

Pornography Prevention Plan: Help For Parents and Grandparents

1. Keep all forms of inappropriate material out of your home, including images on magazines, videos, CDs, etc.
2. Place the computer in an open, supervised area of your home.
3. Install a filter on your internet, realizing that the Internet still needs supervision.
4. Learn enough about your computer so you can see what sites have been visited.
5. Check your filter's history often.
6. Go to www.strengthenthefamily.net to know if anyone, perhaps a friend of your children, has pulled up pornography on your computer and perhaps has shown it to your children. Click on Content Watch and then click on Content Audit. This will give you a list of everything that has ever been on your computer, according to Content Watch owners. There is no cost up to this point.
7. "Ask" your children what they have seen. Be calm and non-accusing as they share. Maintain a good relationship so you can talk about these issues.
8. Check every disk that comes into your home. A "friend" might have given your children pornography.
9. Free disks with free hours of usage can make it as if there is no filter on your computer, so do not allow them to be used.
10. Teach children/youth to "crash and tell," i.e., immediately turn the computer off and then tell the teacher if it is at school as well as tell a parent.
11. Talk to your child about the guilt he/she will feel if they accidentally pull up a porn site.
12. Avoid sleepovers. Commonly there are inappropriate pictures passed around and at times inappropriate touching, according to Dr. Lynn Scoresby.
13. Monitor movies, television, videos and video games. Repeated exposure to "one bad scene" accumulates and desensitizes.
14. Role play with children as young as six about how to act when they are approached with the bad story, the bad picture or the bad joke.
15. Prepare older children for teenage feelings. Teach them the quickness of addiction (it can happen in a single exposure of Internet pornography), the beauty of true intimacy, and the things they will lose if they get involved with pornography.
16. Teach children/teens that everything that goes in their mind stays there to tease and tantalize if it is inappropriate. They have to guard what goes in.
17. Warn children to stay out of chat rooms, out of newsgroups, and off instant messages.
18. Recognize that girls as well as guys are getting involved with pornography. Explain the difference to them.
19. Have rules.
20. Have an emotional, verbal and physical (hugs) closeness with each child.
21. Teach your child/teen that they cannot afford to be curious in today's world of easy access to inappropriate sexual images.
22. Take time to teach your children "why" it is not "just a bad picture," i.e. pornography is "more-ish." It never satisfies and always accelerates. It is easily addictive and can make it so the person cannot find happiness in his/her marriage.
23. Teach them that pornography is a temporary fix.
24. Teach children/youth the deceptiveness of advertising.
25. Teach children/youth that they cannot believe and should not read or look at the newsstand teen and sexual images.
26. Take time to talk to your child about what he's learning in school.
27. Take one-on-one time with each child.
28. Take time to have fun with your children, listen to them and give them a lot of positive comments. Help them feel good about themselves and keep the avenues of communication open so they will be open with you.
29. Teach gospel principles and life principles to each child.
30. Know that once your child is protected in your home, he is not protected in the community.
31. Be an example of clean living in your home. Your choice of recreation and the way you treat one another as a couple will influence your children.
32. Know that politely speaking up whenever you see something in a store that offends you DOES make a difference. Silence means acceptance. One storeowner said that if six or eight people mention something at the service desk in a two-week period of time, he responds. That is the key. As neighbors, chose a store and work together. We suggest that you do not use the word, "pornography," because there are varying opinions as to what is pornography. Instead ask, "Would you please cover or remove the magazines (or anything else) that is inappropriate for children? If it is hard for you to verbalize this, write it on the back of your sales slip and just hand it to someone at the service desk. If inappropriate things are covered, take time at the service desk to say thank you. It is difficult for manager to keep the covers on and your mentioning it will help them know that this is important in this community.

REMEMBER: Just because it's legal doesn't make it good for your family.

Know the Warning Signs of a Child Who is Involved **(It is easier to solve a small problem than a big one.)**

I can talk to most teens and adults for a few minutes and pretty well tell if they are involved in pornography. I can do this because I understand the principles that all babies are born innocent. If a young man grows to be eighteen years of age and then sees his first "bad picture," he is shocked. Most of us have been desensitized to one degree or another. You can tell to some degree the amount of desensitized to one degree or another. You can tell to some degree the amount of desensitization a person has just by listening to them. Below are indicators that usually accompany exposure to pornography:

1. Your child spends large amounts of time online, especially at night.
2. Your child turns the computer monitor off or quickly changes the screen on the monitor when you come into the room.
3. Your teen locks the door when working on the computer.
4. You catch some lying about computer use (a child/teen that is usually totally honest will often lie about pornography.)
5. A teen/child isolates from his friends, is depressed and leaves formerly enjoyed pursuits. He becomes withdrawn from the family.
6. You find pornography on your child's computer
7. When you check sites your child has visited, they are all erased.
8. Picture files are checked and are inappropriate.
9. A teen or child will change his thinking. Things that he formerly thought were bad won't seem so bad anymore. He will think you have a problem.
10. Tolerance for bad movies will change.
11. Dating patterns may change and appropriateness become much more liberal.
12. Your teen now notices bodies instead of focusing on relationships.
13. You will notice a loss of respect for girls and women.
14. Your teen/child may act out sexual behavior. "Peeking" and "improper touching" even in fun are considered "sexual behavior."
15. A high phone bill with unfamiliar numbers is a good indicator that there is a problem.
16. You child is using an online account belonging to someone else.
17. Stealing is an indicator that there is a problem.
18. Time in chat rooms is usually a problem.
19. The teen doesn't like him/herself.
20. Your child receives phone calls from men you don't know or he is making calls to people you don't know. HE might also receive gifts or packages.
21. Your teen won't talk about what is bothering him/her.
22. If a child/teen acts repulsed by, afraid of, or doesn't want to be with a relative, friend or family member, you might suspect sexual abuse, the source of which is often pornography.
23. Know that pornography use is like drug use in that if you see just the tip of the iceberg, i.e., a little bit of a problem, the likelihood is that there is a huge iceberg underneath the water you haven't yet seen.
24. Know that the higher your child's IQ is, the more quickly he can become addicted to pornography.
25. E-mail teasers are hard for some youth to resist. They have been carefully worded to lure youth into pornography. At Impact American Conference we were told that any good boy or girl who has the Internet in his bedroom would fall.
26. **Some signs that a married person might be involved in pornography are:**
 - Distance in the marriage relationship
 - Disrespect
 - Dissatisfaction with intimacy
 - Unreasonable demands on the other spouse for change and non-conventional sex
 - A secret file or area of the home or office
 - Excessive time on your computer in a private area
 - Internet use late at night or behind a locked door
 - Desire for porn movies to "improve" the sexual relationship
 - Laughter and amusement with sex toys
 - Inappropriate talk and jokes
 - Inappropriate magazines
 - Unexplained time away from home
 - Lies
 - An excessive phone bill and/or refusal to talk about his area of relationship
 - Exposing children to inappropriate literature or pictures

**KNOW THAT THERE IS A WAY OUT FOR A CHILD,
A YOUTH OR AN ADULT WHO IS INVOLVED WITH THIS PROBLEM.**

"Lots of people pull out of this problem," states Dr. Allan Roe (See 1 Cor. 10:13)

Therapists say that most people need the support of four elements:

1. An ecclesiastical leader who understands this problem
2. Activating the atonement with the help of the ecclesiastical leader
3. A counselor who has had experience and training in working with sexual addiction
4. A support person or group