

INSTRUCTION:
WARNING
KIDS

**ABOUT THE DANGERS OF
PORNOGRAPHY**

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Wisconsin Lutheran Seminary*



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INTRODUCTION: **CREATE A MINDSET**

CREATE A MINDSET

Paint the big picture for your children.

It is clear beyond a shadow of a doubt that **pornography is a dangerous thing**. For parents, considering how to prepare their children to face those dangers can be a terrifying thought. But as scary as it may seem, it's something that needs to happen. So where does one start? In Ephesians 6:1, we see two basic elements of parenting. The **first** is training and correction, the second, instruction and admonition. As we approach the question "How, when, and what should parents tell their kids about pornography?" it is probably best if we start with that second element, instruction and admonition.

In many circles today "**admonition**" is used almost synonymously with correction or rebuke. The concept of "admonishing a child," for example, would be perceived by most to mean scolding for something wrong that he or she has done. The original sense of the word, however, was to warn against a particular behavior. This is the sense in which the writer will make use of it in this book, specifically in view of how parents warn their children about the dangers of pornography.

As parents instruct children about pornography, the goal is not simply to fill their heads with facts but rather to **help them create a mindset**. Parents have the wonderful opportunity and responsibility to shape the character of their children. Part of that, although often overlooked, is *helping develop the child's sexual character*.

CREATE A MINDSET

Paint the big picture for your children.

The mindset parents want to nurture in their children is one that views sex in its proper light as a wonderful gift of God and that recognizes pornography as an evil and destructive perversion of that gift.

The goal of developing a child's sexual character is to bring them to a biblical understanding of God's gift of sexuality. **Sex is not something that we should be ashamed of.** It is a beautiful thing that God has designed for husbands and wives to be enjoyed within the bonds of marriage. It is a physical and intimate act through which they can express their love to one another. *By helping our children to see the big picture about the sanctity of sex, we are better prepared to confront the problem of pornography when and if it occurs in our children's lives.*

As a young person's sexual character develops they will begin to understand the role God has in mind for them when they get married. In his article, **"When Children View Pornography"** Rob Jackson reminds us that those roles have been illustrated for us in Ephesians 5:22 and following. "We hope our sons will see themselves as a type of Christ as they relate to their wives, and that our daughters will see themselves as a type of the church as they relate to their husbands."

CREATE A MINDSET

Paint the big picture for your children.

By leading their children in family Bible studies, having open and honest discussions regarding sexuality, and providing a Christian model and example of what marriage and sexuality are intended to be parents will be able to achieve these goals and their children will be incredibly blessed as a result.

THIS WEEK

11 MILLION KIDS

WILL VISIT PORN WEBSITES.

Learn how to help them break the cycle of guilt and sin.



PART ONE:
EARLY AND OFTEN

EARLY AND OFTEN

Sex education is a process, not an event.

Sex education is a process, not an event. **The “birds and the bees” talk**, although something parents today may have experienced in their own childhood, **is a thing of the past**. One of the most important things for parents to realize when it comes to pornography education is that *the earlier they start, the better*. That doesn’t mean that parents should sit down their three-year-old and explain everything that they know about sex and pornography. What it means is that from as early as the changing table, parents can begin to nurture their child’s sexual character.

The reality is that kids will see pornography. Ninety-three percent of boys and sixty-two percent of girls are exposed to pornography before they turn eighteen. Even more appalling, the average age of a child’s first exposure to pornography is estimated today to be as early as eight years old. Pornography, moreover, is not the only thing children are exposed to. Through their network of friends at school and, once again, through the vast amount of information readily available on the Web, kids will be able to find answers to just about any question they can think of regarding sex.



EARLY AND OFTEN

Sex education is a process, not an event.

Parents cannot stop their kids from hearing about sex at school. *What they can ensure is that they hear about it at home first.* The old adage, “You never get a second chance to make a first impression,” is certainly true when it comes to sex education for children. The first impression that they get is going to be the most powerful and the most memorable. That being said, **parents will want to make sure that it is a good one;** the best way to ensure that that happens is to do it yourself.

While it is best to start sex education as early as possible, **it is never too late.** Any education that kids get from their parents will be a blessing to them in the long run, even if they have already heard or seen some things at school. *The important thing is simply to get started* and then plan on making sex education a continual part of the child’s development.





PART TWO:
SEX-ED FOR
TODDLERS

SEX-ED FOR TODDLERS

Toddlers need to learn about love.

As stated above, protecting kids from the dangers of pornography and educating them about sex should really start at an early age, even as early as two years old. This raises warning flags in many parents' minds and leads to certain questions:

- “Should I really be giving my toddler sexual education?”
- Isn't that going to scar or leave them traumatized?
- Couldn't exposure at that early of an age really just lead to more curiosity and bigger problems down the road?”

Those are valid questions and if handled incorrectly an early start on sex education could definitely result in problems such as those listed. **It would not be wise to sit a two-year-old down and explain to them how sexual intercourse works or what an addiction to pornography can do to their lives.** There are, however, a number of things it would be wise to teach them.

First and foremost, **infants and toddlers need to learn about love.** “The foundation of all sex education is enabling your child to give and receive love.” (Stan & Brenna Jones, How to When to Tell Your Kids about Sex) Parents can teach their children that they love them deeply and that they are also deeply loved by their Father in heaven. Loving children may seem like a pretty basic part of parenting and not necessarily a part of sexual education or protection against pornography, but it definitely is.

SEX-ED FOR TODDLERS

Toddlers need to learn about love.

Sex and love go hand in hand. There are few ways in which human love can be expressed more deeply than when a husband and wife join together in sexual union. God-pleasing sexual relationships are based on love. Pornography, on the other hand, divorces love from sex. As a child learns how to receive and give love they will also learn the virtues of respect, honesty, trust, and kindness.

Learning from the start that love involves all of those emotions and that every good relationship, including healthy sexual relationships, are built on love will help children recognize that pornography does not portray any of them and therefore is not a God-pleasing portrayal of sex.

As parents teach their little children that they have a Father in heaven who loves them, they will also begin to teach them that he made them in a wonderful way. One huge step towards making a child's continued sexual education easier is to start off by *teaching them the anatomically correct names for their sexual body parts*. Parents have no problem teaching their kids that they have a nose, a mouth, and two eyes or that they have arms and legs and fingers and toes. Parents should also feel comfortable teaching their sons that they have a penis and a scrotum and teaching their daughters that they have a vulva which consists of her labia and her vagina.

SEX-ED FOR TODDLERS

Toddlers need to learn about love.

This is a very important step in sex education for both the child and the parent. The next section addresses the importance of parents creating relationship with their son or daughter in which they will feel comfortable asking questions about sex or letting their parents know if they have been exposed to pornography. *Identification of body parts is where that comfortable relationship starts.* If children think that their parents aren't even comfortable saying the words "penis" or "vagina" they can hardly be expected to ask any serious questions they might have a but sex later on.

Likewise, if parents are not comfortable saying words like "penis" or "vagina" then they should expect that it will become increasingly difficult to talk about more in depth topics or to approach the subject of pornography. **Just because it seems awkward or embarrassing doesn't mean it isn't important.**

Along with teaching young children the names for their body parts, **parents also need to stress that the body is a gift from God.** Children can learn from their parents that their body is good and wonderful and that it is just how God created it to be. They can also learn that **certain parts of their bodies are private** and that they should never be touched or looked at by anyone except to wash them. Parents can then teach that, like any gift from God, we want to take care of our bodies and treat them with respect.

SEX-ED FOR TODDLERS

Toddlers need to learn about love.

Explaining that the reason we eat healthy food, get the right amount of sleep, and exercise is to take care of the wonderful bodies God has given us will help children to develop healthy habits for respecting their bodies and taking care of them. That **mindset** of ownership and responsibility for their own body will help them see the warning signs that addiction and pornography present and recognize pornography as something that does not respect the human body.

Parents can also stress **the importance of a Christian family** to their children. To do this parents may benefit from taking advantage of “teachable moments.” Just as bath time may provide a great opportunity for teaching the names of the different body parts, events such as weddings, anniversaries, or even divorces of family or friends can provide opportunities to talk children about marriage and families. Other opportunities would include interactions with single-parent homes or same-sex partnerships. *(Make lemonade!)*

Moments like these provide parents with a context in which they can teach their kids about God’s will for marriage and family building. Children can begin to appreciate that at some point in their life they too will have the desire to start a family of their own. In a Christian marriage, like God has designed, they can enjoy a loving relationship with someone that they can then spend the rest of their lives with. At the same time, they can also begin to appreciate that some arrangements don’t fit into God’s plan for marriage and are not pleasing to Him.

SEX-ED FOR TODDLERS

Toddlers need to learn about love.

Finally, parents of young children have an opportunity and responsibility to teach their children about the goodness of God's law and the boundlessness of His gospel. *Rules that are rules just for the sake of being rules are bound to be broken.* Rules that are there to protect and benefit those who follow them are much more likely to be followed. In God's law, every rule is there for our benefit. This is something that children may have a difficult time understanding without the help of their parents. **Parents need to teach the value of following God's law.**

Children must also learn that **when God's good law is broken, there are consequences.** Even after a child has confessed their sin and received forgiveness from their parents, consequences may still need to follow. Even when a parent must discipline a child it is important to point out that Christian discipline, just like God's discipline, is something done out of love. *This lesson that sin has consequences is invaluable for children to learn and will be key in their success to resist the temptations of pornography.* The limitless grace of God's forgiveness will be a comfort to them in times when they do fall into sin and repent.



PART THREE:
CREATE A
COMFORTABLE
RELATIONSHIP

CREATE A COMFORTABLE RELATIONSHIP

Become an askable parent.

Starting sex education with kids when they are toddlers is a great because they are going to listen to everything mom and dad have to say and if they have any questions there is a relatively small pool of people available to ask. As children grow older though, it can become increasingly uncomfortable to ask parents about “awkward” topics, e.g., drugs, sex, and pornography. **Parents will want to do everything in their power to eliminate those feelings of awkwardness and to maintain their status as “askable” parents.**

An askable parent is “one who presents an open and safe channel of communication for their child.”(Anna Hain, Becoming an Askable Parent) The element of safety is not that big of an issue, most parents will find that they can definitely provide much safer answers than the internet or the average kid on the school playground. Keeping the channel of communication open is the hard part.

Most parents lose that open channel because they themselves are afraid or embarrassed about something. It is really quite natural to find private things embarrassing, especially considering that past generations have had little to no communication between parents and children about such things.

CREATE A COMFORTABLE RELATIONSHIP

Become an askable parent.

*If a parent never had a certain conversation with their mother or father, odds are they won't feel as comfortable having it with their son or daughter. If parents do not feel entirely comfortable talking about something that is okay. **The important thing is to do it anyway.** Acknowledging to the child from the start that the topic is slightly awkward will help put both parent and child at ease.*

Parents may also be afraid that they won't know what to say or that they're simply behind the times, or they might be apprehensive about revealing too much or too little information to suit their child's needs. The solution then, is to prepare ahead of time. If parents can anticipate the kinds of questions their children will be asking then it becomes possible to read up on the subjects ahead of time in order to educate oneself on what the child will need to know. This will also give both mother and father an opportunity to discuss the topics and come to an agreement on what values they wish to communicate to their kids.

Editor's Note: This is also where the Conquerors through Christ "Parent Support System" is intended to be a big help. This ebook is part of that system.

CREATE A COMFORTABLE RELATIONSHIP

Become an askable parent.

Answers to some of the questions children will ask may be available in reliable encyclopedias; others may require a little deeper reading. The series, *God's Design for Sex*, is an excellent resource for this type of research. Not only does it provide timely, biblical information, but it also comes in a format that is designed for easy presentation to children and each of the four books targets a different age group.

Once parents have the information they need, it is time to start looking for teachable moments. Parents should take advantage of opportunities to initiate conversations with their kids. **Once a child realizes that his or her parents are a reliable source of information and that they are willing to talk about such things, they'll start coming to them on their own to ask questions.**

If a child asks a parent *something that they don't know the answer to*, it is best to be honest with them. Communicating that the parent needs to do a little more research on a certain topic and then getting back to the child as soon as possible will **show the child that their questions are valued** and important to the parent.

If a child asks *about something embarrassing*, parents can acknowledge that it's important for them to ask any question even if it's about something that's awkward to discuss. If a question concerns the privacy of either the parent or their spouse then it may be best not to answer it. That would also present an opportunity to **discuss why some things are private** and others are acceptable to talk about.

CREATE A COMFORTABLE RELATIONSHIP

Become an askable parent.

Concerning whether a child is ready to hear certain information or how much on a certain topic they should be hearing, the basic rule of thumb is that **if they are asking the question, whether they are ready or not, they need an answer.** Remember that it is vital for them to get safe and reliable information. If they are curious about something, that likely means they have heard at least a little about it from a friend or somewhere else. Asking them what they do know can be a good way to gauge how much more information it will take to fill their curiosity.

One of the greatest blessings that comes with an open communication between parents and their children is that it gives the parents occasion to provide reasons and values along with the information. **Parents should make a habit of explaining the biblical principles behind their answers when applicable.** Don't just tell a child what to do in a situation, explain why that is the right thing to do. The goal in maintaining a comfortable relationship between parents and children is so that they can learn the lessons and values that will **equip them to handle situations** when they are faced with them at a time when their parents are not available for advice.



PART FOUR:
TALKING ABOUT
PORNOGRAPHY

TALKING ABOUT PORNOGRAPHY

Protect your child's first impression.

Eventually, each child will need to hear about pornography. This is a prime example of conversation that the parents will need to initiate. The big question is when that conversation is appropriate. Parents should take into consideration that the average age for a child's first exposure to pornography is eight years old and that this is a conversation that they will want to start before that first exposure. If eight is the average, then many children are being exposed even before then, so **parents should probably plan on having the conversation when their child is somewhere from five to seven years old.**

The pursuit of purity
is **not** about
the **suppression** of lust,
but about
the **reorientation** of one's life
to a **larger goal.**

–Dietrich Bonhoeffer

TALKING ABOUT PORNOGRAPHY

Protect your child's first impression.

So much for the innocence of childhood, but remember, *you never get a second chance to make a first impression*. Parents are not destroying their child's innocence by warning them about the dangers of pornography, rather, **they are protecting** it. It will be far better for children if they hear about pornography from their mom and dad and learn what to do about it than if they find out about it on the playground or at school and have to tackle it on their own.

If parents think they could use some help talking to their five or six-year-old about pornography an excellent resource is Kristen Jenson's book, *Good Pictures Bad Pictures*. *Good Pictures Bad Pictures* was designed with the specific intent of a parent sitting down and reading the book through with an early elementary aged child. Jenson divides the discussion into two main conversations.

- First, she explains the effect pornographic pictures can have on the child's brain.
- Then she lays out an easy to follow plan for what the child **can** do when they do encounter pornography.

Those suggestions are an excellent start, but **parents would do well to weave a third strand into the conversation**, providing their kids with the biblical reasons why pornography is wrong and reminding them of the real purpose of God's gift of sex.



THE FIRST WORD

**STEP-BY-STEP ADVICE FOR TALKING TO
A CHILD ABOUT PORNOGRAPHY**

1. IDENTIFY PORNOGRAPHY

The first base to cover is to let the child know that **not all pictures in this world are good pictures**. Some pictures, called pornography, are bad. They are pictures that show people who don't have the private parts of their bodies covered. Parents will want to remind their children that God made those parts of our bodies private for a reason. He wants them to be shared only with the person who we will eventually marry. God does not want us to show our private parts to other people or to look at other people's private parts. That's why we call them private!

Parents should warn their kids that even though they know that they shouldn't look at pictures like that, they need to be very careful because **pornography tricks their brain into releasing chemicals that will make them feel good even though what they're doing is wrong**. Parents can also share with their children that most kids don't go looking for pictures like that on their own, sometimes they come across them on accident or one of their friends might show them some, and it is extremely important that they let their parents know about any time they are exposed to pornography.

Parents will not want to go into too much detail about all the dangers of pornography. They should explain that **pornography lies** about what are normal and acceptable ways to treat other people. Pornography tries to convince us that it's alright to hurt people and to disrespect them but we know that God wants us to do just the opposite.

2. EXPLAIN ADDICTION

Pornography also hurts us through something called **addiction**. An addiction is when chemicals in the brain cause someone to keep wanting to do something over and over again. Addictions can be so strong that even though the person wants to stop doing that thing they can't seem to stop no matter how hard they try.

Understanding how an addiction works might seem a little advanced for a six-year-old, but Kristen A. Jenson, author of the best-selling children's book *Good Pictures Bad Pictures, Protect Young Minds™* does an excellent job of describing it in concepts they will understand. She suggests that parents explain to their child that **their brain is made up of two different parts**: the thinking brain and the feeling brain.

Jenson continues, explaining that the feeling brain is a very important part of the brain. It's the part that makes us sweat on a hot day so we don't overheat. It makes us shiver on a cold day to help keep us warm and it even makes us feel hungry so we remember to keep eating. **The problem with the feeling brain is that it doesn't know the difference between what is right and what is wrong.** When we're hungry, for example, the feeling brain just tells us that we need to eat. It doesn't know whether we should eat bread, or a rock, or even poison. That's where the thinking brain comes in.

2. EXPLAIN ADDICTION (continued)

The thinking brain is the part of the brain that makes decisions. Some of those decisions are easy, like whether to eat a piece of bread or a rock. Our thinking brain can learn from mistakes, too. If we ever did try to eat a rock, we would find out that it hurts our teeth and it doesn't taste good so the next time our feeling brain tells us we're hungry, our thinking brain tells us not to eat a rock. **Every time our feeling brain tells us to do something and our thinking brain decides not to do it, our thinking brain gets a little stronger.**

Parents can also explain that part of what our feeling brain does is create feelings that make people want to be together and see each other again and again. That's part of what happens when people fall in love. But **the feeling brain can't necessarily tell between real people and pictures.** So even looking at pictures can make our feeling brain want to see those pictures again and again. Once that starts happening it can be very hard to make it stop, so the best way to avoid it is not to look at those pictures at all.

3. MAKE A PLAN

When a child views pornography it only takes three-tenths of a second before the brain starts chemically reacting to the image it is processing. Because of this, **it is important for kids to be prepared and to know how they will react to pornography before they even encounter it.** Parents can develop a plan with their kids and practice it just like they would practice what to do when faced with other dangers like a fire or a predator.

Editor's Note: The next page contains all six steps on one page, so parents can print it out and share it with children and keep it on hand as a reminder for themselves.

STEPS FOR WHEN YOU ARE EXPOSED TO PORNOGRAPHY

Step One: *Close your eyes.* Pornography affects our brain like a drug—the longer the image is seen, the greater the dose. The sooner you can close your eyes and if necessary, plug your ears, the more clearly you will be able to think and react. You may need to take additional steps to stop the flow of pornography. You might have to turn off the device it appeared on, or change to a different channel. If it isn't something you can control you may have to leave the room. Whatever it takes, do your best to get away from the pornography and to keep your eyes covered or turned away until there is no chance of seeing more.

Step Two: *Identify the pornography.* Just as soon as you see pornography and close your eyes, name it. Say the words, "That's pornography." Saying these words out loud every time we are exposed to pornography will help condition our thinking brain, and empower it to make the right decisions. Getting our family and friends on board with naming pornography with us will help make this easier.

Step Three: *Break the spell.* Remember what God has told us about our bodies and about sex and how pornography is lying about that and the good things God has given us. Then we can make a conscious decision not to look at pictures like that again which will help strengthen our thinking brain and make it even easier the next time.

Step Four: *Tell an adult.* One of the biggest powers of pornography is secrecy. We destroy that power when we tell someone every time we see it. Children should be encouraged to tell a trusted adult like a parent or a teacher any time they are exposed to pornography. It might not be a very comfortable thing to tell somebody you saw a pornographic image but it can help release the image from your mind before it becomes a bigger problem that would be even harder to talk about. Another blessing that comes when children tell their parent what they saw is that parents can revisit step three with their child, reinforcing why those images are dangerous and what lies they are trying to sell. The parent can then help their child walk through the final steps of the plan.

Step Five: *Identify the circumstances.* Along with your parent identify the circumstances which led to the exposure and determine if there is anything that can be done to avoid it in the future. This might mean not visiting certain websites or not watching certain TV channels. It could mean being particularly careful around certain friends and avoiding situations where we are alone with them.

Step Six: *Move on to something better.* Say a prayer with your parents asking God for his continued help in avoiding pornography and its traps. Then find something wholesome and fun to do that will take your mind off of what you saw and wrestle the thought of the picture out of your brain. It will help to have some ideas ahead of time for what you can do when you find yourself in that situation.



4. SORT THE GOOD FROM THE BAD

Finally, the most important thing Parents can do as they talk to their kids about pornography is to **help them sort what is right from what is wrong.** God has written his law on our hearts and given us a conscience that helps alert us when something is sinful. As we've seen above, he has even given us an amazing brain that has the power to make the decision to do what is right based on what our conscience tells us and what we know is true from his word.

We can help our children strengthen that decision making capability by **reviewing the principles God has given us.** Remember that positive messages are always stronger than negative messages. It will help to show children that whenever God says "no" to something it is because he is saying "yes" to something even better.

When Jesus gave his life for us on the cross, he did it to set us free from the slavery of sin. Paul talks about that in his letter to Galatia: "It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery" (Galatians 5:1). **Because of the addictive power it has on our brains, pornography has the ability to make us slaves.** This can make it harder to say no to other kinds of sin in our lives, too. When God says no to pornography it is because he wants us to be able to live in the freedom that Jesus won for us on the cross. He wants us to live, not in the shame of a life of slavery, but in the joy and peace of forgiveness.

TALKING ABOUT PORNOGRAPHY

Protect your child's first impression.

In his letter to the Thessalonians, Paul gives us another view of what God wants for us: “It is God’s will that you should be sanctified: that you should *avoid sexual immorality*; that each of you should learn to control your own body in a way that is holy and honorable, not in passionate lust like the pagans, who do not know God; and that in this matter no one should wrong or take advantage of a brother or sister” (1 Thessalonians 4:3-6). Pornography takes away our ability to control our bodies and drives us to look for things that are less and less holy and honorable and increasingly immoral in order to get the thrill it wants. **When God says no to pornography it is because He wants us to be able to live sanctified lives that honor Him.**

God also wants husbands and wives to be able to enjoy sex in their marriage. He wants marriage to be honored and the marriage bed to be kept pure (Hebrews 13:4). **Pornography attaches feelings of guilt and shame to sexual feelings.** Those feelings can hang around a long time even after someone has stopped looking at pornography and that can damage the relationship that person has with their husband or wife. When God says no to pornography it’s because He is saying yes to a healthy sexual relationship with a spouse that is filled with all the joy, fulfillment, and union it is intended to have.

Teaching children these principles will help them to understand that everything God has given them is good, that His plan for them is good, and that pornography seeks only to destroy that plan and tarnish what is good. **Understanding God’s will helps inoculate them against pornography and enables them to make God-pleasing decisions when confronted with it.**



PART FIVE:
TAKING THE
OFFENSIVE

TAKING THE OFFENSIVE

Keep a careful watch for everyone's protection.

Although talking to children is a very important part of protecting them against pornography, it isn't the only thing parents can do to protect them. **Parents can also go on the offensive to remove as many possible threats as possible**, reducing the chances that their children will have to take action themselves.

Teen magazines and young adult books, many of which are read by children well before their teenage years, can also be a danger zone. In short, *any form of media can and will contain sexually explicit content*. Parents should do their best to ensure that the media which is available in their home is free of such content.

Of course the most common form of media through which pornography is available is the internet. There are a wide variety of **internet filters** available that can restrict access to websites containing pornography. Filters can be incredibly helpful in ensuring young children do not accidentally access something as they use the Web. Older children, however, will find it relatively easy to work around most filters.

When it comes to the internet, availability is going to be difficult to combat. The easiest leg to break online is anonymity. One way to remove the anonymity of the internet is through strategic computer placement. **Restrict the use of computers to public rooms.** Don't allow laptops to be taken into private areas of the house. Have mobile devices turned in before turning in for the night.

TAKING THE OFFENSIVE

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Although talking to children is a very important part of protecting them against pornography, it isn't the only thing parents can do to protect them. **Parents can also go on the offensive to remove as many possible threats as possible**, reducing the chances that their children will have to take action themselves.

Pornography is like a three legged stool supported equally by three parts: availability, anonymity, and affordability. Parents have little if any control over the third leg: affordability. Consequently, that is the hardest leg to remove. Fortunately, it isn't necessary to remove all three. Just like a three legged stool **all that needs to happen is for one leg to be removed and the whole stool will topple.**

While the amount of pornography available in the world continues to increase on a daily basis, there are some measures parents can take to limit its availability to their children. *Parents can set media standards in the home.* By limiting movies watched and games played to certain rating levels, parents can remove a significant portion of media which contains sexually explicit material. The letter R in movie ratings stands for restricted, it stands to reason that we restrict children from watching them.

Music is another area that is replete with sexual innuendos and even explicit sexual content. **Pornography does not always appear in only visual form.** The music children listen to can also have a powerful effect and fuel ideals and curiosities which can be acted on later. Parents should be prudent in monitoring playlists and song selections and encourage integrity in deciding which songs are beneficial.



TAKING THE OFFENSIVE

Keep a careful watch for everyone's protection.

Another possibility is accountability software or activity logs - these keep track of all the activity that takes place on a computer and allow parents to examine what their children are doing. Among the best accountability software available is **Covenant Eyes** which provides filtering and accountability reports for computers and mobile devices. Many children, and even some parents, protest that this is an invasion of privacy. **Remember again that positive messages are better than negative.** Stress the importance of safe internet use and remind them that the purpose of tracking internet use is to protect them, not to hurt them.

Every one of the above measures will be a blessing to a child, but they hold true for adults as well. Far better than simply imposing regulations, parents can **lead by example** keeping careful watch over their own media exposure, following family policy on public computer usage, and staying accountable to each other for internet use. Children who see their parents taking the same precautions will be more likely to respect the rules and less likely to try to work around them.

Plan ahead to protect your kids.

Then, check out the next ebook in the series, **“Correcting Kids Who Use Pornography.”**