

# PROTECTING KIDS IN A PORNIFIED WORLD

## Have a plan!

Many parents will go searching for resources or start asking for help after becoming aware of their child's 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 child'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), a non-profit organization committed to education about the negative effects of pornography.

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

## Resources:

Bare Marriage - <https://baremarriage.com/>

The Birds & Bees on Apple Podcasts - <https://podcasts.apple.com/ca/podcast/the-birds-bees/id1553412228>

Sexual Health Books - [https://www.amazon.ca/hz/wishlist/ls/38K4KRBUOH5UB?ref\\_=wl\\_share](https://www.amazon.ca/hz/wishlist/ls/38K4KRBUOH5UB?ref_=wl_share)

## My child 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.