telling me - you are not in trouble for this.
- When did you see it? Where have you seen it?
- Did someone show it to you?
- How long have you been looking at it?
- How are you feeling?

PREPARE YOUR KID

SPECIFIC SCRIPTS ABOUT PORN

As your kids age add more detail to the scripts for three-to-five year-olds. By the time they are 12 or so, you can say anything you want about porn - and sex and all of it!

Three-to-five:

- Sometimes you can see pictures and videos of naked people on the internet.
- This is not OK for kids to see because it is grown up stuff and can be scary and weird.
- The rule is that if you see this or someone shows you, stop watching and tell me — you won't be in trouble!
- If you are curious about bodies we have some great books to look at.

Six-to-eight (add to the above):

- There are videos called pornography or porn and they are videos of people having sex and doing sexual things.
- It's definitely not for kids because kids are not ready for sex or to see sexual things like this.
- It is not real sex. The people are actors and are playing a role like in a regular movie.
- It's not OK for you to show these videos to other kids. You can get in trouble.
- It's normal to be curious about sex and bodies - most kids are. Books are the safest place to learn about this stuff.

Nine-to-12+ (add to the above):

- It can mess with your heart, mind and body when it comes to your developing sexuality.
- Porn lies about what real sex and sexual encounters look like and can mess up how you think about sex and relationships,
- People think it's like sex ed, but it's not because most people don't do those things; their bodies don't look like that; and when people have sex it doesn't sound that way. It's fake.
- Porn gives the wrong ideas about sex because it doesn't show any intimacy or proper consent.
- It's violent and degrading to women and portrays people of color as racist stereotypes.
- It is a multi-billion dollar industry and many of the actors are sex trafficked, abused and treated terribly.
- Some people develop a dependence on it and use it compulsively and can't stop. If this happens, they need help to fix whatever it is that's driving them to do this.
- Please let me know if you think you need help with porn in any way. You won't be in trouble and we'll figure it out.

Additional questions:

- I'm pretty sure you've seen it. When did you see it? Where?
- How did you feel when you saw it?
- What do your friends think about it?
- What do you think about it?
- Would you be open to talking to someone about it?

RESOURCES

Birds & Bees & Kids Books & Resources for Parents

- **Sex Talks with Tweens: What to Say & How to Say It** — Almost entirely scripts so you don't have to find the words — I've done it for you!
- **Birds & Bees & YOUR Kids: A Guide to Sharing Your Beliefs About Sexuality, Love & Relationships** — Learn how to talk with your kids and clarify your values at the same time.

BOOKS for KIDS — FIND THEM HERE

Other resources

- **The Birds & Bees Solutions Center** — Do you want to be the trustworthy parent *you didn't have*? Join the Birds & Bees Solutions Center and get group coaching, deep-dive classes and a massive library of videos and resources.
- **BirdsAndBeesAndKids.com** — My site with video tips, book suggestions and online solutions
- **Just Say This!** My Q & A style podcast. Anything goes!
- Want help with a specific issue? Schedule a **Quickie Consultation!**
- **Every Body Curious** — Sex Ed class style show for tweens. Amy is one of the producers!
- **CONSENT Parenting** — For parents who were sexually abused, prevention tips and classes for parents and kids
- **Savvy Parents Safe Kids** — Consent, sexual abuse prevention and safety classes for parents



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