

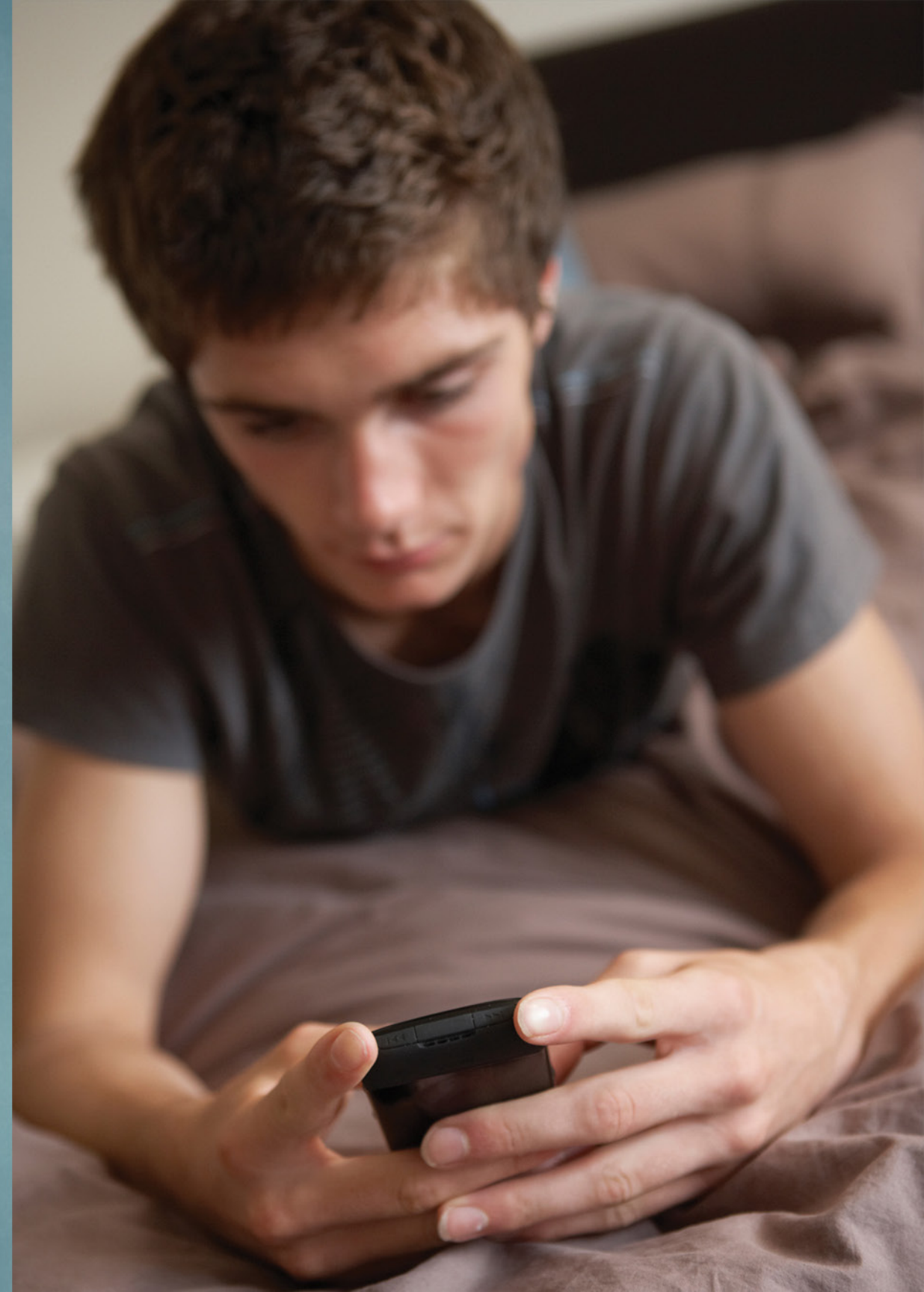
# Pandora's Box is Open! Now What Do I Do?

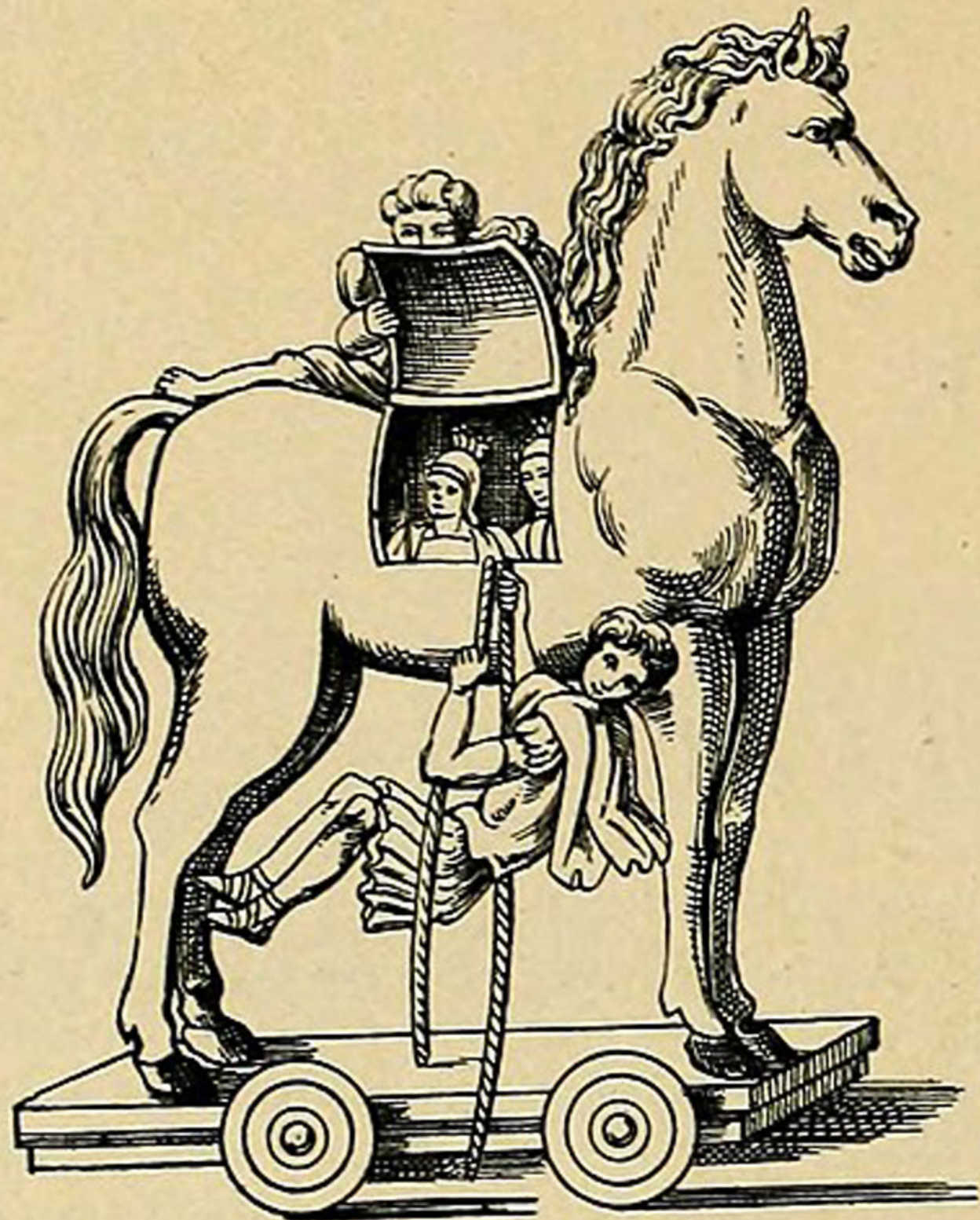
Hope for Healing is in Sight.





Customers for Life.





The Porn Industry  
is Smart.



Nobody Likes Statistics.



Internet searches go up **4,700%**  
when kids get home from school.

**35%** of children report being  
exposed to pornography by age **11**.

**71%** of teens admit to block parents with social media  
privacy settings, using private browsing,  
disabling parental controls, or having a mail/  
social media account unknown to parents



1998 Child Online Protection Act (COPA)  
American Library Association (ALA)

How Does Pornography  
harm our children?



The Powerful release of Dopamine impacts  
a child's emotions, memories and sense of Reality.

Kauer & Malenka

Children are developing devastating Addictions to porn.

Regular consumption of porn can reduce  
brain size and activity.

Hilton

Children are becoming desensitized and  
oversexualized, with some going on to molest  
other children.



What do fake Butterflies, Fancy Eggs, and Wooden Fish have to do with porn?



Irwin



Bret

LAW & ORDER  
SPECIAL VICTIMS UNIT

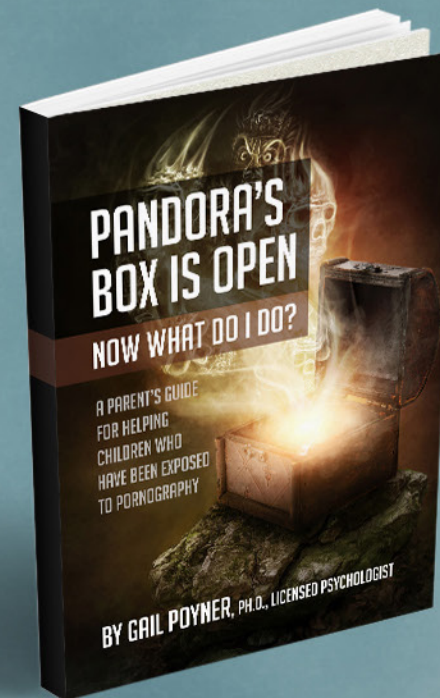


Carlton

Real stories from the battlefield.



# Closing Pandora's Box: A Plan for Hope and Healing



“It’s a matter first  
of beginning, and then  
following through.”

Richard L. Evans

**C**

CALM YOUR  
EMOTIONS

**L**

LOOK AT  
YOUR GOALS

**O**

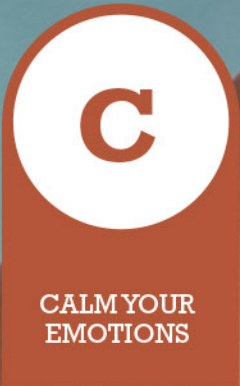
OBTAIN  
INFORMATION

**S**

SET A  
COURSE

**E**

ENGAGE  
YOUR CHILD



CALM YOUR  
EMOTIONS

Acting is...



**Thoughtful/Slow**

I'm going to have to think about what I need to do.

**Based on Knowledge**

I need to learn more about this so I'll know what I'm dealing with.

**Planned**

Here are the steps I will take.

**Working Together**

Let's approach this as a team.

Reacting is...



**Impulsive/Fast**

We are going to take care of this right now!

**Based on Emotion**

I am furious! Say goodbye to Internet!

**Shoot from the Hip**

I know exactly how I'm going to handle this!

**Dictating**

This is what's going to happen.

**Anger & Shame Approach**

High Costs and Low Benefits

COSTS	BENEFITS
My child will probably be much more careful so he won't get caught.	I will not have to acknowledge or deal with the situation.
I will be removing my ability to have knowledge of, or influence over, their behavior, which may erode my child's trust and confidence in me to help find solutions to problems.	Both of us will be spared the temporary embarrassment of having to talk about pornography use and the damage it can cause.
My child will develop deeply shameful feelings, which will make it much more difficult to master this difficult problem.	My child will probably tell me he'll never do it again, which will make me feel better.

**Calm & Informed Approach**

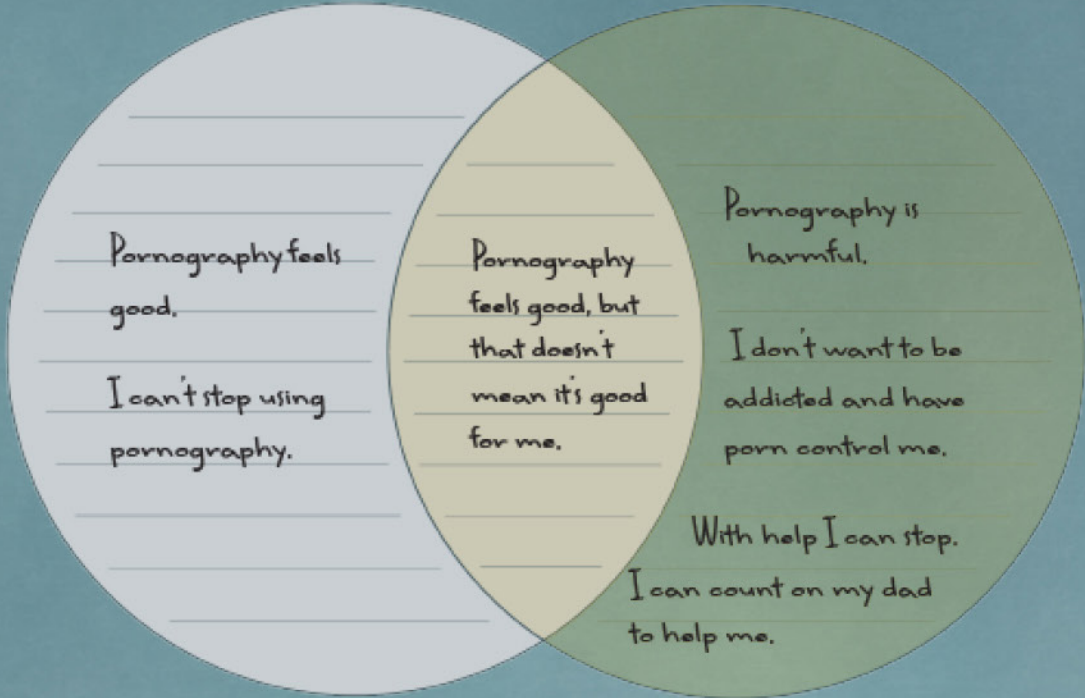
Low Costs and High Benefits

COSTS	BENEFITS
I'll have to get my emotions under control. That's going to take some real work.	My child will probably be much more open to talking about this problem.
I'm going to have to do some investigating about my child's porn use.	I'll know more about what I'm dealing with before I talk to my child.
I'll need to spend time researching so I can understand porn addiction and how it happens, as well as how to explain it.	I'll have much more information and many more skills to help my child reject pornography.



LOOK AT YOUR GOALS

# Two States of Mind Diagram



# Logical/Emotional





### Acting is...

**Thoughtful/Slow**

I'm going to have to think about what I need to do.

**Based on Knowledge**

I can get addicted to this stuff.

**Planned**

I'll use my STOP plan.

### Reacting is...

**Impulsive/Fast**

Turn on my phone and download it now.

**Based on Emotion**

Porn makes me feel good.

**No Planning**

I'll figure it out on my own.



### Costs and Benefits of Stopping Pornography Use

#### Costs

I will no longer have the good feelings that pornography gives me.

I will be curious and it will be difficult to stop my curiosity.

This will be something I will have to work hard at.

#### Benefits

I won't be addicted and rely on pornography to make me feel good. I will be able to pay attention to many other things that interest me.

I will feel stronger knowing that I can control my own mind and body.

I will have healthy attitudes about sex and will develop coping skills to help me throughout my life.

### Thinking Errors

**Rationalizing/Justifying**

"Everyone looks at porn."  
"It's just part of growing up."

**Minimizing**

"It's not hurting anyone."  
"It's no big deal."  
"It's just pictures."  
"I can stop anytime I want to."

**Blaming**

"If my parents didn't want me to look at porn, they should have put in filters."  
"If my friend hadn't shown porn to me, I wouldn't be using it."  
"It's society's fault for allowing this stuff to be out there."

### Barriers that Protect

Porn can be addictive—just like a drug.

I'd be embarrassed and ashamed if I got caught.

My parents would be really disappointed in me.

It can harm my relationships.

It's not just pictures. These are real people. They may look happy, but many of them say they feel used and bad about themselves.

My behavior is under my control.

S

SET A  
COURSE



- I have calmed my emotions. I understand that neither myself nor my child are to blame.
- I have looked at my goals and identified the goals that will best help my child.
- I understand that I want to ACT, not REACT.
- I have obtained as much information as possible by researching the W Questions.
- I have read and understand the Two States of Mind Model.
- I have read and understand the Thinking Errors vs. Protective Barriers Model.
- I am prepared to discuss the Cost/Benefit Method with my child.
- I am prepared to discuss the STOP Pornography Method with my child.



ENGAGE  
YOUR CHILD

# Create a Plan for Discussion.

## Pornography Discussion Script

**Opener** *How will you open the conversation? Remember to remain calm and stress the importance of working together. Don't forget to include your goals.*

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**Explaining Addiction** *What example(s) will you use to explain the cycle of addiction to your child?*

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**Parental Checkpoint**  I am remaining calm and objective  
 I have reminded my child that looking at pornography does not make them "bad"

**Encouraging Your Child's Perspective** *How will you invite your child to participate in the conversation? Consider some questions that will encourage them to share their thoughts and feelings about pornography and addiction.*

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**Explaining the Mind** *What example(s) will you use to illustrate the Two States of Mind Model?*

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**Uniting Concepts** *How will you introduce the Two States of Mind Bubble Diagram (appendix A) and encourage your child to consider how the two states of mind act in relation to pornography?*

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**Working Together** *What will you say and do to show your child that you want to work together on this problem? What will you say and do to encourage your child's input into a plan to reject pornography?*

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## My Action Plan (Parent)

My child has access to porn on these devices

My child has access to porn at these places and times

To limit physical access to pornography I will

When I recognize that my child is struggling with resisting pornography and/or struggling with appropriate coping techniques, I will

I will set a positive example by

I will encourage safe Internet usage in our home by

I will encourage my child to feel safe and to continue to discuss pornography use with me by

The costs of using porn are

I want my child to stop viewing porn because

I will support my child by

## My Action Plan (Child)

I am accessing porn on these devices

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I am accessing porn at these places & times

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To limit physical access to pornography I will

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Before I view porn I often feel

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Here are some things I can do about those feelings

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When I view porn I feel

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After I view porn I feel

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Some alternatives to pornography that also make me feel good are

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I can use my logical state of mind to help me stop looking at porn by

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When I am tempted to look at porn I will take the following actions

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I can reduce my thinking errors by reminding myself of the barriers that help protect me, such as

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I can see a stop sign in my head and know that it's there to protect me. When I see this stop sign and act accordingly I feel

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The costs of using porn are

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I want to stop viewing porn because

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My parents can help support me by

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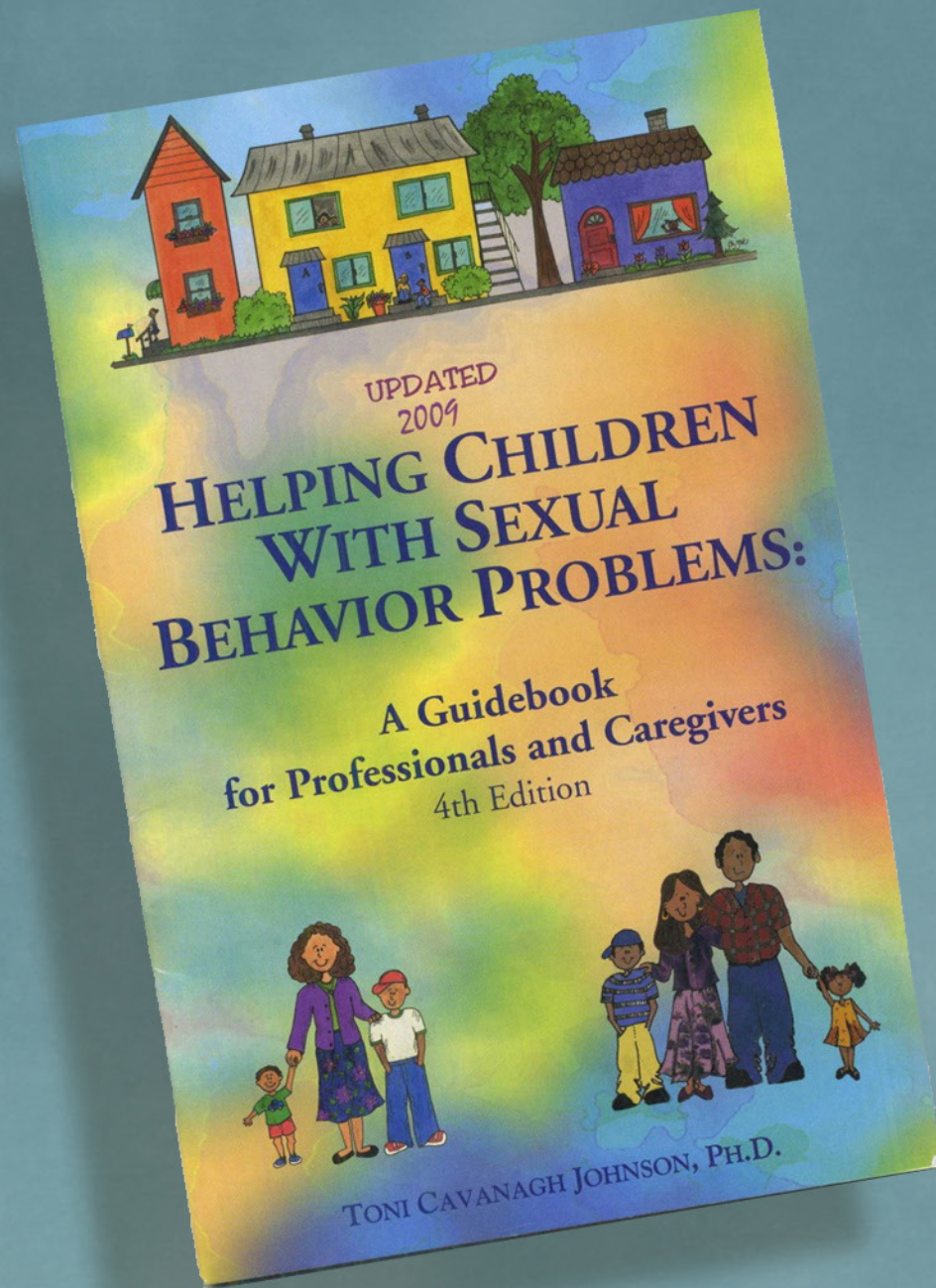
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# How Sexualized is your home?



According to Dr. Toni Johnson in  
Helping Children with Sexualized  
Behavior Problems, overly sexualized  
homes typically include:

Sexualized Content  
Sexualized Interactions  
Sexualized Speech

# What's in Your Child's Box?

Preclude Access

Obtain Information about your children's boxes (including video games)

Use Professional Information and Advice about Filters

Understand Filter Limitations and how your child can access the internet OUTSIDE the home.



A person wearing a dark hoodie is shown from the chest up, with their hands positioned as if typing on a keyboard. The background is a teal-colored world map overlaid with vertical columns of binary code (0s and 1s). In the lower portion of the image, various numbers and letters are scattered across the scene, including '0', '1', '2', '3', '4', '5', '6', '7', '8', '9', 'A', and 'V'.

# Remember:

The porn industry hires  
the best computer minds  
and they are working  
overtime to insure  
your child has access  
to pornography.



# Pandora's Box CAN Be Closed

Knowledge, Love, Warmth  
and Relationship are Powerful!

Talk early and Talk often.

It's a Process, not an Event.

