

PARENT/STUDENT PORNOGRAPHY GUIDE

OBJECTIVE:

Have a conversation with your student about the dangers of pornography.

OVERVIEW:

Our students are surrounded by pornographic images and videos, and it is harder now than ever for students to resist the temptation of pornography. What use to be available only through magazine and movies is now available at our fingertips because of phones, computers, and social media. It is imperative that we keep an open dialogue and continue to educate students about the dangers of porn. This issue is rarely discussed, yet plaguing individuals today:

- 50% of Christian men and 20% of Christian women think they are addicted to porn.
- The first exposure to pornography among males takes place on average at 11 years old.
- Porn sites receive more regular traffic than Netflix, Amazon, and Twitter combined.
- Porn has the same effects as drugs in the brain by hijacking the reward pathway.
- 56% of all divorces in the US cite a spouse's porn addiction as a contributing factor.
- Pornography increases the marital infidelity rate by more than 300%.

SUGGESTION:

Discussing pornography can be a tough subject to talk about openly. This conversation may be done best in the car. A car provides a great way to talk without having to look each other in the eyes the whole time. Use the discussion guide below to have a conversation with your student about the dangers of porn and help them place safeguards in their life to protect them.

DISCUSSION:

This discussion guide is written for a one-time conversation, but we need to talk to our students about this on a regular basis. These conversations can come naturally if we are paying attention to their world. We need to watch what they watch, read what they read, listen to what they listen to, and be friends with our students on social media to watch their activity. By doing so, we will have more than enough opportunities to spark conversation on topics of pornography, sex, and integrity.

PARENT/STUDENT PORNOGRAPHY GUIDE

ASK: Do you know what pornography is?

Has anything ever popped up on your phone or computer while you were using it?

Why do you think kids at your school look at pornography?

SHARE: Share your story of your experience with pornography. Use discernment of how much detail to go into depending upon the age of the student. Students need to know your story.

ASK: Do you have any questions about my story? Allow your student to ask you about your life. Children look up to their parents and will probably want to know more about your story. Be as open and transparent as possible.

TALK: I wanted to talk to you about this today because this can be a temptation for you. Is it ok with you if I share more about what God thinks about this?

READ: Matthew 5:27-28 NIV, "You have heard that it was said, 'You shall not commit adultery.' But I tell you that anyone who looks at a woman lustfully has already committed adultery with her in his heart."

SHARE: Jesus says that if we look at someone lustfully, we are guilty of adultery. Do you know what lust is? Lust is a strong sexual desire for someone. Do you know what adultery is? Adultery is having sex with someone who is not your spouse. Jesus is very intentional here. We have control over what we let our minds think about and we control that by limiting what we look at with our eyes, what we listen to in our ears, and what we dwell on in our minds.

Sex is not a bad thing though, in fact, its a very good thing! God created us as sexual beings. He invented sex for pleasure and reproduction. But God designed sex in the context of marriage. Sex can be like a fire. Fire can be a really good thing if it's keeping your house warm. But when it's removed from its context (the fire place), it can wreak havoc and destroy. Sex is good, but it can be very dangerous when it's removed from God's designed context of marriage.

Pornography is extremely dangerous. It is not honoring God's design for sex. People who look at pornography can easily become addicted to it because it has the same neurological effects on our brain as drugs do. It can desensitize us, addict us, and teach us things that are not true. I want you to know that pornography is very serious and dangerous. The best way to remain healthy is to place boundaries in your life to keep you free from viewing it.

ASK: Will you make a commitment to come to me and talk to me if you ever come across any material or messages online that make you feel uncomfortable?

What are some ways that I can help hold you accountable in your pursuit to keep your mind free from pornography?

GAME PLAN:

Develop a family game plan to help set everyone up for success. These are helpful things to consider as you think through how to protect your teens from pornography:

- Internet Devices:** What kind of devices are allowed in the home (phones, iPad, laptop, etc)? How old will your child be before they have access to a personal cell phone? Where should you place devices when looking at the internet? How much time is allowed to be spent per day/week?
- Social Media:** What social media is allowed and not allowed? How old must a child be to have a social media platform? What is the time limit for these apps? What family rules will there be (adding friends, not sending pictures to strangers, personal information ,etc)?
- Accountability:** How will you remain accountable in these areas? Does any filtering or accountability software need to be installed? Are there repercussions for any violations of trust?

RESOURCES:

- BOOK:** *Wired for Intimacy*
by William M. Struthers
- LISTEN:** Your Porn Battle Plan by Craig Groeschel
(<https://www.youtube.com/watch?v=UEBKwpmKoG0>)
- ARTICLE:** Fight the New Drug - Look up pretty much everything on this website!
(<https://fightthenewdrug.org/>)
- SOFTWARE:** x3watch - www.x3watch.com
Covenant Eyes - www.covenanteyes.com
Safe Eyes Mobile - App