

WHAT TO DO WHEN YOUR CHILD IS EXPOSED TO PORNOGRAPHY

5 step plan so you know what to do when it happens to you.

STEP 1: REGULATE YOURSELF FIRST

Kids take emotional cues from their parents. Before addressing the situation, take a moment to breathe and ground yourself. Your reaction may determine if they come to you again for help.

What emotions came up for me?

STEP 2: APPROACH WITH CURIOSITY, NOT PUNISHMENT OR JUDGMENT

Use calm, open-ended questions. Your goal is understanding—not interrogation. The goal is to gather information so you can set appropriate boundaries and safe guards.

Questions I can ask my child: •How did you come across this?
•How did it make you feel?
•Was anything confusing or uncomfortable?

STEP 3: NORMALIZE CURIOSITY

It is important to let your child know that curiosity is normal while also clearly stating that pornography is not appropriate for children. Pornography is literally designed to make us want to come back for more. Let them know that nothing is wrong with them.

Words I want to remember to say:

STEP 4: HELP YOUR CHILD PROCESS WHAT THEY SAW

Children may feel confused, scared, embarrassed, or have lingering images. Help them name and normalize these feelings. Whatever they felt is not wrong or right. Giving feelings a name helps you feel more empowered and better able to cope with these feelings.

My child's reactions or questions:

STEP 5: CREATE A SAFETY PLAN

Boundaries are not a punishment. They are a safety net. What can you do to prevent this from happenign again? What is your child going to do next time this happens?

Our family safety plan:
Devices stay in shared spaces
Filters and parental controls are on
My child knows what to do if they see something again

BONUS STEP 6: KEEP CONNECTION THE PRIORITY

How I will follow up with my child:

Reminder: Exposure alone does not define your child. Calm connection, clear boundaries, and an ongoing conversation are what build resilience.

