

## Now What Do I Do?

### 10 Great Internet Safety and Pornography Prevention Resources

Take one step each week – every step makes your family safer and stronger!

- 1** Get notes from this parent seminar, sign up for the Utah Coalition Against Pornography **newsletter**, and plan to attend the next **UCAP conference**.
- 2** Download **Fight the New Drug's The Guideline** for parents, share the **We Need to Talk** video with your older kids, and get **Fortify** for teens who are struggling with pornography.
- 3** Download the **I've Got the Power** and **Let's Get Real** Media Safety Week programs to teach kids in schools, Scouts, church groups, neighborhoods, or your own family.
- 4** Learn to prepare your family to make good choices with resources from Dr. Jill C. Manning:
  - **What's the Big Deal about Pornography?** A Guide for the Internet Generation
  - **Let's Talk about the Elephant in the Room:** How LDS Women Can Protect Their Families from Pornography
  - **From the Inside Out:** Healthy Media Guidelines for LDS Families
- 5** Register your family at the **Utah Child Protection Registry** to stop adult-oriented advertising on email & mobile phones.
- 6** Understand how to protect your family online by using parental controls in this Net Nanny webinar: **Seven Online Traps for Kids**. *Net Nanny offers a special UCAP discount (80% off). Please visit [www.netnanny.com/products](http://www.netnanny.com/products) and use UCAP as a promo code.*
- 7** Be aware of the newest technology and how it impacts your family in these **short, practical tech guides** at Yoursphere for Parents.
- 8** Teach your family using lessons in the free handbook, **Understanding Pornography and Sexual Addiction** from SA Lifeline.
- 9** Establish and commit to online rules with a **family media pledge**. Download English and Spanish pledges at [utahcoalition.org](http://utahcoalition.org).
- 10** Learn how to create a safe place for kids to talk about pornography by watching **Jeffrey Ford's 5 C's videos**.

<a href="http://utahcoalition.org">utahcoalition.org</a>
<a href="http://fightthenewdrug.org">fightthenewdrug.org</a>
<a href="http://womenfordecency.org">womenfordecency.org</a>
<a href="http://amazon.com">amazon.com</a> <a href="http://deseretbook.com">deseretbook.com</a>
<a href="http://donotcontact.utah.gov">donotcontact.utah.gov</a>
<a href="http://netnanny.com/learn_center/webinar-20130821">netnanny.com/learn_center/webinar-20130821</a>
<a href="http://internet-safety.yoursphere.com">internet-safety.yoursphere.com</a>
<a href="http://salifeline.org">salifeline.org</a>
<a href="http://familyshare.com/how-to-use-a-family-media-pledge-to-teach-internet-safety">familyshare.com/how-to-use-a-family-media-pledge-to-teach-internet-safety</a>
<a href="http://youtube.com/user/LifestarStGeorge/videos">youtube.com/user/LifestarStGeorge/videos</a>

# Parent's Cheat Sheet of Quick Conversation Starters

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Be upfront about your concerns – you could say:

- “It may be awkward to talk about this but it is better than not talking at all.”
- “I’m not an expert on this subject, but we can learn to be smart online together.”
- “I wish I had done a better job of talking to you about this in the past, but it’s not too late to start now.”
- “I worry that if you hear about pornography, you might want to see what we are talking about. It is natural for kids to be curious and want to learn more about things, but the reason I am talking to you is because pornography is very dangerous, and I want you to be prepared to avoid it anytime, anywhere.”

Start with an invitation to talk, then listen and validate their thoughts:

- “Sometimes kids see pornography accidentally or when friends show them things. When was the last time you saw pornography? What did you do? What could you do if that happens again?”
- “When I was about your age, a friend showed me some pictures of some naked people that were in a magazine. I didn’t know what to do. I didn’t tell anyone because I was so afraid I’d get in trouble. Now I realize that I was just a child and I didn’t do anything wrong. Sometimes we see things that are a little shocking. Has anything like that ever happened to you? I hope you know you can always tell me. You won’t be in trouble at all.”
- “What could you say to a friend who wanted to show you pornography? Do you have some ideas?”

Think about your own experiences and how you could share them with your kids:

- Have you seen images that you wish you hadn't?
- How did you react?
- Did you wish later that you had been prepared to know what to do?
- What have you learned to do better now?

## The Ten-Minute Rule

Teach children to **talk to you within 10 minutes** or as soon as they can if they see these things you have been talking about, or things that don't seem right. Remind them that it's never too late to talk about things in the past.

More ideas for what to talk about:

Four conversations to keep kids away from the ugly side of the Internet:

- Talk about what pornography is.
- Explain why it is so harmful.
- Practice what to do if they see it.
- Praise them for speaking up.

Talk about risks of the online world:

- Inappropriate **content**.
- Inappropriate **contact**.
- Inappropriate **conduct**.

Then flip it and talk about the best content, contact, and conduct that being online offers!

Establish rules for Internet, video games, and mobile phone use:

- **Who** children can connect with.
- **What** behavior is expected – kindness, honesty, and caution.
- **When** - time of day, if a parent should be present, rules for homework, meetings, and meals.
- **Where** - rules for school, church, with friends, as well as where in your home.
- **Why** - identify a purpose, no aimless surfing.
- **How** - what devices, websites, and apps they can use.