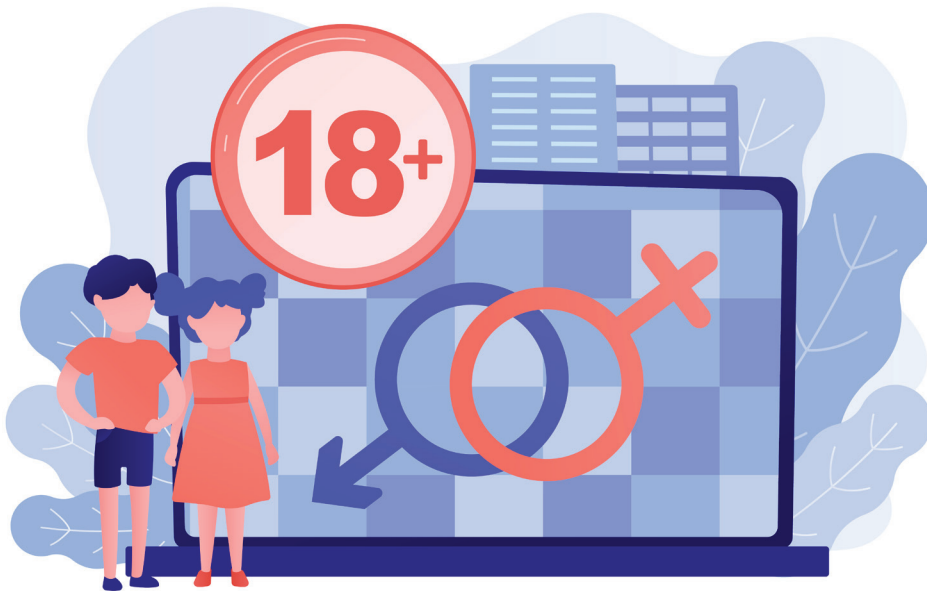


# ADULT PORN ONLINE



Our [Helpline](#) receives several reports from parents about adult pornography on the Internet. The problem concerns the exposure of children from a young age to a variety of pornographic content on the internet.

Our experience shows that parents, teachers and caregivers find it difficult to talk to their children about that matter. Thus children are being exposed to diverse content that has potentially negative consequences on their psychosocial development.

The following guide includes information on how to talk about this topic with your child or teenager. Helpline specialists can also answer questions and give advice on this sensitive topic over the phone. Calls and messages to our Helpline are always anonymous and confidential.

## DEFINING THE PROBLEM

On the internet, one can easily be exposed, intentionally or unintentionally, to adult pornographic content. This content can be mild or quite harsh, including violence and images that may frighten a child or teenager or even interfere negatively with their smooth sexual development. By being exposed to this material, young people may develop unrealistic expectations of sexual activity and may feel pressured to live up to the exact standards projected from the pornography industry.



# WHAT CAN I DO TO PREVENT IT?

If you believe that your child has been exposed to such content, firstly you have to remain calm! Usually parents and caregivers are shocked either because they had no idea or because their teen's emerging sexuality came as a surprise.

The age of exposure of the child, as well as what kind of content they have been exposed to, plays a very important role. Young children are likely to become anxious or scared when viewing pornographic material, so it is good for parents of young children to have some kind of protection filter or parental systems installed at home that prohibits access to pornographic sites.

It is also important to:

- **Have a conversation with your child** in order to explore what he/she saw and how he/she feels. Open-ended questions, e.g. I'm here to discuss anything you want about sex and the pictures circulating on the internet, might be enough to start the conversation. **BE CAREFUL!** It feels good for your child to listen to him/her, help them express themselves and not rush to explain to them about what they have seen, as we may inadvertently give more information than are needed.
- **Do not put any blame on the child!** The last thing we want is for sexual pleasure to be associated with guilt or to cut off communication channels with our child. So, we explain that this material was created because some grownups like it, but we don't want to view it and we explain the reasons, always depending on the age of the child.
- Among the reasons we can include that **the images that are usually shown are exaggerated and do not correspond to reality** and are definitely not the right way to learn about sex. Depending on the psychosocial readiness of the child, we can even talk about the pornography industry.
- It is very important to emphasize that **sexual activity between an adult and a minor is PROHIBITED.**
- Since we have listened to the child carefully we can **talk about the concept of CONSENT** in sexual activity since it is not always obvious in videos of sexual content.
- If we haven't already, it would be very important to talk about **safety in sexual activity**, communicable diseases, pregnancy, etc.

# DISCUSSION TOPICS WITH TEENAGERS

## EXCESSIVE USE

Engaging in pornography can lead to a type of addiction to it. Wanting to watch constantly, almost obsessively, and having difficulty being functional in the other obligations of one's life. We can discuss with our teenagers about alternatives apart from exposure to pornographic material.

## EFFECT ON FUTURE RELATIONSHIPS

The images shown are usually exaggerated and not at all realistic. It would be worth talking to teenagers about this and asking their opinion if and to what extent internet pornography is affecting interpersonal relationships now and in the future. We can still talk about trust, intimacy, consent, respect and how important they are in our relationships.

## EFFECT ON SELF-IMAGE

To what extent does exposure to such material from an early age affect our self-image, in other words how do we view our own body? To what extent does it affect our views about our sexual readiness, our sexuality in general, our choices, our thoughts and feelings?

## LEGAL RISKS

It is extremely important that teenagers understand that material depicting minor nudity, falls under the laws of child exploitation or child sexual abuse material, which is a felony. If a teenager or an adult comes across such material, they should definitely report it.



# DON'T FORGET TO:

- ➔ To supervise their online activities (mobile phones, computers, tablets and other devices) by making a family agreement.
- ➔ To encourage off-screen activities (e.g. sports, arts, etc.) so that children are able to derive joy and pleasure from situations in our physical world.
- ➔ Encourage children to protect their personal data!
- ➔ Teach them to be very careful with “friends” they meet online.
- ➔ Be open and ready to listen to them! Listen to your child’s experiences, concerning both our physical world and the online environments.
- ➔ Remind them that once something goes online, it may stay there forever! So they should always think twice.
- ➔ Make sure they know that they should never agree to meet somebody they have only met online.

“Be open and ready to listen to them! Listen to your child’s experiences, concerning both our physical world and the online environments.”





We always talk calmly  
with the child creating  
a safe environment.



SaferInternet4Kids.gr

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