



5 Ways to Safeguard Your Kids against Pornography

1. Outer Defenses Matter

- Use filters (computer, router, and even Internet-service-provider levels) -Refer to www.utahpta.org/netsafety for what filters to use
- Keep computers in common areas
- Have kids turn in devices at night (phone, tablets, laptops, etc.)
- Use parental controls on device access (Netflix, gaming devices, etc.)
- Have an open-book policy (parents can read texts and social-media posts)

2. Talking about the Truth

- Talk early with your children about healthy sexuality (don't wait till puberty)
- Help them develop a healthy understanding of their body (use correct terminology for body parts and simple terms)
- Make it an ongoing conversation, not "The Talk"

3. Don't Jump to Conclusions

- Pornography can lead to addiction, but don't assume any involvement with pornography is addiction
- By being open and not assuming, it encourages dialogue rather than shaming and hiding problems
- Ask your children, "How long has it been going on? How often do they view it? How are they accessing it?"

4. Teach Emotional Management

- Teach your kids that it is alright to experience negative emotions like anger and sadness
- Encourage your children to problem solve- don't solve problems for them
- Engaging in pornography can cause your child to feel guilt, do not add to this by shaming
- Guilt can be healthy and motivate change; shame leads to feelings of worthlessness
- Teach healthy coping skills, including religious/spiritual beliefs or practices

5. Practice Developmental Patience

- The adolescent brain is not fully formed which leads to issues like impulse control
- Guilt and shame can be crippling to a still-developing adolescent brain
- Encouraging your child to turn to a Higher Power can provide hope and motivation to change

Reference

Thomson, L.J. (2015). Arm your kids for the battle. *BYU Magazine*. Spring 2015, p. 40-47.