

## Tips for responding to online porn

A lot of the pornography online is extreme and upsetting, featuring violence and humiliation and blurring important boundaries, like the difference between consent and coercion, or adults and children. There's not enough evidence yet to say what effect watching porn has on young people – but some experts worry about what it might mean for their relationships, confidence and the way they treat each other. Awkward as conversations about porn might be, it's not a subject parents can ignore. Here are our five top tips for dealing with online porn.

1. Use parental controls from your internet and phone service providers and on your child's devices to limit their access.
2. Make sure your children know what to do if they come across something worrying online: some children see porn accidentally, or look for it out of curiosity but are then upset by what they find.
3. Talk about sex and relationships in general – young people may seek out porn if they don't know where to turn for reliable information about sex. You can also point them towards sex education resources just for young people, like Brook (<https://www.brook.org.uk/>).
4. As a source of information about sex and relationships, porn could be misleading. Ask your child what they think makes a healthy relationship – is this compatible with what they see in their favourite shows, games and films? With what they know about porn?
5. The porn industry can't make money from sex that's equal, intimate and respectful – they use extreme content to make a profit. Try making porn part of a broader conversation about living in a consumer culture and the importance of thinking critically about the messages we get via the media, including from the porn industry.

You can find more information about online porn and how parents can respond on Parent Info, a new service from CEOP and Parent Zone:

<http://parentinfo.org/articles/pornography/all>