

Parenting *ideas* INSIGHTS

Building parent-school partnerships

WORDS Catherine Gerhardt

Help your kids build their own firewall against online Nasties

The online world provides endless access to inappropriate content for our kids. Filters can play a part, but as Catherine Gerhardt describes, it's much better to have a fully rounded approach to tackling the issue.

Fiction vs. reality. One of the biggest concerns I have as a parent at the moment is the relative ease with which children can have access to online pornography. Recent studies revealed that children as young as eight years old have seen it, and most kids have witnessed it before parents have even considered discussing it. For me, it's about considering what the long-term effects are going to be on our children's future relationships. With wide access to the internet, including mobile devices and gaming systems, it is too easy for even young children to reach inappropriate content.

Most kids who have seen pornography know immediately that it feels wrong. They can feel 'strange' and their personal instincts kick in like an alarm system telling them something is not quite right. They may feel sick, embarrassed, confused. Some kids stumble across it (many porn sites know popular key strokes kids use), and others are exposed to it by friends or family.

Is pornography really that big of a deal for our kids? The simple answer is yes. Pornography damages their brains

by tricking them into releasing the same pleasure chemicals that drugs do. "A child's brain is more vulnerable as it is rapidly forming neural connections. Viewing pornography can reprogram a child's brain and initiate an addiction that is often harder to overcome than drugs or alcohol," says Kristen Jenson, author of *Good Pictures, Bad Pictures*.

Pornography harms relationships. Youth are being exposed to pornography even before they have had the opportunity to experience a relationship. Teens tell researchers that they don't like pornography but they feel pressured to watch it, and they even acknowledge that it provides a model for them to follow. When we start to think about kids getting sex education from pornography, we can start to understand why we should be worried about their future relationships. Viewing pornography is setting up unrealistic expectations and desensitizing sexual expectations. Pornography can distort a person's view of what a healthy relationship should be, and devalues the principles of mutual respect, trust and love we expect our children to experience in the future.

What can parents do to build their child's firewall?

Be proactive, be preventative. Like most things it's helpful for parents to begin the conversation before their child becomes interested in porn. Younger kids are more likely to see the parent as a dependable source of information; by the time they are teenagers peers become the reliable source and peer pressure and curiosity can lead them down a path of unrealistic expectations and perhaps, even addiction.

Be open. Most kids won't tell their parents because they know they shouldn't be looking at that stuff and, worst of all, you might take the technology away from them. Be honest, for many of us that might be our first reaction. But in hindsight it only prevents kids from telling us about their online experiences later on. It's okay to say, "Thanks for telling me, I've had that happen too", or "Let's look into that together".

more on page 2 >>

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Start by asking your child. Ask whether they have ever seen inappropriate photos online. Let them know that if it happens you expect they will come and tell you, assuring them they will not get into trouble and will not have the device taken away from them. You can suggest your child leaves a note for you if they see something online that makes them feel uncomfortable. This lets you know when they are ready to discuss it and gives you the chance to have a chat with them on the subject when you are ready.

Internet filters and porn blockers. These are important, but they are not a one-stop shop on protecting our kids. They can certainly help by minimising the risk of 'random' porn attacks, but they won't safeguard them either. Even if we feel we have placed adequate measures within our own homes, children must, and do, go out into the wider world where they will have exposure that is beyond our control.

Developing internal filters is about getting kids to understand what pornography is, how it affects their brain, and coming up with strategies they can use when they are exposed to it. Children need to be able to make safer choices when they are in situations where content filters or adults are not monitoring their behaviour. It is normal for kids to be curious and as they head into the teenage years that curiosity peaks. As children grow they spend more time online and

get exposed to more of the online world, with parents having less control over their viewing habits.

Parenting responsibility. Websites and governments are taking the minimum responsibility on these issues, so it has to become primarily a parenting responsibility. Children can be protected and harm can be minimised by taking some common sense approaches. Parents need to establish their expectations about children's viewing; make sure communication devices are used in public places; install net nannies and firewalls where appropriate and don't be afraid to keep a check on website histories. Investigate how you can protect your children and minimise their exposure by installing a porn site blocker onto your internet connected devices. A quick Google search will provide some options which best suit your family.

Discussions about pornography need to be part of an ongoing conversation within the family. Talking won't put your kids at increased risk; in fact, it increases their awareness and empowers them to make safer decisions when the time does come. Short, frequent discussions will help your child remember information – rather than one big long lecture. As bestselling author Steve Maraboli advised: "Take action! An inch of movement will bring you closer to your goals than a mile of intention."

Catherine Gerhardt



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