

Addressing pornography – Do's and Don'ts

Supporting 11 to 13 year olds



Do's

✓ **Do make it an integral part of the sex and relationships talk**

With first exposure to pornography being 11 you don't want pornographers chatting to your children before you do so make sure you acknowledge the fact that it exists but more importantly why learning from it is a bad idea

✓ **Do make it part of the online safety talk**

This will help things feel less awkward and will also contextualise the talk as a safety issue which is something that they will be more used to

✓ **Do be prescriptive about what they should do if they come across it**

Be clear about what they should do in terms of closing the window, letting you know and talking about it

Assure them that you won't be angry and that letting you know is a positive step to help them deal with it and understand the world around them

✓ **Do let them know they can come to you with questions anytime and that you are on the same side**



Don'ts

✗ **Don't regard curiosity as abnormal – it's normal**

Don't make them feel bad about wondering what's out there, instead, explain why you think it's a bad idea they see it and arm them with age-appropriate information to help them make safer choices online

✗ **Don't ignore their questions**

Even if they are awkward, you need to be able to help your kids navigate through so, inform yourself and talk often and with confidence

✗ **Don't ignore the reality of them coming across these images**

Statistically speaking most will by the time they are 11

✗ **Don't see your child differently if you find out that they have actively searched for it**

Being curious is a normal part of growing up and the way you react to kids will impact how they see themselves

