

3 Secrets to Porn-Immune Kids

How do you immunize kids against porn? It's really the same way you protect them from other dangers.

- First you **warn** them that the danger exists.
- Then you **teach** them what to do if they confront that danger.

It's kind of like fire safety. First you **warn** kids about the potential for fire; then you **teach** them how to safely escape. It's the same with pornography exposure—kids need more than a warning; they need knowledge, skills, and practice.

Adults Underestimate the Pull of Porn

Even good kids who have had plenty of **warnings** often succumb to pornography. [A study](#) out of Europe documents what is true the world over—parents simply underestimate their kids' online exposure to pornography. They underestimate the enticing pull of these images—especially for kids who don't know how to deal with the shocking memories they create.

Internet Defense Skills

So here are three super simple, but super powerful, internet defense skills to help kids supercharge their immunity to porn.

1. You've got TWO brains! Teaching kids they have two brains—the feeling brain and the thinking brain—is empowering for all kinds of growing up skills (learn more about this in [Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids](#)).

The **feeling brain** is all about instinct, appetites and desires—all critical to survival. Pornography activates the feeling brain and, over time, can give it power to hijack the **thinking brain**. The thinking brain is the part of the brain that understands consequences and puts the brake on our appetites. It may be helpful for kids to see their thinking brain as a super hero that needs to triumph over their feeling brain, the brain that is very curious about seeing pictures of naked people.

2. Name it when you see it. "That's pornography!" is a powerful phrase because it activates the thinking brain to take charge. If a child looks at a pornographic picture and thinks, "Wow! She's exciting!" or "He's hot!"—this response can easily lead to looking for more porn. But if kids are trained to say, "That's pornography!" (and can practice saying it with their family), it wakes them up to the danger of what they're seeing and the importance of rejecting it immediately.



3. Practice the art of distraction. Shocking pornographic images are extremely memorable, especially for those with a growing brain. Memories pop up and entice a child to look for more. Kids need to know this will happen and be prepared to distract themselves every time the images reappear. It's especially helpful to engage in something physical that requires their mind's full attention. Or to think about something that is exciting to them, whether it's monster trucks or riding ponies or playing with a new puppy. As they practice the art of moving their thoughts away from memories of porn, those images will pop up less frequently.

These skills can help adults, too!

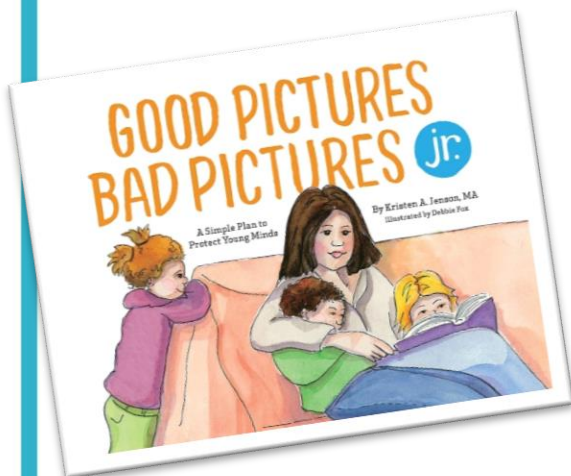
A father sent us this message about *Good Pictures Bad Pictures*:

"I want to commend you for such a well-written book!...I especially liked the two brain idea. As a male human being, I must admit that I often feel attacked and tempted—sometimes on a daily basis—with whatever is presented to me by the media. Your book has given me a clearer understanding of how our brains react in such situations and has given me more strength to overcome them."

Message of Hope

Kids CAN learn how to reject pornography. At *Protect Young Minds*, we believe every child should be taught these skills. When parents are willing to face this challenge head-on, their kids don't have to face it alone. We are rooting for all parents who want to raise porn-immune kids!

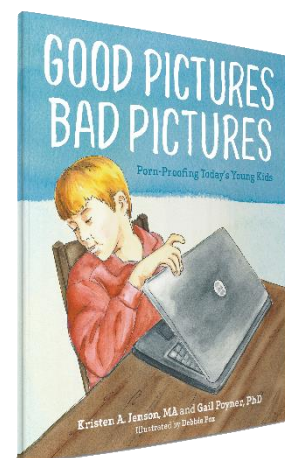
For ages 3 to 6



"It's never too early to start teaching kids healthy media habits! Reading *Good Pictures Bad Pictures Jr.* to your young children is a beautiful way to empower them to make safe internet choices." Sean Covey, Executive Vice President FranklinCovey Co. and international bestselling author of *The 7 Habits of Highly Effective Teens*

For ages 6 to 11

"I hear from hundreds of concerned moms and dads who want to help protect their children from sexual exploitation. Finally we have a strong resource to refer them to! *Good Pictures Bad Pictures* is a great tool for anyone who works closely with children!" Dawn Hawkins, Vice President National Center on Sexual



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