

# HOW TO TALK WITH YOUR KIDS ABOUT PORN

Talking about porn can be awkward, challenging, and downright scary! But it's important. We hope this guide provides you with some confidence and comfort, as well as some strategies to make this conversation easier for you.



## 1 IT'S A CONVERSATION

Scared you don't have all the answers? That's fine! All you need to do is start a conversation. The last thing your student wants is another lecture (which is probably the last thing you want too). This is a dialogue, not a monologue. Be a good listener and ask good questions.

## 2 DON'T BE SURPRISED

The fact that your kid is curious about sex is totally normal and healthy. Unfortunately, online porn has become extremely common. 94% of kids have seen porn by age 14, and the average age of first exposure is between 8 and 11. Knowing this can help you create safe space you need to talk about it.

## 3 GRACE, NOT SHAME

Shame is a conversation stopper and an ineffective motivator for lasting change. God wants us all to become more like Jesus. We get to join him in inviting our kids into his unconditional love.

## 4 GET EDUCATED

Know the facts. One of our favorite websites is [fightthenewdrug.org](http://fightthenewdrug.org). Though non-religious, their content is well researched, easy to access, helpful, and well done. Fight the New Drug's website will give you an in-depth blueprint for having this



conversation as well as a three-part documentary focused on how porn affects the brain, heart, and world. This is for you AND your kids to learn!

## 5 YOU ARE NOT ALONE

Your church is on your team. As partners with you as you raise your kid to become an adult, we want to be there to help. Don't hesitate to reach out with questions! Also, consider getting together with other parents and sharing your experience and strategies with one another. Whatever you do, don't carry this whole burden alone!

### VIA MEDIA X

Via Media X is a series from Fuller Youth Institute with multiple excellent articles on this topic from a Christian perspective.



Another great resource is Protect Young Minds, an organization that helps adults "porn-proof" their kids.

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