

"The test of the morality of a society is what it does for its children."  
Dietrich Bonhoeffer (1906 - 1945)

### Talking to young people about porn

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Psychologist and Educator



Yes, there is a problem!

*'This is a public health crisis. Like smoking or other public health issues, this will have long-term consequences.'*

(Dr. Tucci, CEO of the Australian Childhood Foundation, 2016)

Recent research has highlighted the number of critical ways internet pornography is particularly impactful on young people, these include:

- Ease of access.
- Increased rates of exposure, at younger ages
- Children not telling
- Adolescents considered one of the most susceptible audiences
- The remarkable volume and range of sexually explicit online content
- Distortion of healthy sexual and emotional development



Image source – 'It's time we talked'

We need to be cautious that in addressing this issue, we are not clamping down on children's healthy sexual development.

However...

**Young people themselves** list porn as their top online concern.



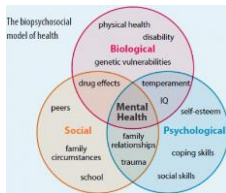
Video



What's the answer?

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity."

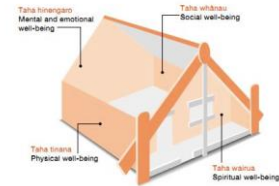
(World Health Organisation, 2017)



### Well-being - 'hauora'

The Māori concept of well-being encompasses the physical, mental and emotional, social, and spiritual dimensions of health.

Each of these four dimensions of hauora influences and supports the others.

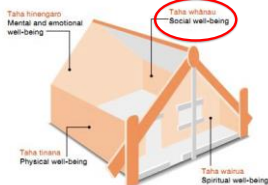


(From Mason Durie's Whaiaora: Māori Health Development. Auckland: Oxford University Press, 1994, page 70).

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Who?

### Social

We are made for relationship!

"...friendships (80.7% and family relationships (80.6%) ranked as the two most highly valued items."

and

"The top three sources of help for young people were friend/s, parent/s and relatives/family friends."

(Mission Australia's Youth Survey, 2015 and 2016)

### Be who they need

*"... the fact kids are not all succumbing to forced or unhappy sex, too young, or too drunk, or with too many different people - didn't happen by chance. A pitched battle is taking place with concerted efforts from educators, parents and groups... against the uncaring and downright exploitive marketers and the tendency of some parents to put their heads in the sand about the flood of pornography and meanness that the internet brings."*

*If the kids are OK, it's because some adults never lost sight of the need to advocate for them, defend them, educate them, and give them the self-belief to choose wisely and well."*

(Steve Biddulph, 2014, quoting a La Trobe study.)

### How?

### Provide healthy alternatives

"...like experts in counterfeit currency, a person who wishes to be discerning must focus more on what is genuine than what is counterfeit."  
(Challies)



1. Preparation

2. Prevention

(In response to Weissbourd et al., 2017, The Talk: How Adults Can Promote Young People's Healthy Relationships and Prevent Misogyny and Sexual Harassment)

### A 5 step guide for talking to young people

**S**tow away your own baggage

**E**arly and Often

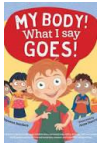
**X**-rated versions are already flying around the playground (and the Smartphone)

**E**xpect each child to be different

**D**imensions of sexuality education  
(emotional/psychological, social, physical and spiritual)

**Broad age guidelines**

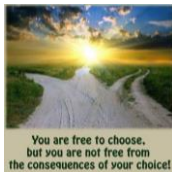
**Toddlers and young children**



**Mid to late primary**

**Teens**

**What do we say?**



**Encourage everyday empathy**

## Object to objectification

There is nothing empathetic about treating someone as an object.



## Life is not simply about individual happiness

When you learn that sex is about 'me' and 'my pleasure', devoid of connection or relationship we are only guaranteed 2 things:

1. You will have been used
2. You will use someone else



## Porn as a script (a topic for teens)

Young people need to be taught specifically about the lies told by porn

## Talk about love & relationships

From Hollywood to college campuses, many assume that sex is always great, and sexual variety is even better – It's not!

Discuss the myth about hook up culture / FWB / F#CK Buddies



1. Talk about love and the differences between mature love and other forms of intense attraction.
2. Guide young people in identifying healthy and unhealthy relationships.
3. Identify common forms of misogyny and harassment
4. Talk about what it means to be an ethical person.

### More ideas:

'waiting', why people break up, falling in love, that consent requires intimate communication, how to compromise, what reciprocity looks like, how to deal with break ups...

Weissbourd et al., 2017, The Talk: How Adults Can Promote Young People's Healthy Relationships and Prevent Misogyny and Sexual Harassment

## Love = happiness

"The seventy-five years and twenty million dollars expended on the Grant Study points to a straightforward five-word conclusion:

**Happiness is love. Full stop."**

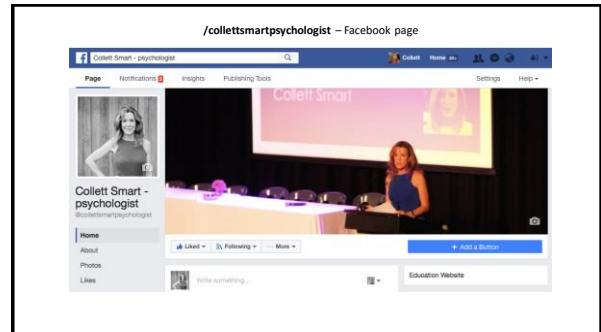
(Harvard, What Men Need To Live A Happy Life, started in 1938)



*"Frodo: I wish the Ring had never come to me. I wish none of this had happened.*

*Gandalf: So do all who live to see such times, but that is not for them to decide. All we have to decide is what to do with the time that is given to us."*

J.R.R. Tolkien, *The Lord of the Rings*



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