

FAQ: I found out my child has searched for porn. What do I do?

First, know that you haven't failed. Online porn is reaching children at faster paces and at younger ages than ever before. Instead of taking a fear or shame-based response, see this as an opportunity to begin or deepen your talks that can help keep them safer.



Take a breath: these conversations can feel triggering.



Reassure them: “It’s totally normal to be curious about bodies and sex. You’re not in trouble.”



Name it: “Videos or pictures of naked people online can be called porn, and porn is not made for children. It can send unhealthy, unsafe, and confusing messages about bodies and sex.”



Provide safe alternatives: “If you want to learn about bodies or sex, here are some safe options made for your age and to help you learn.”



Check out the alternatives together: Use one of the many resources made for education. Visit the [Pornography](#), [Bodies](#), and [Sex](#) sections of our site to search inclusive options by age and type.



Establish agreements: “We’re going to [set up parental controls](#) and [some guidelines for the devices you use](#). This will make it easier for you to stay safer online. If you come across porn again, or want to learn more about bodies or sex, what can you do?”



Check for understanding: “What questions do you have about this or what you saw? How can I support you?”



Affirm: “I’m happy we have the chance now to talk about this.”

Responding in shame-free ways keeps the dialogue open and makes it clear to a child that you are a trusted adult they can count on for support and mentorship along their path.

How are you handling the porn talks in your home?

