

Helping Kids and Teens Flee Porn

Thank you for sharing this presentation with others. You are going to change people's lives.

This guide and script are designed for a 40-minute presentation. It is based on the free Covenant Eyes e-book *When Your Child Is Looking at Porn*, which can be found at www.covenanteyes.com/ebooks. You should print, read, and highlight the ebook before giving this presentation, because that will help you answer questions that are bound to arise from your audience.

Rehearse this script until it feels comfortable. Trying to memorize the script probably won't work. Instead, we encourage you to print a copy of this script, highlight it, and use it during your presentation to help you stay on track. Be conversational and don't worry about reading the script word for word, except when directed or where you feel it is helpful. Time yourself during practice runs so you can deliver the material you feel is most important during the time you have allotted.



Slide 1 - Intro Slide and Welcome (Get Your Free Copy)

Today, parents face issues and technology that no other generation of parents has had to face. So the purpose of this seminar is to not only equip you as parents, but to encourage you to share this knowledge with other parents you know. When we inspire more parents in our churches and communities it has a rippling effect that create safer environments for our own children.

Don't feel like you have to take notes. Everything I am presenting today is also in a free e-book from Covenant Eyes, called "When Your Child Is Looking at Porn."

Download it, print it, and share it. Share it on social networks. Send a link to your pastor. Most importantly, arm the leaders in your church and arm the parents in your church and community.

For good reason, this e-book is titled "When Your Child Is Looking at Porn," not "If Your Child Is Looking at Porn."

Seeing pornography is nearly inevitable today. You might hold pornography at bay for longer than some parents, but in today's digital culture, porn is practically unavoidable.

If the surveys are accurate, children and teens seeing porn is a very common occurrence.

Slide 2 - Porn by the Numbers

Read statistics on slide

Slide - 3 Porn by the Numbers

Review slide

The overwhelming majority of boys will not only see porn in their childhood, but will also become active consumers of it in young adulthood. And statistics are showing a significant increase in adult women using pornography, too.

Slide 4 - How Will You React?

As distressing as these trends are, especially for Christian parents, it means this is not unique to your child. These are not uncharted waters. Millions of parents have faced this situation. Millions have wondered how to handle this. Millions more will face this situation in the future.

The critical question is: Will they face it well?

Finding evidence of your child looking at pornography can be very upsetting, but this is not the end of the story.

Do not panic.

There are changes you can make as a family to not only protect your child from the dangers of porn, but also prepare them to grow up in a world saturated with sexual temptations.

As a parent, the wisdom you impart has the power to lead them their entire lives. Your wise guidance can equip them to turn away from sexual temptations and embrace a life of godly sexuality.

Slide 5 - What We Will Talk About Today

Read Slide

Slide 6 - Why we talk about it

Porn used to be hard to come by for young people. Kids would have to stumble on a parent's or uncle's "stash" or get porn from another child who did. Today, this is not the case.

READ SLIDE

- Internet/TV...
- Half of men...
- It isn't just boys, either.

In adulthood, 20-30% of women become regular consumers of pornography or participants in sexually explicit chat rooms. And girls are actually more likely than boys to become someone else's pornography by sending nude or semi-nude pictures or videos of themselves online.

Slide 7 – We are Living in a Porn Culture (1st of 2 slides)

The use and promotion of pornography has become mainstream. The adult industry has successfully "sanitized" pornography in the public eye, re-imagining porn as fun, edgy, and sexy entertainment.

Porn stars are becoming the new crossover artists, regularly turning up on shopping-mall movie screens and prime-time TV. Celebrity magazines, men's magazines, radio, and TV feature the lives of porn stars as if they were mainstream artists. Additionally, pop culture now mimics pornography. One only needs to watch music videos of performers at the top of the charts or see the latest cover of Maxim to find evidence of this.

Surrounded by sex-saturated media, parents must guard and prepare their children with accurate and godly information about sex.

READ QUOTE FROM SLIDE

Sharna Olfman, psychology professor at Point Park University, says, "When we deny children access to meaningful education about their burgeoning sexual development, we give them no choice but to glean what they can from a highly sexualized media."

Slide 8 - Living in a Porn Culture (2nd of 2 slides)

READ FROM SLIDE

Slide 9 - The Impact of Porn

If it isn't obvious that children watching graphic sexual images is harmful to their personal and sexual development, study after study demonstrates the negative impact of porn.

In one university study where participants were shown just a 4 hours and 48 minutes of mainstream pornography over six weeks, the results are very telling.

READ SLIDE STATS

The graph on this slide refers to a specific question about a rape case asked of the participants in this pornography study.

This study was done in the 1980s when it was still possible to find a group of 80 men and 80 women who had not been exposed to pornography. (Researchers tried to repeat the study, but could not find the control group since the advent of the Internet.) In this study, one group was shown G-Rated films, an **intermediate group** spent half of their time viewing regular films and the other half (about 2 hours and 15 minutes over six weeks) viewing pornographic films, and the **massive exposure** group was shown less than five hours of pornographic films over six weeks.

These three groups were then given the same facts about a rape case and were asked to provide a prison sentence for the crime. As you can see, the massive exposure group recommended a prison sentence that was half that recommended by the group that was not exposed to pornography.

Today, because of the Internet, what was once considered massive exposure to pornography is common practice among porn viewers.

Slide 10 - The Impact of Porn on Kids

READ THIS QUOTE

John Carr of the Children's Charities' Coalition on Internet Safety said:

“If adults are having problems coping with this new mass availability of these types of images, then it's not unreasonable to deduce that children, who are exposed to exactly the same images, in exactly the same way, must be getting into all kinds of difficulties.”

READ SLIDE – IF NEEDED

When a child is exposed over and over to incorrect information about sexuality, long before he or she is able to understand this highly graphic information, the result could be a lifetime of hurt.

Parents must act. They must be educated on these issues.

These facts are not presented here just to be shocking, but rather to bring us a healthy dose of realism. As parents, the time to act is now. As awkward as talking to our kids about porn is, the cost of not talking about it is too high. Sex is too valuable a gift, and we do not want our children to see it cheapened by pornography.

Slide 11 - Stages of Porn Involvement

If your child has been exposed to porn, your response should be based, in part, on how deeply your child is into porn and how long it has been going on. Keep these stages in mind.

Stage 1: Experimentation and Curiosity

For the most part, a child or teen may view porn for the first time because they are curious.

Boys want to know what the girls look like with no clothes on, and vice versa. Before puberty, it is natural for boys and girls to be curious about gender and sexual differences.

During puberty, as sexual feelings grow, it is also common for boys and girls to be drawn by provocative images online, desiring to see more.

Stage 2: Regular Use for Masturbation

In this stage, your child has gone from curiosity to “using” porn or online chatting for sexual gratification and orgasm. While this stage is more common among teens, younger children can also enter this stage. In this stage, while there may be feelings of shame, the porn use is seen as recreational.

Stage 3: Risky Use

What constitutes “risky use” is not the same for all children. The almost undetectable shift into this stage happens when kids start to seek porn despite the negative consequences.

They might stay up late into the night bingeing on porn, losing sleep and the ability to focus during the daytime, only to return to porn the next night.

They might start looking at porn in riskier settings (at school, with a parent's smartphone, when someone could walk in at any moment, when they should be watching a younger sibling, etc.).

Getting caught is less of a concern to them, and in fact, the fear of it might become part of the "high" they get from the experience.

Stage 4: Dependence and Addiction

Masturbating to pornography taps into the neurocircuitry of our brains. It signals the release of dopamine, serotonin, opiates, oxytocin, and other hormones and neurotransmitters.

This hormonal cocktail is part of our body's natural response to sexual activity, but when combined with graphic porn, the brain experiences a sexual "high" at unnatural levels.

Those who have developed an addictive relationship to pornography experience an overwhelming craving for porn, seemingly uncontrollable sexual fantasies, and even withdrawal symptoms. The types of porn that used to satisfy no longer do; harder and more graphic pornography is sought.

There are no hard lines between these stages, but they exist on a continuum.

Slide 12 – Preparing for the Discussion (1st of 5 slides)

Realizing your child has been accessing porn repeatedly can be frightening, upsetting, and unnerving, but with some preparation, you can have an informed and productive discussion with your child about it.

If at all possible, delay having the conversation with them for a couple days. If you find out on Tuesday that your child has accessed pornography, there's no harm in waiting until Thursday or Friday to talk with them. You need time to process what you need to say and how you need to say it.

1. Do your homework

You should know as much as you possibly can about your child's porn viewing experiences before you have the conversation.

- Check the browsing history of any Internet device in the home.
- Check all of the browsers (like Firefox, Internet Explorer, Safari, Chrome, etc.)
- Look back several weeks to find evidence of porn viewing.
- Take note of the types of sites that were accessed.
- Check any browsing apps on mobile devices as well.
- Are logs blank? Might be tampered with?

If logs are blank after a specific date, they might have been erased by your child. If so, it means they are not only savvy enough to cover their tracks, but also desire not to be caught. Among teens this is very common. According to a recent survey, 71% of teens have done something to hide their online behavior from their parents.

- “Incognito” mode (sometimes called “private browsing”) can be easily turned on and off, giving the user the power to hide specific Internet activity from the history logs.
- Use a browser’s “autofill” feature to give you some hints. Often, previously searched terms will appear as you start to type in the search bar. Walk through the alphabet, typing a couple letters at a time, and see what search terms may have been used.
- Look not only for telltale sexual terms but also any evidence of using chat rooms. Many chat rooms are sexually themed.
- Covenant Eyes Internet Accountability provides un-erasable logs of search terms that were used, videos that were watched, and websites that were accessed. If you use Covenant Eyes, it will be easy to take note of inappropriate sites that were accessed and when it happened.

The goal of this knowledge is not to say “Gotcha!” When you ask why a kid why they were looking at inappropriate material, you are likely to hear a phrase like, “I don’t know.” Having this conversation will probably be very difficult for your son or daughter. The more information you can volunteer, the less of a burden he or she will have explaining everything to you from start to finish.

You might say, “I noticed you were searching for _____. What made you curious about that?”

Slide 13 – Preparing for the Discussion (2nd of 5 slides)

2. Talk it Through

If you are married, talk with your spouse about the situation. Listen to one another’s perspectives.

If you have trusted mentors or pastors you can speak with, confide in them about the problem. Listen to how they might approach the situation. It goes without saying, these are people you need to be able to trust not to gossip about this information with others.

As you listen to others, take time to “rehearse” the thoughts going through your mind out loud. Get feedback from others about what you say and your tone.

If you find yourself bewildered by what your child is looking at (i.e. a feeling of “I just don’t get why my child likes looking at this stuff”), try to find someone who can relate to this area of temptation.

Slide 14 – Preparing for the Discussion (3rd of 5 slides)

Slide - 3. Pray about it

READ SLIDE

The most important thing you can do to prepare is to ask God to give you a “redemptive attitude” about this situation. If your gut instinct is fear, ask God to take away your timidity. If your gut instinct is a sense of parental failure or shame, ask God to instill in you a deeper sense of trust that His grace can cover any of your mistakes or sins as a parent. If you are angry, ask God to fill you with a deep sense of compassion for your child. Pray that God will change your attitude into one that will not distance your son or daughter from you or the Lord.

Slide 15 – Preparing for the Discussion (4th of 5 slides)

4. Brace yourself for more than one conversation

READ SLIDE

The end goal is not having one conversation with your child, but maintaining a type of relationship with your son or daughter that communicates safety and acceptance. This paves the way for future conversations.

Since there is a lot that can be said about pornography and sexuality, these discussions might need to be stretched over several conversations.

Slide 16 – Preparing for the Discussion (5th of 5 slides)

5. Remember: Tone Is Everything

Tone is everything. Well, almost everything. Certainly what you say to your son or daughter is important, but how you say it will be critical.

It is likely that your child or teenager is experiencing some fear, uncertainty, shame, or guilt about having viewed pornography.

It is very important that in your conversations with him or her you do not approach the situation with sharp criticism or an overbearing sense of fear, bewilderment, or shame.

SLIDE 17 - Talking about It (1st of 6 slides)

Step 1: Open the Dialogue

READ SLIDE

Don't surprise your child with this conversation or try to have it on the fly. Set a time and date to talk.

Once you are sitting down at the appointed time, begin the conversation, start with what you know.

Tell the story of the discovery of the evidence and why you believe he or she is the one who was looking at the sexual content. The point of this step is to feed them whatever you know to help them begin talking.

Give him or her time to respond. Ask if your observations are correct.

They may admit to everything and talk for quite a while.

They may be silent, unsure of what to say. Don't feel the pressure to make them say anything specific.

This step is just about helping them to open up.

Slide 18 - Talking About It (2nd of 6 slides)

What if they deny it?

Some children or teens will respond by lying, denying they are the ones who saw the sexual images. If this happens, it is important not to lose sight of the bigger goal. This is a teachable moment between you and your child. It is a time for you to impress on him or her important lessons about sexuality. It is a time to build your relationship and keep the door open for future discussions.

Don't become easily angered if you believe they are lying to you.

Remember, minimizing or denying something is not an adolescent response to sin—it is a human response. (It's been going on since Adam and Eve.) **It is what we all tend to do.** Recognize, this is how you might respond if you were the one in the hot seat.

Don't call him or her a liar. Ask your son or daughter who they think accessed the websites.

Shift your approach and model vulnerability for them. Talk about a time in your life when you were exposed to porn or when your sexual curiosities got the best of you. You might say something like this: "I wanted to ask you about this because I know how tempting this stuff can be. When I was a child/teenager..."

If you suspect your child is in the curiosity phase, talk how you were curious.

If you suspect your child is masturbating to pornography or watching it habitually, talk about how easy it was for you to be tempted to lust.

The goal is to help them see you as a safe person in which to confide. If they continue to deny it, don't feel a need to press them for a confession.

Listen, Really Listen

No matter what, don't lose sight of the person sitting across from you. When you ask him or her a question, **don't be quick to fill awkward silence** with your voice. Give your child time to respond. There's likely to be some awkward silence, so remind yourself to hold your tongue.

Listen with a compassionate heart. Don't use silence as a means to "glare down" at your child in disappointment. Let your eyes communicate tenderness.

Remember: this conversation is not ultimately about porn; it is about you getting to know your child. This initial conversation is about unearthing your child's motivations for viewing pornography. As you listen, try to pick up on any fears, lust, insecurities, questions or shame you see in your child.

Before you launch into anything about pornography itself, get your child talking about what he or she found tempting, interesting, or even enjoyable about it. Don't act disgusted or shocked by what your child or teen says, even if your child seems unremorseful about looking at porn. Be genuinely curious. Ask him or her what was confusing about it. Get raw, uncensored responses. Encourage openness

SLIDE 19 - Talking about It (3rd of 6 slides)

Step 2: Own Up to Your Failures

Perhaps you've had a number of conversations with your son or daughter about sex, sexual desire, and sexual curiosity. Perhaps you've spoken to them about pornography already. If so, you are among a minority of parents today. Congratulations.

If you're like most of us, you've been caught a little off guard by your child seeing or using pornography. As the conversation progresses, take a moment and own up to not preparing him or her well.

As a parent or guardian, it is not your responsibility to shield them from every known evil in the world, but it is your responsibility to prepare them for the issues you can anticipate.

To someone in the curiosity phase, you might say, "These naked pictures and videos are all over the Internet, and I probably should have talked to you about them before today. I am sorry I didn't help you with this earlier. What I should have said to you before is that if you see any images online that make you uncomfortable or anything that cause you to ask questions, you can always come to me. I want to hear your questions. I want to see if I can answer them. I don't want you to have to learn answers from people who are trying to put bad stuff out there."

To a child you suspect is using pornography for masturbation, you might say, "I should have talked to you about pornography long before today. I am sorry I didn't. I know that watching images like this can really stir sexual desire in you. But I should have talked to you more about these kind of desires before this. I apologize."

This apology will help to set the tone for the rest of the conversation. You want to show yourself in a supportive role.

SLIDE - Talking about It (4th of 6 slides)

Step 3: Discover the Extent of the Problem

Researchers are noticing children are expressing sexual thoughts and feelings at younger ages today. Of course, healthy sexuality is a very important part of our development as people, but today children are having sexuality inappropriately imposed on them. This comes through TV, music, movies, video games, and pornography.

Has Puberty Begun?

Don't be surprised if your child enters puberty earlier than you did. The early onset of puberty can be due to many factors, including abuse (2012 Boston University Study – Sexual abuse, 49% increase in early menstruation, 22% for touching, 20% for physical abuse), obesity, a sedentary lifestyle, or even exposure to hormone-disrupting chemicals in the environment.

For girls, pre-puberty changes begin between 8 and 11, although a small number start before age 7. These physical changes usually continue through age 16. Boys start puberty between 9 and 11. These changes continue through age 18 or 19.

Has Sexual Attraction Begun?

Like puberty, sexual attraction does not turn on like a switch. It is a gradual thing.

In childhood, the opposite sex is simply different.

Once puberty begins, the opposite sex is compelling.

Children or teens don't have to necessarily want sexual intercourse (or even understand it completely) before attraction begins. For many, it is simply a feeling of: "He/She notices me. I like that."

Unsure? Ask a question such as, "Do you know a (guy or girl) you think is really cute? Do you ever imagine yourself with that person, holding their hand or kissing them?"

Curious or "Using"?

Your child or teen may not have an accurate grasp of their involvement with porn, but it is worth it to ask them. Say, "How many times do you think you've looked for these kind of pictures or videos online?" They will likely not be able to answer, so give them some options: "Would you say you've been looking at this stuff for the last month or longer than that?" "How many times have you seen it in the last week or two?" These prompting questions will get them thinking.

Younger children, especially, will be experimenting and curious.

Others may be regularly using porn to masturbate, and they may have even progressed from that stage to something akin to an addiction.

Understanding your child's sexual development and their involvement in porn enables you to move on to the next step.

Other Sexual Experiences?

As awkward as it will be, this is the time to ask about other sexual experiences. You might start with asking, "Have you ever done anything in real life—like what you've seen in these images or videos?" Perhaps your son or daughter has been sexually active, by choice, through coercion, or even by force. Ask them specifics one at a time, from the most benign to the most severe.

- Have you ever kissed anyone on the mouth?
- Have you ever touched someone else in their private areas?
- Has anyone ever asked you to get naked in front of them?
- Has anyone ever touched you or forced you to touch them in their private areas?
- Have you ever had sex?

Sadly, some children or teens are first exposed to pornography in a sexually abusive setting. An abuser might show them pornography—even child pornography—and this can lead victims to seek more pornography due to their trauma.

SLIDE 21 - Talking about It (5th of 6 slides)

Step 4: Talk About why Sex is Good and Porn is Bad

At this point, it is fitting to have an age-appropriate talk about why your son or daughter felt drawn to porn. We'll talk about some "scripts" for you to follow and adapt for this conversation. Remember, these scripts are available in your free download of *When Your Child Is Looking at Porn*.

Critical to this step is your own openness. The more this sounds like a lecture, the less receptive your child or teen will likely be. The more you use personal examples from your own life, and the more transparent you are, the less likely he or she will be to shut down emotionally.

What does transparency look like? Don't be afraid to share the temptations you faced or still face when it comes to sexual sin. Don't shy away from statements like, "When I was growing up, I remember how difficult it was for me when..." or "I didn't always get this right growing up."

Response for the curious, pre-pubescent child

Your child may not be thinking about the opposite sex in a sexual way yet. This child is likely in the curiosity phase of looking at porn. If this is the case, here are some ways to talk about why he or she is drawn to pornography and why it is a trap.

1. Pull: The human body is attractive and interesting.

"The human body is a beautiful thing. When human beings were created God made us male and female, just like it says at the beginning of Genesis. We are made in the image of God, which means everything about us, inside and out, reflects the God who made us. It is perfectly normal to want to know what the human body looks like, because just as the Psalms say, we are made wonderful and complex (Psalm 139:14)."

At this point you could have a conversation about some of the differences between men and women.

2. Privacy: Nakedness is meant to be a private thing.

"The human body is also private. We shouldn't go around the neighborhood, peeking in people's windows, trying to see if they are getting undressed, right? That's because the human body is so special, we wouldn't want to show it off to just anyone. Husbands and wives see each other naked, but they don't get naked in front of anyone else. We also shouldn't look at pictures of naked people. The people taking those pictures are taking something very special—an image of a naked body—and showing it off for the whole world to see.

"God isn't upset about your curiosity, and neither am I. But God wants us to guard our eyes when we see images of people who don't have clothes on or who are almost naked. We should turn our eyes away and think, 'Nakedness is a private thing. I'm going to look away.'"

3. Parents to child: "My job is to help you understand how God made us"

"It is great that you want to know more about the human body, but I don't want you to seek those answers on the computer [or TV or wherever the pornography was seen]. I'm happy to talk to you any time if you have questions about our bodies, what it looks like, or the way it works." Now would be an appropriate time to answer specific questions about gender and sexuality.

SLIDE 22 - Talking about It (6th of 6 slides)

Step 4: Talk About Why Sex is Good and Porn is Bad For the Pre-Teen or Teen Engaging in Sexual Fantasy

If your child has entered puberty or if you suspect he or she has started “using” pornography (for the purpose of masturbation and fantasy), then it is time to speak with your son or daughter about porn in the light of healthy sexuality and in the light of Scripture.

There are four essential points to give your son or daughter.

1. Pleasure: Sexual arousal feels good, and it should.

“Your attraction to the opposite sex is very good and normal. God designed you that way. Wanting to experience sexual pleasure is also good and normal.

“Speaking through King Solomon, God said that men should enjoy their wives. ‘Let her breasts satisfy you always. May you be captivated by her love.’ (Proverbs 5:19). In Solomon’s great love song, the woman sings about the pleasure of having sex with her husband: ‘Kiss me and kiss me again, for your love is sweeter than wine’ (Song of Solomon 1:2). God has made sexual experience very pleasurable. The desire you feel when you look at porn is part of a drive God gave you, and it is an important part of who you are.”

2. Purpose: You’re becoming a man or woman, and that’s good.

“Your body has been going through a lot of changes. Your body is becoming less like a child’s and more like that of a man/woman. Sometimes this is very confusing and frustrating, I know. But remember, there’s a purpose to this.

“You can enjoy knowing that God is changing your body and your mind so you can serve him in the future as an adult leader. Just like Jesus when he was a young teen, you are growing in body and wisdom (Luke 2:52). As you mature as a man/woman, you can serve God as a loving older brother/sister to others, and some day as a spiritual father/mother to others (1 Timothy 5:1-2).

“The changes in your body are preparing you for sex when (and if) you get married. The Bible says that as you have sex with someone over the course of your life, you become ‘united into one’ with him/her (Genesis 2:24)—you are united to that person in a very intimate way. Your changes also mean your body is maturing to be able to create children, just as the Bible said we should do (Genesis 1:28).

“The changes you are going through to become a man/woman are wonderful, so don’t see them as a curse, but as a blessing.”

3. Passion: Burning passion is right, but not right now

“Your maleness/femaleness is a God-given quality, and your sexual attraction is a God-given drive. But when we allow passions to be stirred up in our fantasies, this is called lust. Jesus said if we look at someone with lustful intent, it is like we are committing adultery in our hearts (Matthew 5:27-28).

“It is like a fire. We love sitting in a living room with a fire in the fireplace. But if we take that same fire and put it in the middle of the floor, it could burn the house down. That’s the way sexual passion is. There’s a fitting place to start that fire—in the setting of marriage—but if you stir up that passion outside of marriage, it only ends up hurting you.

“Sexual passion is designed to create oneness with a person. This kind of oneness should only be experienced when you are totally united to a person in lifelong commitment. Marriage is the fireplace where sex warms and blesses our lives.

“Until then, you shouldn’t deny you have this passion inside you. Instead, use it to ‘build your fireplace.’ Work to become the kind of man/woman who can serve and love someone else as a husband/wife. Get wisdom from me and other adults about how to become a godly man/woman with sexual desires. Learn when is the best time and way to start dating or get married.”

4. Porn: Sex on screen only cheapens the goodness of sex

“There are many reasons why using porn is sinful.

First, porn is selfish; sex is giving. When you watch porn, you get to imagine that you are the star of the show. You get to imagine yourself being with beautiful men/women or being an attractive man/woman. You are the focus of their attention in the fantasy. But having sex in a loving manner is about both receiving and giving pleasure. You don’t want to train your mind to love masturbation more than sex with a real person. You don’t want to train your mind to see the opposite sex as a thing to be used rather than a person to be loved.

“Second, porn bonds you to an image; sex bonds you with a person. You are physically and emotionally wired for intimacy. That’s why God made sex so pleasurable, because it bonds a man and woman together. But when we lust after pornography, we are bonding to those images, not to a person.

“The people in porn are all playing a part. They are actors and actresses in a movie. Then the films are edited to take out all the boring parts and make the actors look their best. All the hormones that surge through your brain when you watch porn or fantasize about sex are the same hormones you experience when you have sex. Just like sex is designed by God to help you bond with your future husband/wife, when you masturbate to porn you are bonding with the images of people on the screen. When the time comes to get married, what if your husband/wife doesn’t look or act like all the scenes you’ve seen in pornography? No person is as clickable and customizable as a person on a screen. This only takes away your enjoyment of sex in the future.

“Third, porn is abusive; marital sex is nourishing. What you don’t see when you watch pornography is what it’s like when the camera stops recording. Often, men and women in porn don’t like the work they do. They have to take drugs and alcohol just to be able to have sex on screen. Many times the women were abused when they were young, and they continue to be used and abused in the industry. By watching pornography, we only give incentive to those who abuse these women to keep doing it. Porn stars are paid to make their lives look fun and glamorous, but many of them are dying on the inside.

“Fourth, porn dishonors God; marital sex honors Him. God has told us His will for us is to abstain from sexual immorality (1 Thessalonians 4:3). God will judge the sexually immoral and the adulterers because He wants the marriage bed kept pure (Hebrews 13:4). As a young man/woman of faith, don’t dishonor Him with your body by filling your mind with images of sin.

Slide 23 - Bottom Line: God is Good

You want your child or teen to stop using porn. Fair enough. But remember what inspires real repentance in a person: “His kindness is intended to turn you from your sin,” (Romans 2:4).

Yes, your child may be guilty of selfish fantasy and lust. Yes, if he or she has been lusting after pornographic images, your child or teen has sinned against God and against his or her own body. But God is rich in “kindness and forbearance and patience.”

In every law He gives, He gives it not only for His honor but for our good: “And now, Israel, what does the Lord your God require of you? He requires only that you fear the Lord your God, and live in a way that pleases him, and love him and serve him with all your heart and soul. And you must always obey the Lord’s commands and decrees that I am giving you today *for your own good.*” (Deuteronomy 10:12-13, italics added).

God not only wants your child to flee pornography, but also, in His kindness, he points all his children to something far better. He wants us to be men and women of God, capable of loving others well.

Slide 24 - Life Beyond the Discussion Taking Steps to Create a “New Normal”

1. Create A Culture of Accountability at Home

Use Covenant Eyes Internet Accountability and Filtering to monitor all the websites your children see. This is called “accountability” software for a reason: the goal is not merely monitoring what your children do, but actually having conversations about it.

You can have weekly reports sent to your e-mail with a summary of what your children have been seeing. This not only reduces temptation for your child, but it also provides you with up-to-date information about your child’s Internet habits for informed conversations.

Don’t impose Internet protocols for your children only. Use Accountability for yourself as well. Improper use of the Internet is not just a teen problem—it is a human problem. When your child or teen sees that you are also held accountable to where you go online, they will feel less “targeted” and understand that Internet accountability is simply what the whole family does to stay safe online. Have your Accountability Reports sent to someone you trust.

Kids should live in a culture of accountability in the home, modeled by loving parents.

2. Set New Technology Boundaries

Parents should work to protect their children by closing potential access points to pornography. There are a COMBINATION of ways to do this.

If you have younger children, spending time with them on the computer can be a very effective way to direct their online interests in a positive direction. Choose appropriate sites that will be fun and educational. It also provides an opportunity to remind them about the unpleasant things on the Internet and the importance of staying away from them.

Anonymity (secrecy) creates an open door for temptation. When your child believes no one will know or find out about his or her behavior, temptation increases greatly. Have a “no privacy” policy in your home: you may check computers, cell phones, text messages, or online profiles at any time.

Limit computer usage when no one else is around. If that means creating household rules about where laptops and cell phones can be used, make those rules. If you need to take away iPods and phones at night so there is no Internet access in bedrooms, do so. (Kids say they need their phone as an alarm clock. No, they don't. They still sell alarm clocks at the store. Buy them one.)

Know all the passwords to all of your child's online accounts: e-mail, social networks, and apps. Find out about other places where your child may be tempted. School computers? A friend's home? Is there a certain time of day or night when temptation strikes? Knowing this helps you to set boundaries.

Here are some important points to keep in mind when it comes to technology boundaries:

- A good Internet filter will help to prevent at least accidental exposures to pornography. However, as children get older, reliance on a filter isn't preferable. You are not just trying to protect your children right now but preparing them for a world without filters. Set your Internet filter to a more sensitive or restrictive setting when your children are young, then let up on the restrictions as they get older and prove their ability to be responsible online.
- Remember, as you adjust your Internet filter, always keep tabs on your children through Internet Accountability. This will help you to have continued conversations about where they are going online, including the morally
- Set boundaries with your kids, not just for your kids. When setting boundaries about when and how computers, cell phones, and tablets can be used, involve them in the discussion and get their input. This helps them feel a sense of ownership.

Remember, lead by example. You will receive much greater buy-in from your kids, if you are willing to be held accountable for your Internet use as well. This truly establishes a culture of accountability in your home.

Slide 25 - Questions?

Slide 26 - Remind Your Audience to Download a Free Copy Of the Ebook