

Online pornography

It's important to have a conversation with your children at an early age as many are inadvertently viewing online pornography through their electronic devices. Online pornography refers to sexually explicit videos, images and other material that can be easily accessed through the internet. While it may seem harmless, exposure to online pornography can have serious and long-lasting effects on the development of children. It is therefore important to have parental controls in place. Talking to your child about what it is and what it means, will help them understand the potential consequences of viewing this type of material. By having an open and honest conversation, you can help your child navigate the online world in a safe and responsible way.

Empower confidence. Start the conversation using these strategies:

- 1. Explain online pornography**
Give a clear definition and explain what types of material fall into this category.
- 2. Discuss this at an early age**
As it is the number one sex educator for children, having a discussion at early age will help them understand the unrealistic nature of online pornography.
- 3. Parental controls**
Ensure to implement parental controls to prevent children from viewing online pornography inadvertently.
- 4. The impact on healthy relationships**
Talk about how online pornography can negatively impact their understanding of healthy relationships and sexual behaviour.
- 5. Unrealistic expectations**
Explain that online pornography often portrays an unrealistic and unhealthy portrayal of sexual relationships and bodies.
- 6. Potential dangers**
Discuss the potential risks, such as encountering harmful or illegal material, or encountering people with bad intentions
- 7. Viewing illegal material**
Discuss what the legal consequences are for accessing illegal pornographic material, especially for minors.
- 8. Impact on mental health**
Explain how exposure to online pornography can lead to feelings of guilt, shame, or anxiety.
- 9. Open and honest**
Let your child know that they can always come to you with any questions or concerns they may have.
- 10. Values and beliefs**
Discuss your family's values and beliefs regarding sexuality and relationships, and how these may be impacted by online pornography.