

5. Are the images coming back to your mind?

Our brain is specifically designed to remember things, especially when they pack the wallop of pornography. Reassure a child there is nothing wrong with them, they are not bad and they are not in trouble. They can take charge of their thinking brain! Let them know they can talk to you any time these thoughts come back. Talking to a safe person really does help us feel better.

Related: [Ultimate Parent Hack: Teach Kids to Use Their “Thinking Brain”](#)

6. What activities could you do to help you feel better?

Getting busy with something enjoyable is a powerful way to release the disturbing feelings and images. What does your child like to do? Help them plan an activity and get going right away!

7. What can we learn from this to help you avoid this happening again?

One of the most effective strategies to prepare your child for any situation is through [role play](#). This involves practicing assertive communication skills, setting boundaries, and taking turns being on different sides of a situation. Effective role playing will help your child to speak out or walk away from unwanted situations.

In some cases, you may learn that your teen has been seeking out porn for some time and could use some help to stop. [Check out our friends at Fortify](#) – they have an online program that is helping many young people learn some skills for change and get support (www.joinfortify.com)

8. Do you have any questions for me?

Give them some space to share what is spinning around in their thoughts. Your child may even be curious about your own experiences with porn. In an age-appropriate way, you can share what you learned about the importance of boundaries and talking to a trusted adult. Or, your child may not say much at all. In that case, reassure your child that you will continue to be there for her and that you will check in with her again to see how she is doing.

**Help to keep your children
Safe from on-line predators and
porn addiction.**



The 8 Best Questions to Ask When Your Child Has Seen Porn

By Stacey Dittman, M.A.

Taken from: <https://protectyoungminds.org>



Naturally, you will want to find out as much as you can to help you understand how your child is processing the unwanted images. **Practice active listening as you ask your child about their experience.** You might want to take your child out for a drive or to a park where you can have some shared time in a more neutral environment.

When you keep your tone natural and conversational your child will be more comfortable sharing their feelings with you.

Here are some ideas of questions to help your child talk about the experience.

1. Can you tell me what you saw?

This takes some sensitivity! **Kids may not even have words to explain it.** They may also be afraid to say things they think their parents don't know about – what child wants to educate their parent on pornography? Some kids may not be quite ready to share it, so be patient without pushing, and let them know you will check in with them later.

2. Did you understand what you were seeing in the video or pictures?

This is an important step in the conversation, because you are getting a **“temperature check” on his or her understanding of human sexuality** – both healthy and unhealthy expressions of it. Make a plan to follow up with age-appropriate books on sex that are positive and healthy. This will be an ongoing conversation, so you don't need to cover everything at one time!

3. How did you feel inside?

Being able to express their emotions is important. Some younger children may use words like “yucky”, “sick”, or “scared” to describe emotions. **It is also normal to be curious and want to see more at the same time!**

4. How did your body feel?

Emphasize that there isn't a “right” or “wrong” answer here. Whatever your son or daughter felt was normal, even if the porn is certainly not! **It is natural to feel physical attraction – that means their body is working the way it should.**

