

HAVING THE TALKS: PORN

Sample Language for Key Messages

There are 4 key messages to communicate with kids when you're talking about porn. Below is sample language you can use to convey those messages!

Key Message	Sample language
1 Porn is common on the Internet	<p>"Most kids will stumble upon porn on the Internet at some point, usually by accident."</p> <p>"It's not your fault if you stumble upon porn. It's really easy to find it intentionally or come across it accidentally."</p>
2 Being curious about porn is normal	<p>"It's really common for kids to be curious and try to find pictures of naked people or sex."</p> <p>"Porn is basically sex on camera, and that's not something you see on everyday TV so it probably feels like something you shouldn't be watching and also feels exciting. That's totally normal."</p> <p>"Part of the reason people are curious about porn is that often times there is weird behavior happening in porn...like people doing strange things to one another—it is complete fantasy."</p>
3 The images in porn are not realistic	<p>"One of the problems with porn—and how unrealistic it is—is that it can give people the wrong idea about what sex is really like or how most people look when they are naked. Thanks to plastic surgery and special effects it's like watching a car chase and thinking that's how typical people drive."</p> <p>"Porn often shows white, heterosexual people as the ideal, which can be damaging to those who don't identify in those ways."</p> <p>"Porn sends the false messages that bigger (and longer) is better when it comes to breasts, penises or the duration of an erection."</p> <p>"Porn often shows girls and women in a subservient role—usually only to give men pleasure—which is not how sexual relationships should be in real life. A healthy sexual relationship is when things are equal and both people give and receive pleasure."</p> <p>"Porn is only about sex; it does not show true intimacy or the trust and respect that should exist in a healthy romantic relationship."</p> <p>"If you want to learn more about real bodies and sexual behavior, here's [insert educational resource]."</p>
4 Talk to a trusted adult	<p>"If you come across porn and see something confusing or have questions, I'd rather you come talk to me or [insert name of a trusted adult, e.g., teacher, coach, relative] about it than ask your friends. I love your friends but they are not necessarily going to have correct information!"</p>

