



# 10 Ways to Protect Young Minds from Pornography

## 4 Essentials for Parents

Find recommended articles (*italicized near or under each header*) on [ProtectYoungMinds.org](http://ProtectYoungMinds.org)

- Talk to your kids about sex! *7 Things Your Seven-Year-Old Should Know about Love and Sex*
- Sooner = Safer *"Will I Rob My Child's Innocence If I Start Talking about the Dangers of Porn?"*
- It's not just a boys' problem! *Silent Struggle: 4 Ways Girls Get Pulled into Using Porn (and what you can do to help them)*
- Research shows that porn harms kids (text CESE16 to 44222)

## 10 Essentials Kids Need to Know

### #1. I know what porn is; I can **recognize** it.

- *Art vs Porn: How to Explain the Difference to a Child*  
(Access to FREE download: *3 Simple Definitions of Pornography Kids Can Understand*)

### #2. I know how pornography might make me **feel**.

- *Porn is Tricky! SMART Parents Assist Kids to Understand Feelings*
- *SMART Plan for Parents Guide, free from our website*

### #3. I know that pornography can **hurt** me.

- *Why Good Kids Get Pulled into Porn*
- *5 Lessons about Love Every Porn-Immune Kids Knows*

### #4. I understand how addiction affects my **two brains**.

- *How Porn Use Becomes an Addiction (Simplified!)*
- *You Have Two Brains!*

**#5. I know what to do when I see pornography—I am prepared with a *plan*!**

- [Get FREE CAN DO Plan pdf poster \(text CANDOPLAN to 44222\)](#)

**#6. I know 5 important *body safety rules*.**

- [#MeToo — 10 Ways Predators Are Grooming Kids](#)
- [Which Simple Words Keep Kids Safer from Sexual Abuse?](#)
- [The 3 Big Red Flags of Sexual Abuse](#)

**#7. I know that no one should ever take *pictures* of me without clothes on, and I should never share pictures of my *private parts*, either.**

- [Keep Kids Safe: 9 Ways Porn and Predators will Target Kids in 2018](#)
- [Kids at Growing Risk of “Sextortion” Warns Department of Justice](#)
- [Snapchat, Sexting and Photo Hacking: How to Protect Your Child’s Digital Footprint](#)

**#8. I know that no one should ever show pornography to a child. *I can say NO!***

- [The Secret Life of a Young Girl Abused by Pornography](#)

**#9. I am learning to deal with uncomfortable feelings so they won’t turn into *addictions*.**

- [Feelings 101: A Simple Exercise to Build Emotional Wellness in Kids](#)
- [Get Emotional: A Valuable Legacy from Father to Son](#)
- [Block Porn Interest: A Proactive Parenting Plan](#)

**#10. I know the *trusted adults* I can talk to without shame or fear about pornography.**

- [Caught Your Kid With Porn? 6 Ways to Lift Your Relationship Instead of Lose It](#)
- [Teen Shares 7 Tips for Overcoming Pornography](#)