



EDUCATEEMPOWERKIDS.ORG

Lesson:

Teach Your Kids to R.U.N. from

# Pornography



## BACKGROUND

Our kids are being exposed to **pornography** at younger and younger ages. Thanks to increased screen time, and the hypersexualized culture that is all around us. What they are being exposed to is more violent and perverse than ever before.

What is so dangerous about all of this, is the **addictive** nature of pornography and how it rewires the brain (Wilson, 2015). The rewiring of our children's brains affects their psychological, emotional, physical, and social health (Owen, 2015). As parents, we have a responsibility to discuss with our children the seriousness of the pornography **epidemic**, and give them the tools to protect themselves.

*The "attention grabber" in this lesson may seem quite extreme, but the reality is pornography is extreme, and those who make it and distribute it are not holding back. They are actively seeking to hook kids.*

## PREPARATION

- Read through and understand all definitions.
- Familiarize yourself with the objectives of this lesson.
- Look through all the questions and make sure you are prepared to answer them.
- Look through the activities and be prepared to carry them out. If you are interested in the clean safe media pledge, you can either print one out from the link provided, or use that to create your own version.
- Prepare yourself for possible tough conversations, especially if your child has already been viewing pornography. Remember to stay calm.
- Prepare for the object lesson

## OBJECTIVE

- Help your child understand what pornography is and why it is dangerous.
- Teach your child the R-U-N acronym to help them develop a plan for when they see pornography.
- Encourage honest and open communication between you and your child about the importance of seeking help when they have seen pornography.
- Give you and your child a chance to role play different situations where they may be exposed to pornography, and to give them practice in reacting in challenging situations.

# LESSON

## OBJECT LESSON (ATTENTION GRABBER):

Warning: this is a bit disgusting but your kids will not forget it and keep in mind it is no less disgusting than pornography, you can create an actual “dessert” or just talk about it. If you choose to create the dessert you will need to some kind of a rotten food\* or anything that would be truly repulsive to your children. If you choose to just talk about it, you can be as creative as you would like.

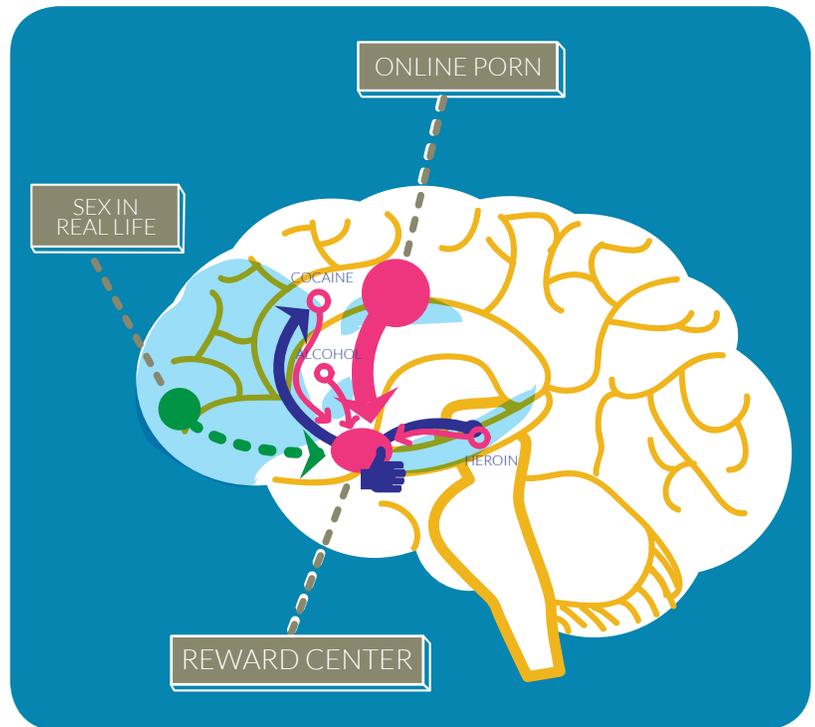
[\*Kale in a baggie left outside in the sun will rot very quickly and be slimy and putrid, the same for a cheese product such a slice of cheddar cheese, or a hard boiled egg. You will have to prepare it a few days in advance.]

Prepare a bowl with candy and in the middle place your repulsive item. Put more candy on top, so the rotten section is hidden. Show your kids the bowl and ask if they would like to eat some candy. They will most likely answer in the affirmative, and then take off the top layer and reveal what is in the center and pose the question again. Ask them why they do not want the candy now, what has changed?

Explain how the candy is still the same, but knowing that the “rotten item” is there it has changed what we know think and know about the candy. Pornography is like the bowl of candy.

**Curiosity** and interest in sex is a normal part of healthy development! That is like the candy. However, pornography teaches attitudes towards sex, and sexual behaviours which are unhealthy and damaging, that is like the “rotten item”. With porn it is not as obvious and porn, like drugs, releases **dopamine** which **stimulates** the brain’s reward center and it creates addiction. This leaves our body wanting more and more and leads to getting into more intense porn. (Wilson, 2015)

Explain this can then lead adolescents to violence, compulsiveness, risky sexual behavior, a skewed view of intimacy, and misleading attitudes towards relationship (Owen, 2012). Porn is not about love, healthy relationships, or positive emotions, and is harmful for those who view it.



## DISCUSSION

If you see porn or someone shows you porn. You are not powerless! You can **R-U-N!**

R-U-N is an acronym that stands for:

**R**ecognize what you have seen and to get away from it.

**U**nderstand what you have seen and talk about how it made you feel with a trusted adult.

**N**ever seek it out again.

Discuss with your child if they have viewed pornography they may feel a variety of emotions ranging from excitement to fear and disgust. These are strong emotions and it is important to talk through these emotions with a trusted adult (Alexander et. al, 2016).

Reassure them, that you are always available to them, and nothing they have done will ever change the love you have for them.

## QUESTIONS TO ASK YOUR CHILD

1. Have you ever seen pornography?
2. When was the first time you saw pornography? What was your reaction?
3. Is it natural to be curious about the human body? About sex? About pornography?
4. Why do people get addicted to pornography?
5. How should we view and treat others?

## ADDITIONAL QUESTIONS FOR OLDER CHILDREN

1. What is the difference between art and pornography?
2. What are things we can do to avoid pornography addiction?
3. Do you think sex and intimacy are the same thing?
4. What makes a healthy relationship?
5. Why is intimacy critical to healthy sexuality?

## ACTIVITIES

Here are different situations you could role play with your children, to help them practice the R-U-N method above.

**Situation** (Younger Kids): You're at a friend's house and he or she wants to show you something on their computer. After a minute, you recognize that it is pornography. What will you do?

**Situation** (Older Kids): You're with a friend and he or she takes out his cell phone to show you something. It's porn. What will you do?

You're on your laptop and a nude picture pops up with a link to a "free website" to see more. What will you do?

Remind your children if anything like this happens to them you want to know, listen and help.

## ADDITIONAL ACTIVITIES

### Younger Kids:

Run "Pornography Drills." When they are on the computer, walk into the room and say, "Pornography!" They will need to close the browser and walk away from the computer as fast as they can. Just like fire and tornado drills, this helps them know what to do when they are faced with the decision (Blackham, 2018).

### Older Kids:

Encourage them to commit to a [Clean and Safe Media Pledge](#) (Blackham, 2018).

## ADDITIONAL ACTIVITIES

- Parents can help their children by not guilt tripping or shaming them if they have viewed porn or have questions about porn. Children are often afraid to turn to their parents if they fear they will be harshly judged. Helping them understand that you just want to help is important. Getting angry with them may only cause them to be more secretive with their porn use and to withdraw from you.
- Along with talking to their children about pornography parent also need to make sure, they have installed [filters](#) on the electronic devices in their homes. Parents should not wait until pornography becomes a problem in their home to install filters.

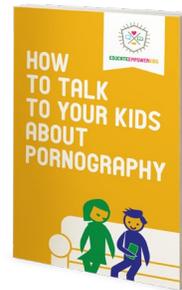
## ADDITIONAL RESOURCES

Book: [How to Talk to Your Kids About Pornography](#)

[30 Days of Sex Talks Ages 3-7](#)

[30 Day of Sex Talks Ages 8-11](#)

[30 Day of Sex Talks Ages 12+](#)

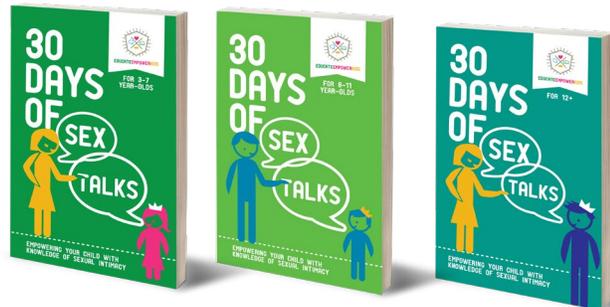


EEK Lessons on Pornography:

[What is Pornography? Ages 12+](#)

[What is Pornography? Ages 8-11](#)

[What is Pornography? Ages 3-7](#)



Article: [Does Talking About Pornography with your Kids 'Give Them Ideas'?](#)

[I Don't Want My Child to Even Know the Word "Pornography"](#)

[The Most Dangerous Apps of 2018](#)

[My Daughter, the Porn Addict: Four Tips to Help Your Child Through Porn Addiction](#)

[Handling Porn Addiction: 3 Easy Steps for Kids and Teens](#)

## GLOSSARY

**Addictive:** Habit-forming to the extent that its cessation causes trauma.

**Compulsiveness:** An irresistible urge, especially one that is against one's conscious wishes.

**Curiosity:** A strong desire to know or learn something.

**Dopamine:** A chemical messenger that carries signals between brain cells.

**Epidemic:** Affecting a disproportionately large number of individuals within a population, community, or region at the same time.

**Pornography:** The portrayal of explicit sexual content for the purpose or intent of causing sexual arousal. In it, sex and bodies are commodified (made into a product for sale) for the purpose of making a financial profit.

- **Kid-friendly definition:** Pictures or videos of people with little or no clothing. It shows private actions in order to make money. Usually there is sexual behavior in it.

**Skewed:** Make biased or distorted in a way that is regarded as inaccurate, unfair, or misleading.

**Stimulates:** Raise levels of physiological or nervous activity in (the body or any biological system).

## CITATIONS

Alexander, D., Scott, A., Webb, J., Duran, K., Mattsson, T., Allison, E., & Park, C. (2016). How to talk to your kids about pornography. United states: Educate & Empower Kids.

Blackham, K. (2018). How to Talk to Kids About Pornography. Retrieved from <https://drkimblackham.com/talk-kids-pornography/>

Owens, E., R. Behun, J. Manning, and R. Reid. (2012). "The Impact of Internet Pornography on Adolescents: A Review of the Research." Sexual Addiction and Compulsivity, vol. 19, no. 1-2: 99-122.

Wilson, G. (2015). "Your Brain on Porn: How Internet Porn Affects the Brain." Retrieved October 24, 2015, from <http://yourbrainon-porn.com/your-brain-on-porn-series>.