



FIVE SIGNS IT'S TIME TO TALK ABOUT PORN

- 1** If a child uses **smartphones or internet access** without adult supervision, this can create an easy access point for both unintentional and intentional exposure to online porn. **Familiarize yourself** with the devices you give to a child, set up parental controls, and work with the child to establish agreements for safer device use.
- 2** If a child attends school, childcare, or has playdates **outside of the home:** Children can easily experience sexually explicit media or messaging in other environments that have different levels of supervision or varying values. Maintaining **open communication** with the adults and caregivers within these settings can help you stay connected and responsive if a situation arises.
- 3** If a child is already **consuming media:** Television shows, movies, commercials, music, and books that children encounter can send more sexually suggestive and inequitable messages over time about gender, bodies, violence, and sex than a single exposure to porn might. By discussing sexualized content, you're fostering **media literacy skills** that help children develop a critical lens.
- 4** If a child has **older siblings or friends** that they regularly spend time with, it can be more likely that they see or hear things they're not truly prepared to experience. When adults maintain early, open talks with children about sexual health, they create a more effective **safety net** for kids to feel comfortable speaking up if anything confusing or concerning occurs in the company of others.
- 5** If a young person is asking **questions** related to bodies and sex, take the opportunity to share knowledge about sexual content they might see online or in media. This responds to their natural curiosity and makes it clear that you are a trusted adult they can turn to for answers and **shame-free support**.



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