

**Guide
for
parents
with
kids 9-11**

The Porn Conversation

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The facts about porn & sexual content

It depends what stats you look at – some sources say boys and girls are discovering porn at an average age of 14; others place it at as young as 11. Some researchers encountered multiple examples of children stumbling across pornographic imagery or being shown it by older friends when they were as young as 9 or 10. So although it will invariably depend on your children's circumstances (do they and their friends have smartphones? What gender and age are they?) exactly when they will first encounter porn or sexual content online, we can know for sure that it is before they are of the age of consent, and far before it's legal.

Which is long before many parents and schools are even thinking about sexual education. The younger generations are, through no fault of their own, learning that sex is what they see in porntubes– a medium that is, for the most part, violently misogynistic, devoid of intimacy, and completely unrealistic.

They may also develop the wrong ideas about sexuality and gender roles, on a seemingly safe site like Youtube, where you and your kids probably spend a lot of time. Youtube is today hosting content like:

→ Hold A Coke With Your Boobs Challenge

<https://youtu.be/BDfzhoD4jes>

→ Make It Nasty (FUCK ME)....

<https://youtu.be/AAFzxhEqymU>

→ Lisa Ann Naked Show and Shake Ass HOT tits ass (18+)

<https://youtu.be/3rJHl58yl-w>

(Yes! These clips and many more are available on Youtube, check the links)

Many teenagers and pre-teens are streaming porn from the numerous free redtube-style websites, such as YouPorn, Pornhub and the ever-popular RedTube. The sites are easily accessible from many devices, including mobile phones, tablets, and teens' PlayStations. Anyone can view the pornographic content, which is often aggressive or disturbing and inexperienced eyes can misinterpret the sexual situations as realistic.

Why talk to your kids?

Porn can confuse kids about how sex connects with sensuality and relationships. It can be damaging because it separates sex from emotions. Most porn doesn't teach boys and girls how to communicate their feelings. Furthermore, porn projects unrealistic expectations about how to look and act. It can also teach boys and girls that it's ok to take naked pictures of each other, or films of themselves and of other kids.

Pornographic material frequently normalizes degrading or violent behavior towards women. 71% of girls aged 11-21 in the UK think porn gives confusing messages about consent and makes sexually violent behavior seem normal.

We want our kids to grow up respecting themselves and each other, avoiding dangerous situations and maintaining an idea that their bodies are their own and that they should never feel pressured to undress.

Whether you, as a parent or mentor, enjoy or detest porn, your child will definitely be exposed to it. Even if it's uncomfortable to talk about pornography it must be addressed. Ignoring it only makes matters worse, and adds confusion to a young person's sexual future. No matter where a parent stands, he or she should explain how most porn is unrealistic, and not a guide to sex or sexuality.

Many parents don't discuss mature topics with their sons and daughters. That's why sex education in school is essential - and yet it never covers porn. We need to take this matter into our own hands.

Starting the talk

You may want to have this conversation if you are suspicious that your kid has already been exposed to sexual content, or to prevent him or her from coming across it because you think it may happen soon. If they are aged 9 to 11, they can type in Google “whore sex porn” at any moment, and Google will give them back a lot of yummy results. (Try this by yourself if you are sceptical)

If your kids are 9 to 11 you will have a much easier time having this talk now than when they are 12 or 13. When you both get past the initial embarrassment, they will probably have loads of questions. Many educators say that this is the ideal age to start talking about the body, sexuality, and why not... porn... They may even have seen something they found upsetting, or had someone ask them for something – you don’t know what’s going to come up, but you are the best person for them to ask, so give them the space to do so.

Don’t sit them down for “a chat”. You don’t want them to think they’re in trouble! Or that you are going to lecture them.

A suggested opening sentence could be:

“Hey. Y’know, this is a bit embarrassing for me to bring up, but I’m a bit worried about some of the stuff I’ve stumbled across on the internet recently, and I’m worried you’ve seen it too. When I go on the most normal sites to shop I keep getting these pornographic pop ups and stuff. Does that happen on your phone? Well...”

What to say

Here are the main pointers that you can try and hit:

- Porn isn't real sex. It's people performing and it's nothing like what sex is actually like.
- You should only watch these films when you're a bit older and you're ready if you want to.
- Do not undress for anyone, with or without a camera, if they are pressuring you, but specifically if there are cameras. They want to put your image naked online. Or even if you think they won't, one of their friends might find it, or their parents.
- Girls should not be expected to perform sex acts or undress in exchange for anything.
- Sex is always better when it is with someone you trust and who treats you with respect.

And these are some things you definitely SHOULD NOT say:

- Who showed it to you? Where did you find it?
- Why are you watching it?
- Porn is bad/evil/manipulative (negativity won't help)

And try and end with some positivity (even if they storm off in an embarrassed huff, but lets hope not...)

- You can always talk to me about anything – I know it's embarrassing but I will understand.
- If you get a weird feeling watching something or it's disgusting for you, that probably means you're not enjoying it. Stop watching.

Everything You Need to Know About Parental Controls*

Even if you've talked to your kids about [screen-time](#) limits and [responsible online behavior](#) it's still really tough to manage what they do when you're not there (and even when you are). Parental controls can support you in your efforts to keep your kids' Internet experiences safe, fun, and productive. But they work best when used openly and honestly in partnership with your kids -- not as a [stealth spying method](#).

Of course, nothing is entirely fail-safe -- and you'll still want to have conversations about making good choices. Here's an overview of the different levels of protection available.

→ **Your device's operating system.** Microsoft's Windows, Apple's Mac OS, and Google Chrome come with robust built-in parental controls. To get the most benefits, you need to use the most updated version of the operating system, and each user has to log in under his or her profile.

Good to know: You don't have to pay extra for them and they apply globally to everything the computer accesses.

Good for: All ages.

→ **Web browsers.** Browsers, for example Mozilla Firefox, Google Chrome, and Apple Safari, are the software you use to go on the Internet. Each one offers different ways of filtering out websites you don't want your kids to visit. [Learn how to set restrictions in your browser.](#)

Good to know: Browsers are free, but if you have more than one on your machine, you need to enable filters on all of them.

Good for: Younger kids. Older kids -- especially very determined ones -- can easily defeat browser restrictions

either by figuring out your password or simply downloading a new browser.

→ **Kids' browsers.** Sometimes called “walled gardens,” these are protected environments that fill up your entire screen (so kids can't click out of them). They typically offer games, preapproved websites, email, and various activities. Examples include [Zoodles](#), [Kido'z](#), and [Tweens Browser](#).

Good to know: Kids' browsers are usually free for the basic version, but cost money for a premium upgrade. They also sometimes display ads or promotional content.

Good for: Younger kids. Walled gardens are too limiting for older kids who need (or are allowed) greater access to the wider Web.

→ **Computer-software controls.** Full-featured parental-control programs, such as [NetNanny](#) and [Qustodio](#) let you block websites, impose screen-time limits, and monitor online activity (for example, which sites your kid visits) on your computer or laptop. Many of these programs also offer added security against malware and viruses and will send you a summary of what your kid does online.

Good to know: They usually require a monthly subscription fee.

Good for: Kids of all ages -- and especially kids who need a lot of support in following your rules.

→ **Smart phones and tablets.** Some mobile devices come with basic parental controls -- but the options vary a lot depending on what you have. You can also download apps such as [Bark](#), [Limitly](#), and [TeenSafe](#) to track and control online activity, including text messaging and social media. If you're an Amazon user, Kindle Fire tablets come preloaded with Kindle FreeTime parental controls. (Learn how to [set parental controls on the iPhone](#) and how to [lock down your iPad](#).)

Good to know: To monitor your kid's social media accounts, you'll need their passwords and user names.

Good for: Younger kids. Once kids get older, they will either resist any attempt to limit their access or simply figure out a way to defeat what you've restricted.

→ **Home networking.** There are both hardware and software solutions to control your home network and your home WiFi. [OpenDNS](#) is a download that works with your existing router (the device that brings the Internet into your home) to filter Internet content. [Circle Home and Torch](#) are newer types of WiFi router controls that are designed to be easy for parents to operate. They include the ability to turn off the internet with a single click when used in conjunction with the app.

Good to know: Mucking around in your network and WiFi settings can be challenging.

Good for: All ages.

*This "Parental Controls" article is written by Caroline Knorr on 7/14/2016 and was originally published in COMMONSENSEMEDIA. [org https://www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls](https://www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls)

Testimonials

I've found in the history of my laptop browser the search in Google "9 years old whores", and when talking with my 9 years old son Teo, he told me that he did that search with his 11 years old cousin. If you follow the links you'd be amazed :(

I now have parental filters and more control in all our devices, but I'm worried about what he has already seen or about how other computers and tablets are set in her friends homes. -Daniel, Toronto

Our daughter Liz is 10 years old. Her friend Emily happen to have very permissive parents, and she is in Facebook, Youtube, Instagram.... They push her to be very digital. Last week when she came from spending time at Emily's place, she told me that she had watched weird videos of people naked. These are very difficult times, but I have faced the problem and started with my daughter a conversation about sex, Internet, consent.... I've also spoke to Emily's parent so that they are aware about her daughter's digital adventures. -Mary, London

My son is 11 years old, and he is lucky enough to have his own iPad. I picked it up the other day to have a nosey and I found naked pictures on it. I was very shocked, and I didn't want to look too closely, but it looked like pictures of a girl at their school. I don't know how old she was but they were clearly being passed around, and they'd ended up with my 11 year old. I tried to talk to him about it - he was very embarrassed at first, but afterwards he came back and said he felt upset about it. I explained that it is a criminal offense and that seemed to work. -Andrea, Wales

Some more useful links

So How Do We Talk About This?

<http://www.nytimes.com/2012/05/10/garden/when-children-see-internet-pornography.html>

Children as young as seven caught sexting at school, study reveals

<https://www.theguardian.com/society/2016/mar/25/children-young-seven-caught-sexing-school-study-reveals>