

PROTECTING & GUIDING YOUTH IN A PORNIFIED WORLD

HAVE A PLAN!

Many parents will go searching for resources or start asking for help after becoming aware of their teen exposure to something inappropriate online. This puts you in a stressful state, frantically trying to navigate a difficult situation, making decisions out of fear and possibly reacting in a way that only further damages your teen's self esteem and identity.

DEVELOP YOUR OFFENSIVE:

- Talk openly about our bodies, sex and the world in a way that's developmentally appropriate at all ages and stages.
- Teach your child with your actions and words, that anything can be openly talked about and that you are an "expert". You want them to always come to YOU first, not google or a friend on the playground
- Teach your child to be cautious around other people's devices/technology and their own! "Don't click if you don't know!"
- Set clear boundaries from an early age around screen time usage, limits, transparency and expectations
- Check out this article by Jen Wilkin with helpful tips
<https://www.jenwilkin.net/blog/2014/05/equip-your-kids-to-say-no-to-porn.html?rq=porn>

DEVELOP YOUR DEFENSE:

- Set parental codes and viewing settings on all apps and devices
- Install software to prevent adult content from coming into your home
Do not rely on this software; develop a habit of checking in and looking at browser histories together
- Limit wifi access when kids should be sleeping or playing or are unsupervised

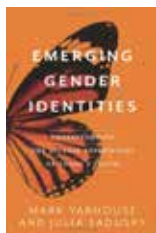
MAKE A COMMITMENT AND KNOW THE FACTS!

Decide today that you will be a champion for biblically healthy sexuality in your family. The world has distorted, twisted and used sex in so many ways, we've sometimes become unaware of these harmful messages. Set your child up for joy and wholeness in their adult life by leading them well now. Check out [Fight the New Drug](https://fightthenewdrug.org/resources/), a non-profit organization committed to education about the negative effects of pornography.

<https://fightthenewdrug.org/resources/>

RESOURCES

■ Books



Emerging Gender Identities: Understanding the Diverse Experiences of Today's Youth

by Mark Yarhouse and Julia Sadusky

An honest, scientifically informed, compassionate, and nuanced treatment for all readers who care about or work with gender-diverse youth. Based on the authors' significant clinical and ministry experience, this book casts a vision for practically engaging and ministering to teens navigating diverse gender-identity concerns. It also equips readers to critically engage gender theory based on a Christian view of sex and gender. [BUY ON AMAZON](#)

■ Courses

The Whole Story - For girls and boys ages 10-16. Not-so-scary talks about sex, puberty and growing up.

<https://thewholestory.thinkific.com/collections>

Christian Sexuality - Discover the truth about Jesus, sex and gender. This video-based, comprehensive discipleship experience will help youth leaders, teachers, mentors, parents, youth and young adults engage in one of the most important conversations of our age.

<https://christian-sexuality.com>

■ Articles

Axis.org - Connecting Parents, Teens and Jesus in a Disconnected World

Topics include: Masturbation, Modesty, Addiction, Pornography, Body Positivity, Gender identity

<https://axis.org/resource-category/parent-guide/?parenting-theme=&s=lust>

■ Videos

Axis.org - Conversation Kits - Topics include: Sexuality, Porn, Addiction

<https://axis.org/resource-category/conversation-kit/page/2/>

■ Podcasts

Axis.org - Same Sex Attraction, Celibacy and the Gospel

<https://axis.org/resource/the-one-conversation-podcast/11-same-sex-attraction-celibacy-and-the-gospel-laurence-koo/>

PORN BLOCKING SOFTWARE & ACCOUNTABLE TOOLS

7 Best Porn Blocking Software Apps 2023

An article that reviews top blocking software options for yourself and your family.

<https://contentmavericks.com/best-porn-blocking-software/>

Covenant Eyes

A powerful accountability tool designed to help you and those you love live free from pornography.

<https://www.covenanteyes.com/>

COUNSELLORS

Cherisse Doobay: <https://www.psychologytoday.com/ca/therapists/cherisse-doobay-toronto-on/426627>

Kristina Jagassar: <https://www.psychologytoday.com/ca/therapists/kristina-jagassar-markham-on/373044>

MY TEEN HAS BEEN WATCHING PORNOGRAPHY – WHAT DO I DO NOW?

1. Do not freak out - stay calm - the biggest danger of porn is the shame cycle it creates. Shame hides in the shadows, shame tells us we are no good, shame isolates us from the redemptive work Jesus can, has and will do in all of us!
2. Comfort and ask open ended questions; did something they saw confuse them? Scare them? Is there anything they'd like to know? (remember to BREATHE and stay calm - YOU want to be the expert here, KEEP communicating)
3. Decide if you need to pursue help or counseling, demonstrate to your child that it's always ok to ask for help!!
4. Make a plan together to protect them in the future, ensure that it isn't a punishment. The goal is to pursue good technology habits!
5. Pray with them and for them, continue to point them to Jesus, affirm to them their identity as HIS, unconditionally loved.