

FOR PARENTS & CAREGIVERS:

How to Talk to Your Kids About Porn

A Global Movement of Fighters

©Fight the New Drug

ftnd.org

According to a nationally representative survey of teens,

84.4% of 14 to 18-year-old boys and 57% of 14 to 18-year-old girls have viewed porn.

Now, if you're a parent reading that, maybe you're thinking

“Not my kid! My kid would never watch porn!”

But it's possible for kids to have seen porn without their parents knowing.

According to a recent report by the BBFC, 75% of parents believed their child had never encountered porn, but in reality, 53% of those parents' children reported that they had, in fact, seen porn.

Chances are, your child will encounter porn while living in your care.

So how can you prevent underage exposure to porn while helping your child understand porn's potential harms?

The first step is to talk to them.

Shame-Free Conversations

Having an open dialogue with your kids about porn can help build trust and understanding. Instead of having a one-time “sex talk,” make it an ongoing and shame-free conversation. Through your discussions, you can help your child develop the tools they need to respond to harmful material in a healthy way.

Remind your child that you're there to love and support them.

In your discussions, your child may disclose that they've seen porn or that they've developed a porn habit. While you may be shocked or even disappointed, it's important to react with kindness and understanding rather than shame.

**The good news
is that there are
plenty of resources
to help you!**

**Our interactive discussion guide,
“Let’s Talk About Porn,” gives
helpful tips for navigating
discussions about porn.**

ftnd.org/blueprint

