



## **12 ways to assist you in protecting your family from Pornography:**

1. **Educate your children.** Teach them the dangers of pornography and the impact it will have on how they view themselves and future relationships. Teach your children about the dignity of the human person revealed through the bodies of both genders. Pornography teaches disrespect for the human person.
2. **Reduce the temptation.** Keep the computer in a public or high-traffic area such as a family room or kitchen.
3. **Control access.** Use a parental control software program so that you are able to monitor the family's internet activity. It works best when mom and dad both have access to the monitoring system.
4. **Do not use the internet as a babysitter.**
5. **Set boundaries.** Establish rules concerning internet surfing including time and subject matter. Some filters allow the internet to be turned off at a certain time of night.
6. **Practice selective surfing.** Choose sites that you know are safe and age-appropriate.
7. **Model appropriate behavior.** If something is inappropriate for your teens to view on the internet, then it is probably inappropriate for you to view as well. Have zero tolerance for lingerie magazines, sexually explicit movies and language which is degrading or disrespectful. Cultivating a mutual respect for the entire person begins in the home.
8. **Cultivate virtuous viewing.** Provide opportunities through art that assist in revealing the mystery of the human form while teaching and respecting the dignity of the entire person. Children are naturally curious about the body and sexuality. By providing an appreciation of the human form through art, parents provide a counter-measure against pornography that looks to exploit the human body.
9. **Establish expectations.** Establish expectations concerning behavior inside and outside the home. Children are most often introduced to pornography outside the home through

school, friends, etc. Your expectations may provide the necessary “out” for your child to say “no” when presented with objectionable material. Always reiterate that your child can come to you when they experience something which makes them feel uncomfortable.

10. **Spend time with your children.** There is nothing better than sitting down and talking with your children. Even during the teen years when they seem to push you away, deep down, they need and want you involved in their lives. By establishing open communication from the start, you have sown the seeds to allow for communication in the future – even when they don’t seem to show it. Rather than always telling them “no” to internet use, fill the time with something better: family game time, family prayer time, date nights, reading a good book together.
11. **Educate yourself.** Young people have access to pornography in many places that you would never guess. Almost all cell phones, video game systems, tablets, and electronic book readers can be used to surf pornography via the internet.  
See: [Sex and Cell Phones: Protect Your Children](#)
12. **Go to Confession on a regular basis as a family.** If your teen is struggling with pornography use, they may never tell you. However, it will most likely come out during Confession and the priest can assist them in their efforts to stop.

Trust your children, but assume that they may be tempted to view pornography and then do everything in your power to protect them.