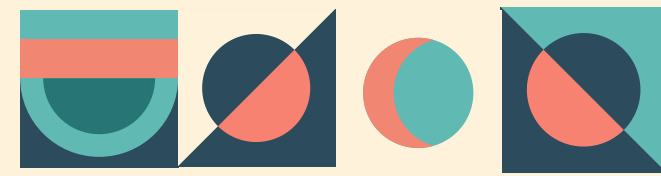


## Don't forget to:

- Supervise your child's online activities (mobile phones, computers, tablets and other devices) by making a family agreement.
- Encourage off-screen activities (e.g. sports, arts, etc.) so that children are able to derive joy and pleasure from situations in our physical world.
- Encourage children to protect their personal data!
- Teach them to be very careful with "friends" they meet online.
- Be open and ready to listen to them!
- Remind them that once something goes online, it may stay there forever! So they should always think twice.
- Make sure they know that they should never agree to meet somebody they have only met online.

*"Be open and ready to listen to them! Listen to your child's experiences, concerning both our physical world and the online environments."*



## Talking about pornography with your teenager

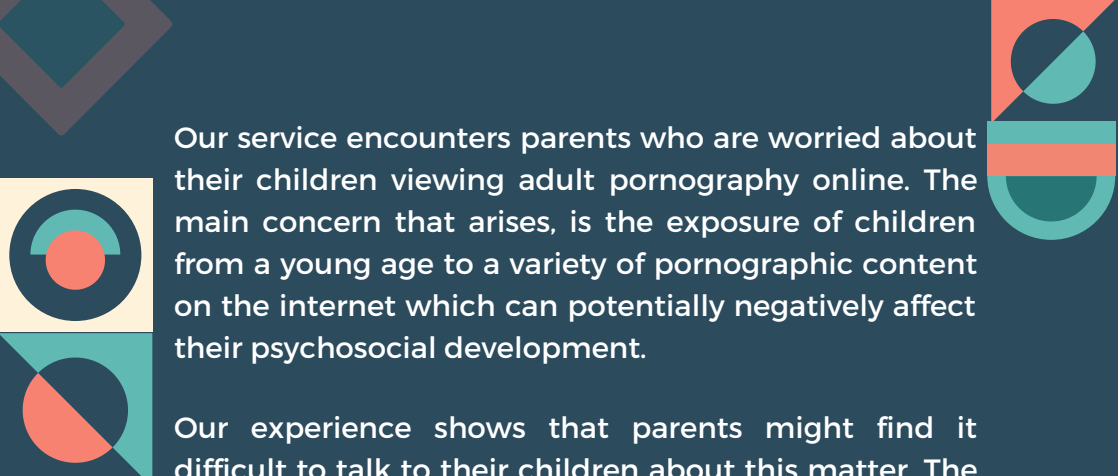


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Our service encounters parents who are worried about their children viewing adult pornography online. The main concern that arises, is the exposure of children from a young age to a variety of pornographic content on the internet which can potentially negatively affect their psychosocial development.

Our experience shows that parents might find it difficult to talk to their children about this matter. The following guide includes information on how to talk about this topic with your child or teenager.

## What can I do to prevent it?

- **Have a conversation with your teenager** Open-ended questions might be enough to start the conversation.
- **Do not put any blame on the teenager!** The last thing we want is for sexual pleasure to be associated with guilt or to cut off communication channels with our child.
- Parents can explain that this material was created because some grownups like to view it but **the images that are usually shown are exaggerated and do not correspond to reality.**
- It is very important to emphasize that sexual activity between an adult and a minor is **PROHIBITED.**
- Parents can also **discuss the concept of CONSENT** in sexual activity since it is not always obvious in videos of sexual content.
- **Talk about safety in sexual activity;** communicable diseases, pregnancy, etc.



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## Discussion topics with teenagers

### EXCESSIVE USE

Engaging in pornography can lead to an addiction to it. Wanting to watch constantly, almost obsessively, and having difficulty being functional in the other obligations of one's life.

### EFFECT ON FUTURE RELATIONSHIPS

The images shown are usually exaggerated and not at all realistic. It would be worth talking to teenagers about this and asking their opinion if and to what extent internet pornography is affecting interpersonal relationships now and in the future. We can still talk about trust, intimacy, consent, respect and how important they are in our relationships.

### EFFECT ON SELF-IMAGE

To what extent does exposure to such material from an early age affect our self-image, in other words how do we view our own body? To what extent does it affect our views about our sexual readiness, our sexuality in general, our choices, our thoughts and feelings?

### LEGAL RISKS

It is extremely important that teenagers understand that material depicting minor nudity, falls under the laws of child exploitation or child sexual abuse material, which is a crime. If a teenager or an adult comes across such material, they should definitely report it.

