

Parent Reflection Page: Rob Weiss, "Refuge"

Grade Level: Middle and High School

Note: In the video "Refuge," social worker Rob Weiss uses frank and explicit language about sexual arousal caused by Internet porn.

Use this reflection page to explore the thoughts and ideas expressed by Rob Weiss in the Deeper Look Video "Refuge."

1. Rob Weiss says that some young people turn to Internet porn to find a "safe space" to escape their daily problems. What kinds of problems would force a child to seek this kind of refuge? How can you help your child deal with problems instead of escape them?

2. Rob Weiss says that watching porn on the Internet "is not about the sex as we as adults might think about a sexual experience. It's about the intensity. This is a neurochemical experience." How does he describe the neurochemical experience? How do we help our children understand what a healthy sexual experience should be as opposed to a neurochemical one?

3. He continues saying, "When someone becomes addicted to pornography or sexual experiences the person is really addicted to the looking, the hunting, the search, the losing yourself in the activity." How does this compare to addiction to drugs or alcohol? Why is it important for parents to help their children understand this comparison?

4. Rob Weiss closes the video saying, "When I know of a kid who's turning to Internet porn...as a means to soothe himself, to distract himself, to comfort himself through this intense excitement and arousal which is also hidden and in secret and shameful on some level, that kid has the potential to lose out on growth and really have problems later in life." How do you interpret these closing words in terms of your role as a parent?
