



PORN IS NOT REALITY

"It is important to understand porn is not reality. The people in porn are acting."

"Porn is fantasy, the same as an X-MEN or James Bond movie. Things can be made to look real, but there not."

"Porn is like alcohol and drugs, it can become addictive."

VALUING SEX

"I am afraid young people viewing porn will believe sex doesn't require relationship or affection, that it's just something people do with anyone. But for most people, sex is something special that you only do with someone you care about or love. It's a way of expressing love and feeling close to someone."

"Sex can be fantastic, but also it can be awful and everything in between."

SEXUAL TASTES

"If you want to be a good lover, porn is not the right place to learn about sex."

"Porn can shape a person's sexual tastes in an unhealthy way."

"When people use porn regularly for sexual stimulation – their body learns to be aroused by what they see – porn is often aggressive (slapping, choking) and degrading (cum over a person's face) especially of women."

CONSENT

"Porn can give the impression that everyone wants to have sex all the time. But that not true."

"We need to talk about consent, it is essential for respectful relationships, and good sex."

"It is necessary to check if you both people want to have sex, every time. And what type of sex they are comfortable and happy to give consent."

"Porn bodies are not normal. The actors may have had surgery to make their bodies look that way."

GENDER BIAS

"I don't like the way women are portrayed. Submitting to men being aggressive and in control. That not how I would want you treat women (or be treated)."

"Porn usually portrays women as objects for men's sexual pleasure. And that offends me."

"I worry that boys viewing porn as entertainment with no experience of a real relationship will experiment, copy what they believe to be normal"



Have I honestly discussed my values about sexuality? Does he actually know what I believe?

I want him to feel good about himself. If I treat him with respect he will learn to respect himself and others. I want to keep the lines of communications open.



NO SHAMING

It is important that your child feels comfortable coming to you with problems and concerns. Predators may play on children's fears of exposure.

Watch for signs of child experiencing distress: Changes in usual behaviour. They seem easily agitated, having problems sleeping, overly sensitive and emotional.

TRY TO STAY CALM

Your initial reaction to finding your child has been viewing pornography can be significant to how it makes them feel about themselves (i.e. guilty, ashamed) and lose their trust in approaching in the future. Be aware of your feelings, but keep them in check. This as a "learning moment". Be mindful of your body language and tone of voice, keep eye contact. Find a quiet place to talk in private. Acknowledge that their curiosity is normal, but it important they get the right information.

PARENTING, ADOLESCENTS, AND PORNOGRAPHY

Pornography is everywhere. With the click of a button, children and young people can now access an array of pornographic images. Is not so much a question of if they will see it, but when. Pornography provides a disturbing, distorted, unbalanced, and unrealistic model of sexuality for young people today. Parents are renown for finding it difficult to talk about sex with their children. But it is time we put aside our discomfort, and discuss the issues as a matter of importance, as pornography is impacting on the lives of many young people today.

This information is meant to serve as a guide to parents. Each child has individual needs, develops, and ask questions at their own pace. Choose information that best fits you and your family values.

WHAT DOES RESEARCH SAY?

Youth who consume pornography may develop unrealistic sexual values and beliefs
Have higher levels of permissive sexual attitudes, sexual pre-occupation, and earlier sexual experimentation (i.e. oral, vaginal, and anal sex)

Girls report feeling physically inferior to the women viewed in pornographic material

Boys fear they may not be as virile or able to perform as the men in these media

Adolescents report their use of pornography decreased as their self-confidence and social development increase

Adolescents who use pornography were found to have lower degrees of social integration, increases in conduct problems, higher levels of delinquent behaviour, higher incidence of depressive symptoms, and decreased emotional bonding with caregivers.



71% of adolescent believe pornography influenced the sexual behaviours of their peers

Only 29% believe pornography influenced their own behaviour

HOW DO YOUTHS FIRST ACCESS PORNOGRAPHY ONLINE?

Children are as likely to stumble across pornography as to deliberately search for it. Unintentional exposure can occur through opening unsolicited messages or receiving spam e-mails, mistyping search term, and clicking on pop-up images or adverts.

What do young people feel about online pornography?

On first viewing pornography, young people report a mixture of feelings including: curiosity, shock, and confusion. Negative feelings subsided after repeated viewing. Girls are more negative about porn than boys. On first viewing most young people did not experience sexual arousal. Older youths (15-16-year-olds) who chose to view pornography report doing so mainly for pleasure. Boys more than girls wanted to imitate porn (increased with age - 42% of 15-16-year-olds)

WHO HAS SEEN ONLINE PORNOGRAPHY?



11-12-year-olds



15-16-year-olds

GENDER DIFFERENCES

Boys actively seek out and use pornography more frequently than girls.

Boys and girls report viewing pornography out of curiosity and information seeking.

Older youths are twice as likely to intentionally seek pornography.

Boys more than girls, report using pornography for sexual arousal, and for entertainment.

Both solitary, and group use were reported more often by boys than by girls, owing to its importance in masturbation.

Although boys are generally critical of pornography, girls are more repelled by it. Boys and Girls reported pornography influenced body ideals and as script for sexual performance.

Boys are most vulnerable to harmful effects due to typically earlier and greater exposure



OMG! Is that what girls expects?
I'm never going to match up to this!

Promote responsibility, you are the 'gate-keeper' of their mobile devices and Internet use. But you want your child to critical decide not to use these sites. Help your teen understand and accept the consequences of their decisions and actions. Let them know what you expect of them. Allow them to think and talk about how they feel. Talk about values of respect, equality and consent, and how porn often does not portray respectful, mutually pleasurable and safe sex.