

Addressing pornography – Do's and Don'ts

Supporting 6 to 10 year olds



Do's

- ✓ **Do talk about it in the context of relationships and communication**

This will allow kids to begin to think critically about concepts like what respect and boundaries mean in relationships from a young age

- ✓ **Do talk about it in terms of safety**

The same way that you would talk about anything that they may not be developmentally ready to stumble across

- ✓ **Do make it a habit to point out that they should feel empowered to decide what happens to their body**

Check in with them about personal boundaries - don't force them to give hugs if they don't want to, they need to feel they have a say in what feels comfortable for them

- ✓ **Do get them to get into the habit of chatting to you about how they feel**

Whether its a bedtime chat about their day or when driving them back from school, make talking about experiences and feelings a habit



Don'ts

- ✗ **Don't make it taboo to talk about relationships and sex**

Point out what healthy relationships (friendships and romantic relationships) look like- respect, kindness, reciprocity sensitise them to what healthy relationships are

- ✗ **Don't make it something to be fearful of**

Minimise anxiety by speaking about taboo subjects with confidence

Don't avoid addressing the issue just because they are young- you can have the talk in an age-appropriate way that you then build on in later years

Don't let your discomfort about an issue make it an issue for them

