

# Family Viewing Guide

## Digital Citizenship: Josh Kloyda

### The Facts

- 9 out of 10 boys and 6 out of 10 girls are exposed to pornography online before the age of 18 (Covenant Eyes, 2015)
- The first exposure to pornography among boys is 12 years old, on average (Covenant Eyes, 2015)
- 71% of teens have done something to hide their online activity from their parents. (Covenant Eyes, 2015)
- 20% of 16-year-olds and 30% of 17-year-olds have received a sext (a sexual text). (Covenant Eyes, 2015)
- Pornography viewing by teens disorients them during the developmental phase when they have to learn how to handle their sexuality and when they are most vulnerable to uncertainty about their sexual beliefs and moral values (Webroot, 2015)

### Start a Conversation with Your Kids

- Do you feel comfortable talking about this subject with us? Is there someone you feel more comfortable talking to? What can we, as parents, do to make this an easier conversation?
- Why do you think it is harmful to look at porn? How do you think it affects someone's self-esteem?
- How do you think people's views of others change after looking at porn?

### Advice from the Experts

- Huffington Post gives the following advice to parents:
  - Try to remain emotionally neutral: It is important not to become unglued in front of your child. It will increase their shame, which is not helpful to their situation. Take the time to diffuse your own feelings and calm down before you talk to your child
  - Normalize the situation: It is likely that your child feels some shame about the behavior and it's important to reduce the shame. Reducing the shame means you reduce your child's fears that they are dirty or perverted for being sexually curious, or for being aroused by looking at sexual imagery
  - Talk in positive terms: making rules about porn about goals instead of punitive rules can help your child see that you aren't just being a prude, but that in fact you have their best interest in mind
  - Educate your child on the fallacies of porn
  - Explain why porn is problematic: help your child understand that explicit material is harmful for the developing brain
- For more tips and advice, visit [www.huffingtonpost.com/kristen-howerton/i-caught-my-child-looking-at-porn-what-do-i-do\\_b\\_3042096.html](http://www.huffingtonpost.com/kristen-howerton/i-caught-my-child-looking-at-porn-what-do-i-do_b_3042096.html)