

school, on social media, or anywhere else online, but it'll probably happen. Don't panic. Ideally, keep talking as a family, keep communicating, and keep it shame-free. Never forget that the Fortify Platform is free for teens and an inexpensive fee for adults, and it can provide hope for anyone who wants to take a step toward breaking free and finding healing from porn use (<https://www.joinfortify.com/>).

Porn is never easy to chat about with people you love, but it can become easier over time and when love is the foundation and the motivation.

Article produced by Fight the New Drug and accessed at <https://fightthenewdrug.org/ever-wonder-how-parents-react-if-knew-watched-porn/>; Stafford Crossing is not affiliated with Fight the New Drug

Going Further — Resources

- **Check out internet filters and parental controls:**
 - The Circle: <https://meetcircle.com/>
 - Bark: <https://www.bark.us/>
- [“My Tech-Wise Life: Growing Up and Making Choices in a World of Devices,”](#) written by father-daughter team Andy and Amy Crouch, is an excellent conversation starter for parents teens to discuss tech-connected lives
- Find additional resources for parenting, marriage, and other seasons of life at <https://growfaithathome.org/>

Going Further — Church Support

Fusion is great places for students (grades 6-12) to meet friends and learn more about God, faith, and so much more! Fusion meets Sundays from 5:30-7:30 p.m. Get more info here:

- <https://staffordcrossing.org/fusion>
- Email fusion@staffordcrossing.org



Help! My Teen Is Viewing Porn

Helping families
trust and follow Jesus

@home

As parents of a teenage son, my husband and I have been dedicated to teaching him the harms of pornography. After all, pornography is only a male problem, right? Think again. We also have two teenage daughters. We made sure to include them in our conversations on the harms of porn, but didn't feel the further need to drive the point home for them. We were under the impression that girls were not targeted the same as boys, and so they did not have the same issue with viewing pornography—at least not our girls. We had placed filters in our home, added security to our computers, and had consistent conversations with our children on the subject. We believed our prevention efforts had been good enough!

Later on, one of these conversations led to a deeper talk with my oldest daughter in which she told me that not only had she been able to access porn in our home, she had been accessing for many years. It took a few moments for the reality to catch up with the words.

As the wave of shock washed over me, anger took over. Was I a bad mom? How did my daughter get hooked on something so demeaning toward women on my watch? From that point on, I wanted nothing more than to help my daughter, who was admittedly hooked on porn.

What makes me the angriest is that I know with certainty the porn producers who have created content that has harmed countless teens and kids, like my daughter, have no remorse for the damage they have done.

I had to step back and reevaluate the situation. My first step was the most important: I needed to arm myself with an education on the realities of porn today if I was going help my daughter win this battle.

Here are just a few stats on the state of porn according to one of the most popular hardcore porn websites today, Pornhub:

- In 2018 alone, Pornhub got 33.5 BILLION visits. That's 63,737 people per minute; 91,780,821 people daily—roughly the combined populations of Australia and the UK visiting the site every single day.

- Enough porn was watched in 2016 on this one website that all the data would fill 194,000,000 USB sticks. If you put the USB sticks end to end, they'd go all the way around the moon.
- Last year alone, 115,624,116,000 videos were watched on Pornhub. That's equivalent to over 15 videos for every person on the planet.

The point of these stats is not to scare you, but to help you understand just how big a problem porn is, and how globalized and normalized it is. The numbers don't lie, and neither does the research.

So the question stands: what do you do to make sure you and your family are prepared for what porn might throw your way? Here are some tips that might help.

1. **Love your people.** Separate a porn struggle from the person. After all, their struggle does not define them, and they still need to know that they're loved and you're rooting for them. Hope and encouragement, not shame and judgment, are lifesavers!
2. **Lay some ground rules.** Talk as a family and communicate. Never be afraid to cover all the bases in an open, honest, judgment-free, safe environment. One thing that can help is watching Fight the New Drug's three-part documentary series, "Brain, Heart, World"¹, and discussing what it brought up afterward. Check out internet safety resources at Bark if you're looking for a system that parents trust and kids love to keep the internet safe at home.
3. **Keep talking about it.** Communication is key, as are education and awareness. As a family, talk about porn. Discuss your thoughts and feelings about it, and make the environment safe for a teen to possibly open up in. Let it be okay for questions to be asked. It's an ongoing conversation and an ongoing process.
4. **Offer help when needed.** It is a statistical probability that everyone will see porn at some point in their life, especially now in our digital world. It may be on accident, at a friend's house, at

(continued on reverse)

¹ https://brainheartworld.org/?_ga=2.70112275.2076300435.1610999682-1554342600.1610999682