

# PARENTING ONE CLICK AHEAD OF PORN



Free eBook helping parents to  
counteract porn culture with their teens

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# Welcome

As you read this short eBook, you will discover that regardless of background – parent, grandparent, aunty, uncle, community worker, health professional, educator, technology guru, government leader, follower or influencer, we all have a mandate to address the issue of children and young people accessing pornography. It truly is the **public health crisis of the digital age**.

This information is primarily targeted at parents of teens. However, we know that developing children race towards adolescence so regardless of your child's age, you will gain helpful strategies. If you are not a parent, you will discover why this is a social justice and public health issue, and learn the importance of responding proactively.

This eBook will leave you wanting more. As Director of Health Education for **Culture Reframed**, I'm pleased to say lots more is available (page 27).

Please be advised, these pages discuss explicit content and may be offensive to some people. Divided into 4 sections, this eBook explores:

1. Pulling back the covers on porn (p2)
2. Being proactive to counteract porn culture (p9)
3. Conversations on the home front (p14)
4. Helpful Resources and Website Links (p26)

*Parenting one click ahead of porn* is no easy feat. At times, raising teens can feel incredibly isolating, so the saying 'It takes a village to raise a child' has never been more important in our digitally connected world. It is my hope that this resource provides invaluable insight into why it's so important that you, and everyone you know who love young people, become part of a global movement to counteract porn culture.

Much love, Liz Walker  
Sexuality Educator, Speaker and Author

Director of Health Education, **Culture Reframed**  
Chair of **eChildhood**  
Managing Director of **Youth Wellbeing Project**

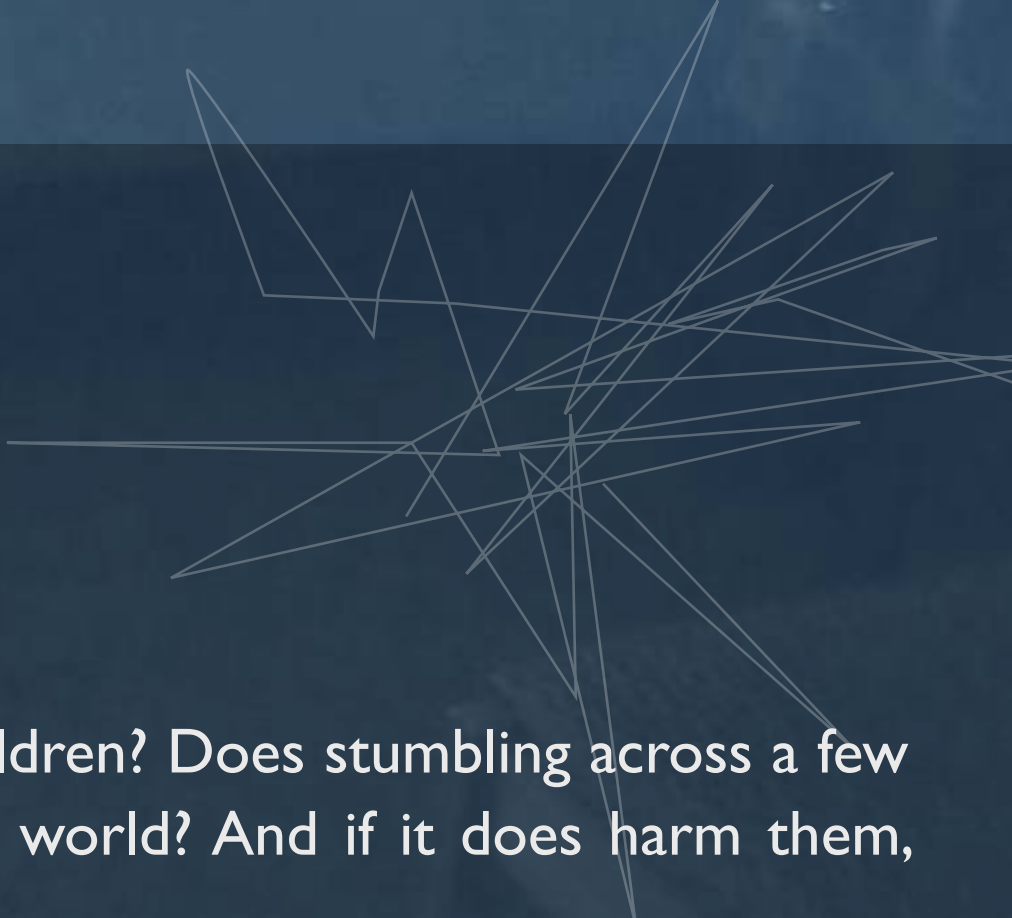


## Chapter 1

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# Pulling back the covers on porn

What's all the fuss about? I mean, really, does porn harm children? Does stumbling across a few nudes really impact a child and their understanding of the world? And if it does harm them, where's the evidence?



Kids now live in a culture that is significantly different to even as recent as five years ago. The proliferation of mobile devices and broadband Internet changed everything and research is struggling to keep up. For this very reason, it's important that parents aren't lulled to sleep on the nature of online, hard-core mainstream pornography. Whilst I'm certainly not wanting to be an alarmist about this, if we truly pull back the covers on porn, we see that it's most certainly not harmless nudity or a bit of slap and tickle.

Research of the harms of pornography is mounting. We **aren't exactly sure** what young people are exposed to or watching, and this is perhaps due to the ethics of asking children or young people about explicit material. However, we can make some fairly accurate assumptions based on what we know is 'mainstream' and readily available.

To illustrate the nature of how problematic readily accessible content is today, versus pre-internet, consider my home country of Australia. The **National Classifications Scheme** in Australia (and the **Office of Film and Literature Classification** in New Zealand) refuse to classify content that is readily available to our kids at the click of a button.

Material containing any of the following is **Refused Classification** (RC) in Australia, and includes: *depiction of violence, sexual violence, sexualised violence or coercion, sexually assaultive language, consensual depictions which purposefully demean anyone involved in that activity for the enjoyment of viewers, bondage, spanking, fisting, any depictions of non-adult persons, including those aged 16 or 17 and adult persons who look like they are under 18 years, etc.*

This means, prior to the internet, this content was tightly restricted and not readily available. Customs officers were once required to spend hours looking at graphic (and often traumatising content), in order to deem it RC and keep it off our shelves. **It is illegal, deemed not suitable for young people under the age of 18**, yet this counts for nothing given the widespread prevalence and availability of mainstream hardcore porn on the Internet.

All of what is described within the RC category is found on the website PornHub - it has a **current global ranking** of 34 (April 2018). Increasingly visited, this ranking is up from 41 in May 2017 and 65 in January 2016. A **2013/14 survey** carried out by ChildWISE in the UK revealed that PornHub was

one of the “Top 5” internet sites for 11-16 year-old boys. Although this data is from the UK, the Internet leaves few parts of the globe disconnected and these figures are likely to be consistent with Australia.

Following on in 2015, a [NSPCC survey](#) revealed that:

- Nearly one in ten 12-13 year olds are worried they might be addicted to porn.
- Around one in five said they’d seen pornographic images that had shocked or upset them
- 12 percent admitted to making or been part of a sexually explicit video.

Let that sink in for a minute. One tenth of 12 to 13-year-olds are worried about how much they use porn. This is at a critical time of brain development, neuroplastic learning, sexual development and formation of concepts critical to healthy relationships.

A 15-year-old boy [told ChildLine](#) that he "didn't think it was affecting me at first but I've started to view girls a bit differently recently and it's making me worried. I would like

to get married in the future but I'm scared it might never happen if I carry on thinking about girls the way I do."

A girl, who was at the time 17, [shared with the BBC](#) that she was sexually assaulted by her boyfriend when they were both 12 years old. "He thought it was OK on some level. I felt dirty, confused, shocked. Pornography isn't just a 10-minute video - it has consequences."

And more [recent studies in Australia by Our Watch](#), draw links between sexualisation, stereotypes, porn and abuse. South East Centre Against Sexual Assault in Victoria (SECASA), revealed in their submission to the [Senate Inquiry Harm being done to Australian children through access to pornography on the Internet](#): "When you have sex with a guy they want it to be like a porno. They want anal and oral right away. Oral is, like, the new kissing... the cum shot in the face is a big thing." (16-year-old girl)

From these reports we can see that porn impacts young people’s behaviours in different ways. Not all teens (or adults) will react the same way. Some will dismiss porn entirely. Some will watch it occasionally. Some will act out

what they see. Some will become hooked on what they see and commence a path towards sexual dysfunction. All are immersed in hypersexualised culture.

The majority of pornography viewed on the internet – which is now one of the primary mediums of consumption – is violent or ‘hard-core’ pornography. Well known Australian researcher, Maree Crabbe, outlines the concept of a bell curve: where one side is soft-core or erotica, and the other side is the most extreme depictions of pornography such as child sexual exploitation material and snuff porn involving the real or perceived death of participants. That which sits within the mid-range and is most readily available is hard-core porn (Crabbe, 2016).

Researcher, Linette Etheredge, offers a modern definition for pornography that reflects her own investigations into content that is free and readily available on sites such as Pornhub, Red Tube and You Porn.

Etheredge says this type of content appears to demand violence and inequity as its core and defines it as:

*Illegal, unclassified, "gonzo" or hard-core XXX, free online material that depicts individuals or groups engaging in sexual behaviours where inequity between the parties is clear, violence is observed or audible, where degradation, humiliation, punishment and extreme submission appear to be the general objective of the power dynamics or behaviour depicted.*

A quick glance at the landing page of Pornhub confirms Etheredge’s findings. The titles of the videos on the landing page include a line-up of Trick or Torture; Fucks young girl in the park; Hot teen Pleases her BF with a blow job; Tattooed Australian teen shower toying; and Hot Sub in Brutal Bondage.

Unfortunately, this type of violent and degrading pornography makes up the majority of online content watched and thus is most likely to negatively affect children and young people (M. Crabbe, personal communication, February 9, 2016).

It is interesting to follow the pathway of a researcher who several years ago, was unwilling to say for certain that pornography was indeed harmful to children. In 2010,

Professor Sonia Livingstone said “In short, there seems to be no conclusive evidence to support the claim that sexually explicit R18 material might seriously impair the development of minors.”

This same researcher in 2015 appears to change views considerably, supporting studies that say “across the board, younger children are much more likely to report being upset by Sexually Explicit Internet Material, and that these negative reactions may stem from a lack of developmental readiness.” And again when referring to an older age bracket:

*“Particularly relevant here is the growing evidence showing that adolescents who encounter one type of risk online are likely to encounter others too, online and offline. Similarly, the more adolescents engage in sexual activities online, the more they engage in them offline, and vice versa”.*

Livingstone’s report offers a good synopsis into more recent concerns and how the interaction of online pornography in young people’s lives often intersects with unhealthy sexual development, attitudes and behaviours; and at the same time,

acknowledges the tensions between sexual risks and sexual rights to information. It finds that:

*“SEIM (Sexually Explicit Internet Material) in itself appears to be an inept and harmful source of information about sex. At the moment young people do not receive the appropriate tools to help them critically assess pornographic images, nor do they receive relationship-based sex education that discusses the positive potential of sex in a consenting, affectionate relationship.”*

Whilst there is always room for more research, key bodies such as the Australian Psychological Society (APS) clearly speak about the harms of pornography to children.

In their submission to the Senate Inquiry into the Harm being done to Australian children through access to pornography on the Internet, they said:

**“There should be zero tolerance for pornography for under 12 year-olds** - there is emerging evidence that there are serious negative impacts for these children, largely in terms of increased sexual abuse by young children on other children involving anal and vaginal penetration. Limiting children’s access to online technologies is important.”

Given the modern definition of free and readily available pornography, it's little wonder the APS holds so much concern for children's welfare in this age bracket.

Bridget Wilson is an Auckland-based addictions counsellor with years of experience; she specializes in sexual addiction, and recently authored an e-novel, *Addicted to Love*.

Bridget is well aware of the damage addictive online pornography is doing to kids, and also how behind the rest of the world New Zealand is on addressing it. This is a scientific and societal problem that parents and educators need to consider right now.

*“Firstly, the human brain doesn't mature until we're in our mid 20s, so introducing any mood altering process (like porn) is damaging and arrests development of the brain. The earlier, the more damaging. **You wouldn't give a six-year old alcohol, so why allow them access to porn?** This is already happening, folks, so prepare for a tsunami.”*

Ms Wilson explains that addiction comes about as the result of a chronic disease of the brain and thus, is a health problem. When faced with this issue many confuse it with a

moral or even criminal problem. This is far from helpful with children.

*“The human brain is not designed to cope with the huge amounts of mood-altering chemicals that are naturally produced when a person acts out (i.e. compulsively masturbates) to pornographic images. The addict brain always wants more, hence the need for more hard-core images. So in the US for instance, kids are presenting for treatment for sexual addiction in their early twenties. At this stage, they've been accessing hard-core pornography for half their lives and they can't function on many levels – can't talk to female peers, can't function sexually when presented with the 'real' thing [instead of a porn star], and have no ability to be sociable.”*

**Recent Australian research** found that 75% of 7 to 11-year-old boys and 67% of 7 to 11-year-old girls in treatment for Problem Sexualised Behaviours reported early sexualisation through online pornography. Pornography was once very rarely a contributing factor to harmful sexualised behaviours during childhood - now it is almost always a contributing factor.



Melinda Tankard Reist has been raising awareness about how harmful pornography is for years, particularly through the lens of what it is doing to girls. **Collective Shout** was co-founded by Melinda to take action against porn and other factors within culture that devalue and objectify women and girls. **Collective Shout** is a grassroots campaigning movement against the objectification of women and sexualisation of girls in media, advertising and popular culture. They now have tens and thousands of supporters - an indication of how many people are concerned about the issue of children accessing porn and want social change.

Dr Joe Tucci from the Australian Childhood Foundation has named this issue as a public health crisis; Cyber-Safety Expert Susan McLean, regularly speaks on the issue; Australian researchers Dr. Michael Flood and Maree Crabbe have extensively documented the negative impacts on young people's perception of sex and their relationships; and psychologists Collett Smart, Dr. Michael Carr-Gregg and many others, have publicly expressed concerns about the impact of pornography on child and adolescent sexual development.

Video presentations from some of the above-mentioned forerunners in this field are available on the **eChildhood website** (formerly known as Porn Harms Kids). The Pornography and Harms to Children and Young People symposium held in Sydney on February 9, 2016, marked the turning of the tide in this conversation within Australia and found that all avenues must be pursued to explore possible solutions to this crisis, including education, voluntary efforts by relevant industries, and regulation.

*Where ever wide-spread access to hard core porn is prevalent, the psychological, emotional and relational wellbeing of our children and youth is impacted.*



## Chapter 2

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# Being proactive to counteract porn culture

If we ignore the harms resulting from children and young people accessing porn, we are dragging the chain on implementing important strategies to improve child protection.

Yes, parents need to be concerned, because certainly every teacher I speak with at schools is concerned. But concern alone is not enough. Taking action by talking to all young people, but **particularly children under the age of 10** about unsafe images, is a great place to start.

The recent **Barnados Report** (July 16) entitled *Now I know it was wrong: Report of the parliamentary inquiry into support and sanctions for children who display harmful sexual behaviour*, highlights the involvement of parents as a key area of increasing resilience in children and young people. It states that good parenting plays a key role in determining young people's online resilience. It further found that parenting strategies of restriction and monitoring can be useful in shielding young people from potential harm, but these can potentially undermine children's resilience and constructive engagement online. On the other hand, children who felt their parents showed them unconditional support and respected their choices and opinions were more likely to be resilient online.

It's essential to lift the 'awkward' off these conversations and encourage parents and schools to work together with community organisations to develop a whole-of-school approach to relationships and sexuality education.

Parents are well-positioned to ask schools what protective behaviours education they are implementing. They can also ask about what resources are included within relationships and sexuality education to help kids deal with the merge of online access to porn and how it alters perception of sexual behaviours.

Schools are well-positioned to embed lessons that scaffold learning from the early childhood years to give kids the very best chance of developing protective behaviours, and recognising and critiquing the harms of porn. Essential factors of learning include a high focus on increasing protective education, improving relationship & communication skills, and building resilience to porn culture.

Cordelia Anderson, a Minneapolis-based educator who has worked extensively in the field of child sexual abuse and exploitation, argues strongly for pornography to be recognised as a social issue. She outlines that:

***...something is a social issue when the problem is so big that it is beyond the capacity of individuals or groups to fix.***

***By definition, pornography is a social issue.***

Therefore, it needs to be treated as a public health issue and addressed on every level. Parents, Community, Schools, Universities, Professional Health and Mental Health Services, Digital and Internet Service Providers and Government. At every level, action needs to be taken to address the harms of pornography on children, yet there are a concerning number of individuals who dismiss this as an issue.

We need to take action at every level:

## **Community**

- Young People speaking up and creating change
- Parents aware and vocal
- Activist Groups inspiring people to action
- Community Support Agencies trained to support resulting problems
- Health / Mental Health Professionals aware and taking action

## **Schools**

- Whole-School Relationships and Sexuality Education
- Effective policies to deal with pornography use and distribution within schools
- Referrals back to community agencies, particularly for children and young people displaying harmful sexual behaviours

## **Corporations**

- Advertising & Media – holding them to account

- Internet Service Providers (ISPs) – engaging them to implement technology they already have available to block pornography
- The porn companies themselves - holding them to account by legislating the implementation of age-verification measures

## **Government**

- Legislation – lobbying for better policies
- Resolve – leaders with backbone

More specific ways of engaging addressing each of these areas can be found in the Porn Harms Kids Report, detailed on the following page.

Currently there are huge question marks over the legal negligence of digital service providers who fail to implement the rights of the child to a safe online environment. One could also argue that the Government is failing children by not ensuring a safe online environment.

Take action by writing letters to your local and federal members, share articles online and be an active voice - sooner or later decision makers will realise this issue is one that parents and schools are unable to remedy on their own because it is a social issue that requires a public health approach.

To counteract porn culture's messages that bombard children and young people, it's not enough to say that we need to do 'something'. As is often said:

### ***Failing to plan is planning to fail.***

If someone maps the projection blowout of how much porn will cost the nations to cover children and young people seeking behavioural and psychological support, abuse intervention, breakdown of relationships expenses, cost to families, and overflowing domestic violence centres, perhaps those charged with leading our nations would be motivated to respond with just actions. To push for change in Australia and New Zealand, support the work of eChildhood.



eChildhood is a registered health promotion charity dedicated to mobilising responses that reduce the harmful effects of pornography on children and young people.

- We take a public health approach through implementing digital, legislative and education solutions across Australia and New Zealand.
- We unlock silos, activate research and empower key stakeholders to build collaborative responses.
- We foster awareness and provide education and training to parents, professionals and the public.
- We advocate for measures that improve children and young people’s mental and physical health outcomes, and decrease vulnerabilities to exploitation.
- As a global thought leader, we collaborate, influence and consult internationally as a part of a worldwide movement addressing the harms of pornography on children and young people.

Supporters (particularly within Australia and New Zealand) are invited to take proactive steps to counteract porn culture by **adding their name** to the eChildhood movement, sharing the campaign, using the hashtag #PornHarmsKids, and following us on **Facebook** and **Twitter**.

### **The Porn Harms Kids Report: Protecting our kids from online pornography harms is everyone’s business**

The Porn Harms Kids Report provides comprehensive opportunities to expand understanding of the scope of pornography’s impact on children and young people. eChildhood (formerly Porn Harms Kids) undertook a thorough investigation into past and present legislative, policy, digital and educational strategies that attempt to address the harms (within Australia). The Report presents their findings and reviews; includes comprehensive international research; and provides clear calls for action and recommendations, including the proposed 3-year Action Plan.



## Chapter 3

# Conversations on the home front

Parents may feel worried, ill prepared or uncomfortable about talking with kids about porn. BUT if parents don't talk to their kids about sex and porn, someone or something else will.

A helpful way to get past any anxiety is to consider:

*What protective behaviours do we need around...*

- Social media and culture
- Peers and community
- Family
- Sexuality

*To result in the ability to enjoy healthy adult relationships?*

- Emotions
- Mind
- Body
- Sexuality
- Spirituality

It can make it easier to navigate the tough conversations when we understand that the end goal is positioning our kids for healthy adult relationships. In the absence of input from parents, young people may find it more appealing to turn to non-reputable sources.

### **What is the scope of porn's impact?**

We need to move beyond the micro focus of how the individual interacts with pornographic content, to consider a more holistic approach on how porn's proliferation and ease of access impacts the health & wellbeing of individuals, relationships, families, communities and cultures.

We can do this through an educational response of Critical Porn Analysis - a critique through 5 interconnected lenses:

1. Global industry
2. Sex, gender, power & relationships
3. Sexual exploitation
4. Child sexual exploitation; and
5. Mental health & addiction.



Critical Porn Analysis provides educators, decision makers, and the community a greater understanding of the scope of impacts, and frames the discussion to respond to pornography as the public health crisis of the digital age. Critical Porn Analysis builds upon the work of Natalie Collins, a UK-based Gender Justice Specialist. This inquiry begins a difficult, but necessary conversation. Questions are by no means exhaustive.

*Pornography is a social problem and cannot be addressed by placing the burden on parents and educators alone. It requires a multisectoral, collaborative, coordinated, integrative response. It calls upon government & community leaders; mental health, medical & legal professions; educators; parents; child, youth, women, men & family advocates; activists & survivors; and digital technology experts to engage in preventative and proactive responses. Public health focuses on safeguarding and improving the physical, mental, and social wellbeing of the community as a whole.*

Learn more on the [Culture Reframed website](#).

## **How do we begin the conversation?**

There may not be a ‘right’ way to talk about porn and often it’s not as simple as ‘follow these ten steps and everything will work out just fine’. All (young) people will vary in development, awareness, attitude, understanding and behavioural expression of sexuality. Therefore, each parent / child relationship, style of communication and circumstance will be vastly different.

With that in mind, the following is not meant to be prescriptive. Each parent will take what is relevant to them and implement what they know will work with their teen. Reading the following suggestions may trigger a myriad of other ideas about how to address pornography.

For instance, it may be as simple as opening up a conversation like this:

*Pornography is something that some young people tend to access on the Internet. This can include quite explicit images and movies of people having sex or doing sexual things.*

*Has seeing porn been part of your growing up experience?*

*When was the last time you saw pornography?*

*How did you feel about what you saw?*

*Do you have any questions about what you've seen?*

If you are willing to be vulnerable, perhaps you could share your story.

*I know when I first saw pornography it was quite different to what I imagine you have seen. What's available now is far more extreme, and yet I know that I felt.....*

*Pornography that is readily available on the Internet can often be quite violent and degrading towards both men and women, particularly women. Some young people find it all a bit of a joke. **What do you think?***

### **Key messages to instill about pornography:**

It is important to remember that parent / teen relationships vary from child to child and family to family. Whatever way you choose to address the sex and porn topic, weaving in key messages at opportune moments will help young people frame and make sense of pornified culture.

1. Pornography doesn't represent "real sex." Typically, loving relationships don't include what you see in pornography.
2. Porn can be disturbing and trigger a huge range of feelings. This may include curiosity, confusion, disgust, arousal or guilt or many other responses – each person will process it differently.

3. Often pornography is power imbalanced - control, domination, degradation and violence is usually directed at women. This can be incredibly confusing as it's not an accurate depiction of what most men and women want in their relationships.
4. Just because something is arousing or pleasurable doesn't make it helpful. Porn is designed to turn people on and our body often responds with arousal, even if we know in our heart that it's not healthy for us. We need to come back to our core values of what makes us a kind-hearted person and put boundaries in place to protect our mind and sexual behaviours from becoming influenced in a toxic way by porn.
5. You can't unsee pornography. You can however, refocus your thought life away from porn and determine to set yourself up for a healthier way of thinking about people and sexual relationships.
6. Pornography usually doesn't depict emotional intimacy. Great sex includes emotional intimacy, vulnerability, gentleness, love and sensuality - these things are great to expect in a healthy committed adult relationship.
7. Women aren't sexual objects or toys who exist to please men. Men aren't sexual objects to be manipulated. Regardless of orientation, the same principals apply.
8. A beautiful sexual relationship is about both partners acknowledging their own needs and desires, as well as prioritising their partners needs and desires. A one sided selfish expectation driven by 'rights'

or 'lust' often leaves the other person feeling used, betrayed, unworthy and lonely. The opposite applies – prioritising mutual enjoyment with both partners taking 'responsibility' and placing 'love' at the fore leads to meaningful connection.

9. In most cases, a relationship founded on commitment leads to security, trust, safety, belonging and reciprocal enjoyment. Porn culture promotes a hook up culture and most often, this leads people to feel used and disconnected.
10. Be aware of aggressive sexual behaviour portrayed in porn. Pairing sexual violence with arousal and pleasure is a dangerous combination - even worse if this becomes an expectation in relationships. The majority of people don't want this in their sexual relationships. Domestic violence centres are experiencing an influx of women reporting how their partner is expecting to repeat what they have viewed in porn.

To young daughters, expect better. Violence should NEVER be tolerated. Sticking in a relationship where your partner treats you as a commodity is not the sort of future you deserve. You are worth so much more than that, so believe and value yourself to expect more. Pornography deceives women into believing femininity is about capturing the male

gaze and being submissive and dominated. On the contrary, femininity and sexual empowerment is about creating a space where both partners feel equally honoured and respected in a way that brings out the best in one another.

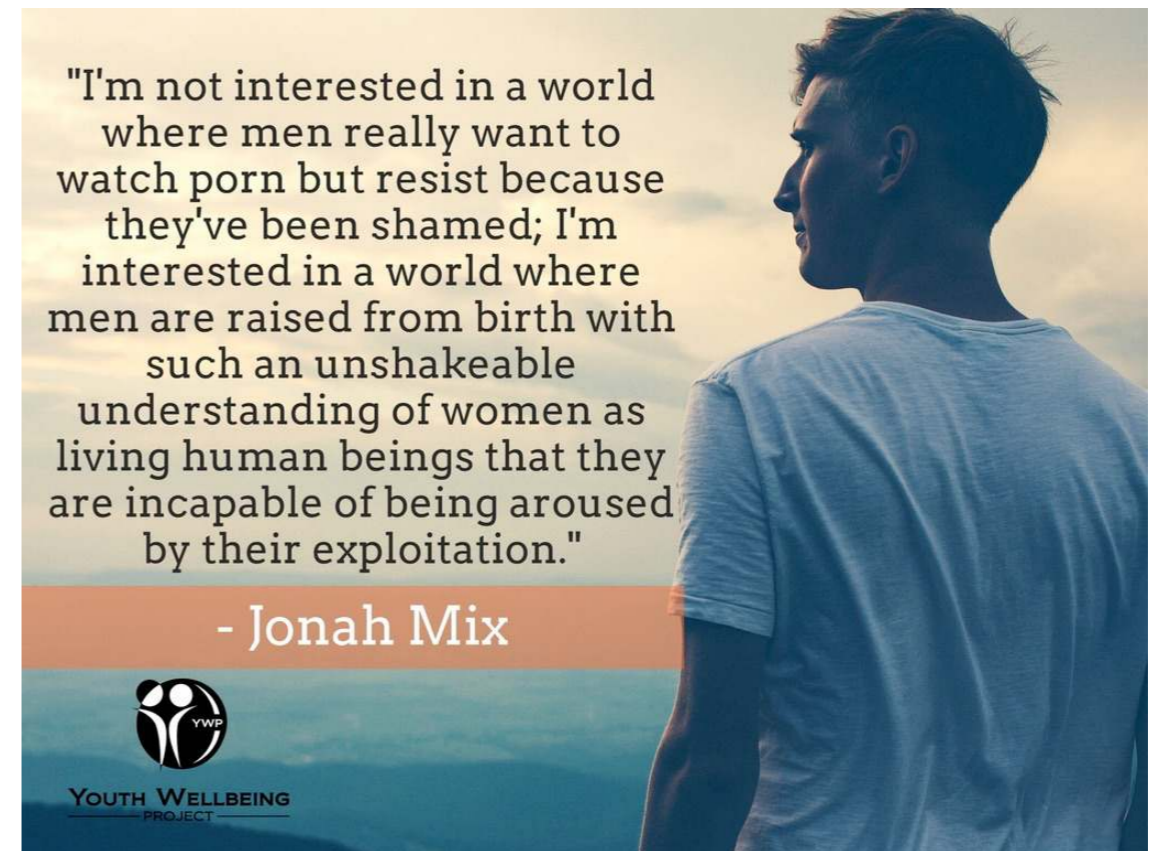
To young sons, don't be that guy – always treat women with respect and value them. Have intention to show them loving behaviour – not selfish behaviour. You are not entitled to receive anything that is not willingly shared. Pornography deceives men into believing masculinity is about exerting control and domination over another. On the contrary, masculinity is about honour and managing power in a way that never lords it over another.

All human beings have the right to bodily integrity. It goes without saying that this is true for all sexual orientations.

### **What if my teen reveals they are addicted?**

Perhaps your teen may disclose they are watching porn regularly. In preparation for this possible scenario, I encourage you to practice your 'unshockable face'. The last thing your teen needs is for you to react with shock, horror,

judgement or disbelief. Remember that all young people are growing up in a culture that normalises porn.



Depending on your family values, some young people watching porn know that it's not helpful and feel intense guilt and often shame for going against their values. Others may not give it a second thought and will not have considered how it could be altering their sexual tastes and desires. Wherever your teen fits on that spectrum, allow them the space to share their experience in a judgement free zone so they have the opportunity to open up.

Some questions you could try to expand upon could include:

*More and more young people say their porn use is something they don't want in their life and it feels out of control.*

*Is this something you identify with?*

Or the conversation may sound something more like this:

*I'm not sure if you know this, but many young people struggle in this area. Thousands and thousands of young people are choosing to stop watching porn because it has become a controlling factor in their life. Many older teens and young adults want to stop because it's led to lack of arousal in real life relationships. In some cases, this includes what is known as porn induced erectile dysfunction.*

*How often would you say you watch pornography? (daily, weekly, occasionally)*

*When do you feel the need to watch pornography? (When you are bored, angry, frustrated, lonely? Note: Porn addiction can sometimes be used as a coping mechanism)*

Your teens response to these questions will obviously guide and shape the ongoing conversation.

To clue yourself up on what addiction and Porn Induced Erectile Dysfunction is, I recommend [watching this video](#) by Gabe Deem from [Reboot Nation](#). This is something that could also be great to share with your teen to help them understand that this is a common struggle and to help you both discuss where to from here.

Discuss with your teen the option of seeing a specialist counsellor to help them navigate their porn use in a way that leads to freedom. Other options include:

- Accessing and working through a series of videos available for free with [Fortify Program](#) to help them develop a battle plan
- Finding an accountability partner to check in with when they are struggling
- Using accountability software
- Joining an online forum with other users who are wanting to quit such as [NoFap](#) or [Reboot Nation](#)

Please remember that this is not just a conversation that may be common with young men. It is also possible that young women may be struggling with porn.

Parents may also find benefit in accessing [Pandora's Box is Open - Now What Do I Do?](#) A Parent's Guide for Helping Children Who Have Been Exposed to Pornography.

### **When a personal conversation is impossible**

Sometimes teens, particularly sons, are resistant to talking about sex and porn. I encourage you, get creative and use every opportunity you can. I must confess, I've even been driving and talking on the phone, strategically instilling everything I can about porn through conversation – with my captive teen in the passenger seat, unable to escape a quick lesson through overhearing my phone call.

Parents, be prepared to use whatever strategy you can to get clear messages about pornography to your teen. Sometimes this may mean suggesting watching a

documentary together such as *Is free pornography destroying our brains?*, or talking about a recent news article.

Perhaps it may involve bringing it up at the dinner table with another family with teens. In such instances, I suggest clueing the other adults up in advance and ensuring the conversation is an open discussion as opposed to any of the teens feeling like they've been ambushed.

### **Possible approaches may be to talk about...**

- The links between pornography and human trafficking.
- A situation in the media where teens have sent or received nudes and shared them with others non-consensually.
- How a multi-billion-dollar porn industry is setting the tone for young people to think that sending nudes is 'normal'.

- Being an active part of addressing the solution – not being a bystander who does nothing when women are objectified and instead, finding the courage to speak up.
- How to handle a situation where a male flashes in public or tries to rub against women on public transport.
- The impact of porn on kids as a huge concern, particularly when kids or teens mimic what they see.
- There are a number of other conversations relating to how porn culture downplays the need for commitment, mutual consent, love and respect within relationships that may result from getting started.

Often teens will identify that porn isn't good for kids and this can be a good launch pad as to why it's not a good model of relationships for anybody of any age.

## **Online Safety Contract**

Online Safety Contracts can assist parents to establish responsible guidelines for safe Internet use. It can cover things such as:

- seeking help when upset
- privacy, password use and non-sharing of passwords
- naked pics – what to do if they receive them and discussion on not taking or sending
- only adding known people to networks
- not to meet up with anyone in person they've only ever met online

## **Private vs Personal**

When young people use the online space, it's essential that they understand the difference between online 'privacy' and what can actually happen with what they share. www stands for World Wide Web. It's a global way to stay connected. An individual user shares the web with over 3 billion others.

Even though someone may have their online privacy settings set really high, the reality is that once something is online, it becomes part of the world wide web. It can be shared, screen grabbed and distributed by anyone.

The personal agency that we need to teach our kids from as soon as they start using this digital space, is to take responsibility for what they share, and to NEVER share anything private of someone else's without checking in to see if they have permission. If they can't check in with them, they need to use their own filter and ask something like "If this was my information, how would I feel if it was shared?"

This is even more important for pictures. Any pictures, but particularly those that are sexual. Because of ready availability of pornography, teens can feel as though they need to share their own sexual images. It's most often boys that pressure girls into sending sexual images, so it's important to have a frank and honest conversation with both sons and daughters about self-produced child sexual

exploitation material. This content is illegal – in most places around the world – when the image is of someone under the age of 18. Therefore, if they take, share or pass on a sexual image of themselves or someone else, they may be engaging in a crime.



In addition to this, when images are shared and people break the law by disseminating content that is not theirs and is illegal, it can have devastating outcomes. A huge part of



raising digitally responsible young people is to teach them to have empathy for people online – to consider other users as people with feelings and emotions.

By sharing images – or by saying things online that are hurtful – the recipient can be massively affected and in extreme cases, this can lead to the victim committing suicide. The more empathy is nurtured and encouraged, the less likely your teen would ever engage in actions that could trigger irretrievable harm upon someone else's life.

If something is personal, it needs to stay just that. Personal. Not uploaded online. A good rule of thumb is to encourage teens not to post or share when they are feeling big emotions: hungry, tired, angry, lonely or pressured. When a person is in those elevated states, what they share is more likely to be fueled by big emotions. It's likely they wouldn't have shared it when they have an opportunity to calm down, get some sleep, have something to eat, are feeling connected

or have effectively dealt with or are away from any external pressures.

Learning to acknowledge and effectively deal with big emotions is a great life skill – both online and offline.

### **Bringing balance to counteract porn culture**

By having proactive conversations with young people, we:

- Give them a safe framework for when they see porn
- Prevent shock and trauma
- Reframe sexuality
- Show them no subject is off limits
- Enable them to feel more confident about saying no
- Inspire them to speak up about injustice

A glowing lightbulb is positioned on the right side of the page, resting on a textured, light-colored surface. The entire image is overlaid with a semi-transparent blue filter. The lightbulb is illuminated, casting a soft glow. In the bottom right corner, there are several thin, white, intersecting lines that resemble a starburst or a network diagram.

## Chapter 4

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# Helpful resources and website links

'It takes a village to raise a child'. This becomes easier when we are individually informed, join with community to prevent and equip, and connect globally to counteract porn culture.

# CULTURE REFRAMED PARENTS PROGRAM

## BUILDING RESILIENCE & RESISTANCE TO HYPERSEXUALIZED PORN CULTURE

The **Culture Reframed Parents Program** provides a complete best-practice toolkit, which gives parents the skills and knowledge they need to raise porn-resilient kids. In this free Parents Program, carers will learn:

- The harmful effects of hypersexualised media and hardcore porn.
- How to teach healthy sexuality and strengthen resilience to hypersexualised culture and porn.
- How the use of porn affects the brain and can lead to habituation and addiction.
- How to support and guide your kid every step of the way.

**Access this free Parents Program** to gain the confidence to discuss these topics with your family and in your community at [parents.culturereframed.org](https://parents.culturereframed.org)

### Culture Reframed

Solving the Public Health Crisis of the Digital Age. Research-driven education to prevent, resist, and heal the harms of violent mainstream pornography and hypersexualised pop culture.



Coming soon, SafetyIQ and PreventionIQ - a whole school approach to prevent sexual harms and build young people's resilience and resistance to exploitation and hypersexualized culture. These packages are an integrated part of the IQ PROGRAMS, which also include holistic relationships & sexuality education. Commencing release in 2018, SafetyIQ for early childhood, children and tweens, and PreventionIQ for teens, provides training for staff; educational materials for delivery with students; guidance to implement policies, processes and practices; and tools to partner with parents. [Sign up to learn more.](#)



**YOUTH WELLBEING**  
PROJECT

IQ programs are an initiative of [Youth Wellbeing Project](#), an Australian grassroots community organisation with a global vision to positively impact youth sexuality and wellbeing. *Youth Wellbeing Project* provides holistic relationships & sexuality education to enhance children and young people's protective behaviours, quality of relationships and resilience to porn culture.

### Not for Kids!

A children's book offering gentle and insightful guidance. A 'must have' for parents and professionals to prepare kids under the age of 10 for the inevitable occasion of when they will see explicit imagery. Also on [Amazon](#).

### Hayden-Reece Learns What To Do if Children See Private Pictures or Private Movies

In this book, Miss Martin teaches her class what to do if they come across "private pictures" or "private movies" (pornography). She explains, in age-appropriate language, what private pictures and private movies are, and the law regarding viewing them. Also on [Amazon](#).

### Good Pictures, Bad Pictures

A book for Porn-Proofing Today's Young Kids. Also on [Amazon](#).

### Pandora's Box is Open - Now What Do I Do?

A Parent's Guide for Helping Children Who Have Been Exposed to Pornography. Also on [Amazon](#).

### Is free pornography destroying our brains?

A 'must watch' for parents and teens. Liz Walker was invited to New Zealand to be involved in the making for TV3's 3D program. School kids today are watching porn like never before. It's free, instant and having a devastating effect. Porn users, porn addicts, a sex educator and a top international scientist all say this new type of porn can actually alter our brains.

### Fortify Program

Fortify was designed to equip individuals struggling with compulsive pornography use – young and old – with tools, education and community to assist them in reaching lasting freedom. Their mission is to help spark an uprising of people tired of porn messing with their lives – and ready for something far better.

### NoFap

A comprehensive sexual health program to help people quit porn, improve relationships, and reach sexual health goals. Science-based, secular, and sex-positive..

### Reboot Nation

Helps people reboot their brains with encouragement and education. Reboot is a complete rest from artificial sexual stimulation (i.e. pornography). They are a community of people who have discovered the negative effects of pornography. Reboot Nation provides resources and information to equip you with the tools necessary to start recovering today and become more aware of the potential harm caused by high-speed Internet porn. Founded by Gabe Deem, his story is great for teens: [The Science of Porn Addiction](#)

### Your Brain on Porn

A site focused on porn's effects on the brain.

### The Reward Foundation

Love, Sex and the Internet

## Creepy Naked Stuff

A video, booklet and PowerPoint for parents and those who may want to educate parents and children about the issue of pornography. Created by Natalie Collins, also available in the UK to provide training for the DAY Programme - is a unique multimedia programme for schools and service providers that uses short films, advertisements and chart music to raise awareness and provide education about domestic abuse and child sexual exploitation in a relevant and exciting way. It challenges detrimental mindsets about abuse and exploitation, explores how beliefs inform behaviour, and looks at the role of the media in reinforcing unhealthy beliefs.

## The Thread App

'Thread' is a personal safety app for children (aged from 8 years) that combines the benefits of contemporary technology with clever design and personal devices. In stressful situations, where only one action can be taken, Thread provides an immediate connection between: a user's location, trusted contacts and emergency services.

## Online Porn

From Childline in the UK, this page is for young people aged 12 and over.

## Sex. Relationships. The Internet AND Porn: what science says

Think U Know in the UK offers practical insight for teens aged 14+.

## Online Porn

Advice on how to talk to your child about the risks of online porn and sexually explicit material provided from NSPCC in the UK.

## Healthy sexual behaviour in children and young people

A guide to keeping children safe, spotting warning signs and what to do if you're worried.

## Filtering Platforms

### Family Zone

Family Zone's innovative cyber safety platform has been chosen by over 600 schools across Australia, New Zealand and the US.

- Safe content - Removes adult content for safe searching
- Restrict social media - Manage use of social apps and in-app purchasing
- Manage screen time - Set routines for what kids can access, when - plus give devices sleep times
- Home & mobile - App and Family Zone Box work at home and when out and about on mobiles
- Free cyber support - Expert answers to all online safety questions

### Safesurfer

Surf the net safely without harmful pornography. Complete 24/7 protection.

- Home WiFi Protection - protect all computers and devices connected to your home WiFi network
- Keep your family safe, where they are, with Safesurfer mobile protection

# About the Author

*Liz Walker is an accredited sexuality educator, speaker, and author. In addition to her role as Chair of **eChildhood**, Liz is consultant Director of Health Education at **Culture Reframed**: the global lead in solving the public health crisis of the digital age. Well connected internationally, Liz regularly provides consultancy to government, non-profit, and professional organizations. Educators throughout Australia and internationally utilise the **Youth Wellbeing Project** IQ programs, authored by Liz and underpinned by holistic sexuality education principles. Her work includes the children's book: **Not for Kids!***

*Liz delivers keynotes, student cohort presentations, parent workshops, and professional development throughout Australia, New Zealand and internationally. Liz also is a regular contributor to media outlets. Initially trained in Community Welfare, Liz furthered her education at Sydney University and specialised in Sexual Health (Master of Health Science). Liz provides strategies to counteract porn culture through a **Critical Porn Analysis** approach.*

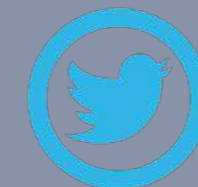


*Learn about Liz's work at [www.lizwalkerpresents.com](http://www.lizwalkerpresents.com), connect on Social Media , or email [contact@lizwalkerpresents.com](mailto:contact@lizwalkerpresents.com)*

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