



Overexposed & Under Prepared

Recommended resources for parents.

www.kidzbiz.edu.au Contact Wendy Hill: 0416 193 687

Talking with your children about pornography and 'sexting' can be confronting. Below are some helpful resources to get the conversations started.

Books, DVDs & YouTube:

- **Sexs Texts and Selfies:** by Susan McLean
- **The Porn Factor:** David Corlett & Maree Crabbe (DVD)
- **Someone Should Have Told Me** by Hollann Martin (age 4-10)
- **Good Pictures Bad Pictures jr:** Porn proffing your kids today by Kristin Jenson (age 3-7)
- **Good Pictures Bad Pictures :** Porn proofing your kids today by Kristin Jenson (age 9-12)
- **Hayden-Reist Learns What To Do if Children See Pricvate Pictures or Private Movies** by Holly-ann Martin (age 5-10)
- **Not for Kids!: protecting kids online** by Liz Walker (age 5-10)

The last 5 books listed above are reviewed by Cath Hakanson on YouTube + on her website <https://sexedrescue.com> (Cath Hakanson) on **YouTube**

- **The best books for talking to your kids about cybersafety** 1.29 minutes
- **For kids today, it is harder to avoid online porn than it is to find it** 1.53 minutes
- **5 steps to protecting your child from pornography** 1.54 minutes
- **Kids and porn: How to use books to talk about pornography with kids** 5.46 minutes
- **My 10 yo clicked a pop up and saw porn. Now she can't sleep (8.47)**

Useful Websites

- **It's Time We Talked:** Provides resources for young people, schools, parents and community organisations in relation to online pornography. It includes great parenting tip sheets.

<http://www.itstimewetalked.com.au/resources/parent-tip-sheets>

<http://www.itstimewetalked.com.au/resources/in-the-picture>

- **Culture Reframed Parents Program:** A free Parents Program which provides a complete best-practice toolkit, which gives you the skills and knowledge you need to raise porn-resistant kids.

<https://parents.culturereframed.org/>

- **Protect Young Minds:** Their mission is to empower parents, professionals and community leaders to protect children from pornography, and promote healing from any sexual exploitation.

<https://protectyoungminds.org/prepare>

- **eSafety for Parents:** Grappling with the day to day workings of your child's online world? Not sure what the basics are, how to use parental controls or how hashtags work? Our experts give you the rundown on everything you need to know.

<https://www.esafety.gov.au/education-resources/iparent>

- **Think U Know:** Parental controls are useful when young children have access to mobile phones, tablets and computers. They can allow you to restrict what content can be accessed on these devices. Placing parental controls on devices can ensure that your children are only able to access age-appropriate material, and in some cases, requires your approval before the child can access additional material.

<http://www.thinkuknow.org.au/site/parental-control-guides>

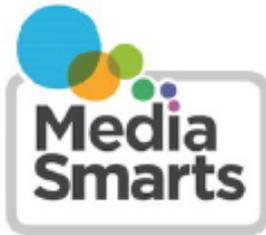
- Learn about the internet: understanding how young people use the internet and what they enjoy doing will help you to recognise any suspicious or inappropriate behaviour. It will also help you to talk with your child about their online activities if they think you understand the online environment.

<http://www.thinkuknow.org.au/site/factsheets>

- **Media Smarts'** research has shown that kids with household rules about Internet use are less likely to do things like post their contact information, visit gambling sites, seek out online pornography and talk to strangers online. Having a family agreement or set of rules for using the Internet is also a great way for parents and kids to work together on how to be safe, wise and responsible online.

<http://mediasmarts.ca/tipsheet/family-online-rules-tip-sheet>

<http://mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/Are-you-web-aware-checklist-parents.pdf>



CANADA'S CENTRE
FOR DIGITAL AND
MEDIA LITERACY

Are you Web aware?

A checklist for parents



	YES	NO
Are you involved in your kids' online activities? Do you know what they are doing and who they are talking to when they are on the Internet?	<input type="checkbox"/>	<input type="checkbox"/>
Does your family have a set of rules or an agreement for appropriate Internet use?	<input type="checkbox"/>	<input type="checkbox"/>
Do you model good habits relating to media use (when and how do you use mobile devices?) and privacy (how much do you share about your and your kids' lives online?)	<input type="checkbox"/>	<input type="checkbox"/>
Do your kids know to ask permission before submitting any personal information online? This includes: when using email, social networking sites or instant messaging filling out registration forms and personal profiles, and entering online contests.	<input type="checkbox"/>	<input type="checkbox"/>
Do you try to not be too critical of your kids' activities on the Net and use their Internet experiences as an opportunity to discuss inappropriate content, trust and responsibility?	<input type="checkbox"/>	<input type="checkbox"/>
Do you make Internet use a family activity by guiding your kids to good sites and teaching them how to do safe, effective searches?	<input type="checkbox"/>	<input type="checkbox"/>
Have you taught your kids not to believe everything they read online and to check online information with an adult or with another source?	<input type="checkbox"/>	<input type="checkbox"/>
Have you taught your kids how to recognize when they're feeling "hot" emotions like anger, fear and excitement, and told them never to respond to anyone or post anything online when they're feeling that way?	<input type="checkbox"/>	<input type="checkbox"/>
Have you reminded your children that the people we interact with online have feelings that can be hurt, just like we do, and encourage them to always put themselves in someone else's shoes before responding to them?	<input type="checkbox"/>	<input type="checkbox"/>
If your child accesses the Internet from school or your local library, are you familiar with their acceptable use policies?	<input type="checkbox"/>	<input type="checkbox"/>
Do you look at the privacy policies on the commercial what kind of personal information is gathered and if it may be sold to another party?	<input type="checkbox"/>	<input type="checkbox"/>
Have you reassured your kids that you won't "freak out", overreact or cut off their internet access if they come to you with a problem?	<input type="checkbox"/>	<input type="checkbox"/>
If your kids are on a social networking site, have you talked to them about making careful choices before posting or sharing their own or other people's content, especially photos?	<input type="checkbox"/>	<input type="checkbox"/>
Have you talked to your kids about responsible online behaviour? Do they understand that stealing from websites, downloading pirated software, making online threats and hacking are illegal activities?	<input type="checkbox"/>	<input type="checkbox"/>

Is My Child Ready for a Smartphone?

10 Questions to Guide Parents

1. **Does your child need a phone to stay connected** with you or for emergency situations? If your child had a true emergency, wouldn't there be an adult or teen nearby with a phone who could help? Would a basic "dumb" phone work just as well?
2. **Does your child already respect your rules** when it comes to time and usage limits for other activities like video games and digital entertainment? If your child doesn't adhere to your current rules, are they really ready for more responsibility?
3. **Have you talked with your child about the dangers of pornography?** The best-selling book *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids* is an easy way parents can educate kids without scaring them. It will get them excited to install their own *internal filter*.
4. **Does your child know what types of information are safe to share online?**
5. **Do you have a filtering/accountability system** to protect devices in your home?
6. **Do you have a rule for managing which apps can be downloaded?** Do you understand that *most apps lead to the internet* and inappropriate content cannot yet be blocked from apps?
7. **Have you considered both the benefits and the drawbacks of social media?** Do you have a plan for mentoring your child in using social media and helping them avoid the dangers?
8. **Does your child understand the long term implications of sexting** or re-sending nude photos?
9. **Have you developed a list of rules** with your kids that covers calling, texting, downloading apps, taking and sharing photos, posting to social media, GPS location settings, and when the phone needs to be OFF?
10. **Does your child get to "own" the device or simply have access to it?** There is a different psychology behind owning a device and having access to one. If it's *your* device, they get to use it as long as they follow *your* rules.

Deliberate parenting in the digital age means giving kids responsibility one step at a time, as they are ready and mature enough. It means mentoring your kids with your eyes wide open to the issues and dangers they will face. And it means that even if your efforts are not perfect, they are important for the safety of your kids!

**Protect
Young
Minds**

5 Things Teens Wish Their Parents Knew About Porn

by Clay Olsen, CEO of Fight the New Drug

[Excerpted from a presentation Clay Olsen gave at the Utah Coalition Against Pornography's annual conference.]

There is a disconnect between kids and parents on the subject of pornography. You can only help your kids if you bridge that gap with knowledge and understanding. Fight the New Drug has received thousands of emails from teens and spoken to tens of thousands of teens at school presentations. From their experience, they have pulled together these 5 things kids really wish their parents understood about pornography.

1. They wish you knew that porn can lead to an actual addiction.

Parents need to understand that pornography can become an actual chemical addiction in the brain. Of the thousands of emails FTND has received from porn addicts, not one became addicted as an adult. All started as kids or as teens.

Emails from teens

- "Please help me!!! I have been suffering from watching porn since I was 11 and now I am 15. Please how do I stop this?! I cannot tell my parents." Isabel, 15
- "This addiction has been horrible. I'm becoming numb to all of the simple pleasures that I used to enjoy. I'm becoming depressed because of my own weakness and every time I fall, I fall harder." Eric 18
- "My life now would have been much different if my father had understood that pornography was a true addiction and that 'just stop' wasn't an option." Stephen, 16
- "I've been struggling with pornography for three years. I've thought of suicide as a result of this." Leo, 13

Clay: "If you don't talk to your young kids, the porn industry will, and you won't like what they'll say."

2. They wish you knew that porn is different today than what it was when you were growing up.

Pornography is accessible via the internet 24/7 with no social barriers to impede kids from finding it. It's become violent and degraded to the point that Playboy images are considered soft core.

- "My parents don't know how bad it really is. They think porn is just naked people. Today porn is much worse than people with no clothes." Mike, 16

Today porn is Accessible, Anonymous, Affordable and Addictive.

3. They wish you knew they are being targeted.

Kids are the victims of sophisticated and intentional marketing. If the porn industry can get them hooked when they're young, they know they'll have a long term customers. Here are 5 ways the porn industry targets your kids:

1. Free teaser images pull kids into porn
2. Innocent word searches bring up pornography
3. Cartoon characters and child icons are pornified
4. Pop-ups and Banner Ads play on a child's curiosity and lead to porn sites
5. Flash Games--kids love to play games and many games become sexual and include porn ads

4. They wish you knew that you need to talk with them.

- “I don’t remember my parents talking to me about it until it had become a problem. I was 10 or 11. I wish I had understood the issue sooner.” Matt, 19
- “I wish they knew how to address it or speak about it openly and without feeling shy/disgusted.” Olivia, 17

Don’t succumb to the Curiosity Myth (thinking that by talking to your kids you’ll incite their curiosity). You need to talk with kids sooner than you think and have layered, ongoing conversations.

Tips for parents:

1. Get Educated
2. Take time to talk
3. Find the right place
4. Make it one-on-one
5. Stay calm
6. Don’t judge (you aren’t perfect either)

5. They wish you knew that YOU are part of the solution.

Be prepared, pay attention, help protect, set a standard and be an example. Parents set standards with them (not for them) that the entire family (including parents) will follow. Parents can set an example of what love and healthy intimacy looks like and that porn portrays the opposite.

Resources for Parents from Fight the New Drug

- Find out more about FTND’s FREE pornography recovery program for teens called Fortify at www.fortifyprogram.org.