

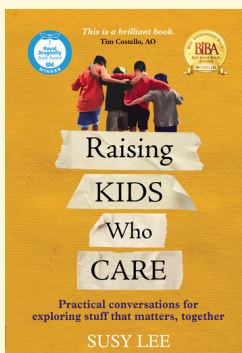
'The Awkward Porn Talk'

...a practical family conversation



Communication is the best tool we have for life and love. Below you'll find a fun conversation to help your family work out how to use technology well without it taking over your lives.

Just follow these conversation steps to help you talk knowledgeably, honestly and practically. If they're up to it, let the kids lead you by reading out the instructions. Enjoy!



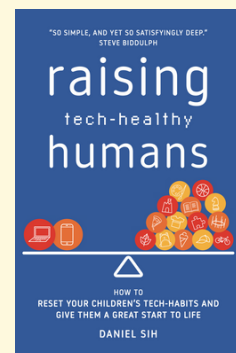
Susy Lee

'Raising Kids Who Care: Practical conversations for exploring stuff that matters, together'



Daniel Sih

'Raising Tech-Healthy Humans: How to reset your children's tech habits and give them a great start in life'



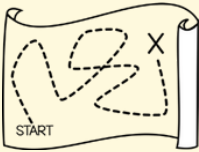
'The Awkward Porn Talk'



1 Where the conversation's headed



2 Stimulating ideas to get started



3 Reading the instructions to prepare



4 On the road: talking together



5 Unpacking what we've learnt



6 Making it matter by taking action!

1 Where we're headed



The aim of this conversation is to help us understand the current challenge we're having with online pornography and the impact it's having, so we can manage it and protect ourselves from any damaging consequences.

2 Getting Started



By age 11, many kids have already been exposed to pornography.

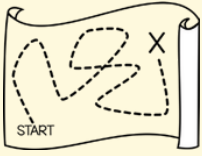
According to estimates, up to 27% of all video content on the internet is pornographic or explicit
... that's HUGE!

We get that porn is tricky to talk about, but if you don't feel comfortable talking with your family about this huge issue, then maybe you're not old enough to have a phone or computer with access to the internet because of the risks?

The trouble is that watching porn can negatively affect your brain, a bit like a disease. It leads to mental health issues, relationship problems, more racism and the acceptance of violence against women.

Ready to find the courage to talk about this tough topic?

3 Your Instructions



You're about to have a family conversation about porn on the internet. Super scary!

To do this well though, we'll need some ground rules to keep everyone feeling as safe and comfortable as possible.

- Agree that only one person will speak at a time - no interrupting.
- Agree that there are no dumb questions.
- Agree that we can talk generally - we are not necessarily talking about ourselves.
- Agree together that home is the safest place to learn our facts and values - things can get a little crazy at recess!
- Agree that its much better to share mistakes or hurts than to hide them, and be kind to each other when we stuff up!

4 Talk about this...



Imagine you are on the bus and a friend leans over to show you an explicit picture. It makes you uncomfortable, but everyone is laughing about it. What do you do?

- a) laugh along?
- b) turn away and ignore them?
- c) get off the bus?
- d) speak up about their participation in the denigration of women?

Imagine you are at a party and people decide to put on a rude or inappropriate video?

Do you

- a) get comfy and watch?
- b) move to a different room?
- c) say you don't feel well and go to the loo ... then call you parents to come get you?
- d) speak up about how porn damages your brain and can make you more violent?

Talk about real examples. How do they make you feel? Brainstorm what you could do differently.

5 Unpacking...



Are you feeling awkward or a bit stronger?

Do you think this is a big problem in our culture right now or a fuss over nothing?

Are you confident that you could make some changes or do you think it'll be too hard?

Did it feel good working through this together?
What other hard topics might you tackle?

6 Moving forward



For more useful information look up 'Fight The New Drug' at <https://fightthenewdrug.org/>

If you want to do something about it, look up 'Collective Shout' at <https://www.collectiveshout.org/>

They keep watch on advertising that is harmful to women or children and have got some ads taken down. They also visit schools to talk about this stuff. (Melinda Tankard Reist leads it and she is an impressive friend of ours!)

Could you talk to your friends about this stuff?
