



Be in Touch

EDUCATE CONNECT PROTECT

Explaining Pornography – Conversation guide

As the parent, you need to approach the conversation with an understanding of how much info your child can take in before they shut down due to discomfort and embarrassment! I would recommend keeping the chat to no more than 10 minutes initially and choosing a time when other siblings who don't need to hear it are away, and your child is in a fairly chilled mood.

If you have already discovered that your child has viewed pornography, whether accidentally or intentionally, then go ahead and have this conversation as soon as you can. Just know that, to get ahead of the game, you really do need to have this chat with your child somewhere between 10 and 12 years old (statistics put the average age of exposure to porn at 11 years of age, but kids as young as 8 are coming across it!).

Asking your child to watch these videos first, may help you to get started.

Note our strategy of using technology productively!

This first one explains how porn affects your brain – check it out [HERE](#)

The second one is a series of celebrities talking about what they think about porn and why they don't watch it – check it out [HERE](#)

You may also want to watch this video for a summary of the science behind WHY porn use should be limited – check it out [HERE](#)

Ready to start the conversation?

Here are some pointers:

Your children are part of the first generation to grow up with internet access, and this is a whole new challenge for you as a parent as well as for them as kids.

Whilst you might have seen porn in magazines or via video tapes when you were growing up, the video streaming of high-speed internet porn today is much worse for children because it reduces their ability to think through decisions before they make them, by changing the structure of their brains ([research](#)) and reduces their self-control, which is more important than how 'smart' they may be ([research](#)).

Ready to have the conversation?

Head to the next Page for the Conversation Steps



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If digging into the science is too much for right now, simply explain to your child that because human beings are always looking for new experiences, and we have a natural drive to connect with potential sexual partners, Porn offers a hyper-stimulating low-risk vehicle to feed our natural desire for connection, however it has untold negative effects and creates a false understanding of how partners are attracted and what intimacy is really like.

Sex in movies, and porn more specifically, is pretend stuff, and not what sex is like in real life. Expecting relationships, and sex, in particular, to be like what they see in movies and porn, is as crazy as expecting to meet Spiderman in the street when we see Tom Holland (or use any other example of your child's favourite character/actor!)

You can go into various levels of detail here depending on how comfortable your child is at this point, or how much info you think they need, using the comparison below contrasting fantasy and reality to structure your points:

Fantasy	Reality
<ul style="list-style-type: none">• Characters• Objects• 'Perfect'• Genitals• Swappable• Eternal• Power• Large penis• Lose control	<ul style="list-style-type: none">• People• Person• Real• Whole Body• Fixed• Natural• Consent• Normal penis• Share control

Leave the conversation open and on-going, with the opportunity for questions from your child. This conversation around 'exposure' needs to be brought up constantly as your child develops into an adolescent and then a young adult. It is a great opportunity to develop the strength of your relationship with them, so that they will always come to you first when they need support.

Remind them that you are always available if they need support and let them know that you will check in on this conversation again in a few weeks.

Congratulations – you have quite possibly changed the course of your child's life!