



Inoculating Kids against the Pandemic of Pornography

Protect
Young
Minds

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Protect Young Mind's DIY Community Presentation Outline

Protect Young Minds is dedicated to helping families, therapists, clergy and educators protect children by providing tips and tools to protect young minds via our blog and website. We believe children deserve to be taught what pornography is, how it can impact their growing brain, the science behind its addicting nature, and (most importantly) the necessary cognitive skills to reject pornography's enticing messages.

Audience

Parents, grandparents and any adults who care for or educate young children (up to age 12).

Introduction

Because pornography has become so accessible to young children via internet-enabled mobile devices, the days of being able to prevent exposure to it are long gone. Instead we must **cognitively inoculate** or porn-proof our kids by teaching them early **what** pornography is, **why** it's dangerous, and **exactly how** they can reject it. Today's extremely deviant pornography can warp a child's future sexuality and turn into a lifelong addiction that damages and destroys careers and relationships. Kids need to be taught how to protect their brains by installing their own internal filter.

Presentation Outline

I. How can we inoculate kids against pornography?

- a. Inoculation introduces a pathogen in a harmless form into the body to prepare the body's own immune system to defend itself.
- b. Inoculation works best before exposure.
- c. Children can be forewarned and forearmed to defend themselves against "media pathogens" that can lead to addiction and other physical and emotional dysfunction. (Read: [Smallpox and Inoculation: A Model for Fighting Porn Addiction?](#))

II. How can using porn become an addiction?

- a. Today's Internet porn is more deviant, violent and accessible than ever before. (Read: [Why Porn Escalates from Underwear Ads to Hard Core: What Parents Need to Know](#))
- b. Using pornography overwhelms the brain with dopamine releases, which begins the cycle of addiction. (Read: [How to Create a Porn Addiction in 7 Easy Steps](#))
- c. The endless supply of free or inexpensive Internet porn takes advantage of the brain's natural reward for novelty-seeking. (Read this article by Dr. Donald L. Hilton, Jr: [Slavemaster, How Pornography Drugs and Changes Your Brain](#))

- d. Studies show that porn-addicted individuals exhibit the same physical brain abnormalities as other substance-abuse addicts. ([Can Pornography Shrink the Human Brain?](#))
- e. Recovery is even more difficult because the brain cannot discharge or detoxify from all of the stored pornographic images (lyrics etc.).

III. Why are children more vulnerable to pornography than adults?

(Read: [Two Reasons Why Kids Are More Vulnerable to Porn](#))

- a. Mirror neurons
 - b. Immature prefrontal cortex
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IV. What can caring adults do to protect children?

- a. Be your children's first, best source of information about sex. (Read: [The Sex Talk: Your Chance to Make a First Impression](#) and [What is Sexual Integrity?](#))
- b. Create a media standard and get the entire family on board. (Read: [Internet Safety: 3 Tips for Parents Before Giving Kids an iPad, Tablet or Smartphone](#))
- c. Learn the best way to respond if you find your child has been looking at pornography. (Read: [Your Child Has Viewed Porn, Now What?](#))
- d. Teach your child the difference between his feeling brain and his thinking brain. (Read: [You Have Two Brains!](#))

V. What cognitive skills can kids use to protect themselves?

The CAN DO Plan™ is more fully explained in our book [Good Pictures Bad Pictures](#) and in this [WRAP Week video](#). The first three steps of the CAN DO Plan™ are taken immediately after exposure to pornography. The final two steps are practiced to help minimize the memories of the exposure.

- a. **C**lose your eyes
- b. **A**lways tell a trusted adult
- c. **N**ame it when you see it
- d. **D**istract and redirect your thoughts (over and over!)
- e. **O**rder your thinking brain to be the boss!

Conclusion

We eradicated smallpox by employing an aggressive inoculation program for the young, not by simply treating those who were already infected. Children can learn how to protect themselves—they can become porn-proof by using the CAN DO Plan™.

Discussion Questions

- **Where, when, and how can kids be exposed to pornography?** (Smart phone, computer, anywhere there is Internet, mainstream magazines, billboards and other ads, TV, friends at school and on the school bus, older siblings, cousins etc.)
- **What age is appropriate for beginning a dialogue about pornography?** (As soon as a child has access to the Internet, they need to have a basic definition of pornography and know to turn off the device and come tell their parents.)
- **How can parents begin the conversation about pornography with their young kids?** (By using examples in the media, a billboard or commercial, as a lead in, or your own experience of seeing a "bad picture." See also the resources list at the bottom of this outline—we have articles posted on ProtectYoungMinds and parents find *Good Pictures Bad Pictures* helpful to comfortably open up a dialogue with young kids.)

NOTE: The CAN DO Plan™ is copyrighted material. Please direct your attendees to our website at www.ProtectYoungMinds.org where they can sign up for a free PDF copy of the CAN DO Plan™ poster. They can also text CANDOPLAN to #44222 to receive a free copy.

- **How often should parents discuss with their kids the importance of rejecting pornography?** (On a regular basis. Pornography is a constant in the lives of kids, especially as they grow into tweens. This is not a one-time discussion!)
- **Once taught, how can parents and other caring adults reinforce the cognitive skills used in rejecting pornography?** (Whisper to each other “that’s pornography” when you see it in public, display the CAN DO Plan™ poster—see Resources list—near the computer or in another public place in your home/classroom, do role plays, set up Family Media Nights to discuss strategies to keep the entire family safe.)
- **How can families get additional help from their community in keeping kids safe?** How can schools, religious organizations, medical and mental health professionals get involved? (Parents can ask schools about Internet filtering policies, professionals can hold community events to create more awareness, parents can ask their religious organizations to present curriculum, and on and on...)

Resources

- **ProtectYoungMinds.org** Tips and tools for parents to immunize their kids against porn. This is a safe place to find information to empower your kids to reject pornography and grow up with sexual integrity. SUBSCRIBE and get a FREE CAN DO Plan™ downloadable poster. ProtectYoungMinds is also on Facebook, Twitter (@ProtectYM), and Pinterest.
- [*Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*](#) by Kristen A. Jenson, MA, and Gail Poyner, PhD. A best-selling read-aloud book for parents and kids ages 6 to 11 that provides a simple definition of pornography, explains the brain science behind pornography addiction, and provides the CAN DO Plan™ to prepare kids to reject it.
- www.goodpicturesbadpictures.com/videos/ A video that introduces the need for and value of *Good Pictures Bad Pictures*.

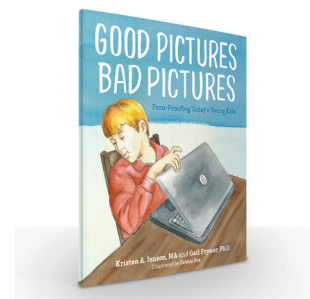
Call to Action/Summary

Open the dialogue early with kids. [*Good Pictures Bad Pictures*](#) is a read-aloud tool to help parents.

Subscribe to ProtectYoungMinds.org for a free CAN DO Plan™ poster and other resources such as:

- *The Essentials: Prepare to Porn-Proof Your Child*
- *The SMART Plan for Parents: Helping Kids Who Have Seen or Sought Pornography*

Notes for Presenters: This presentation may run 50 to 60 minutes. Time for discussion afterwards helps to bring audience members together in a community effort to prepare and protect kids. Please contact us at info@ProtectYoungMinds.org with questions or requests for bulk orders of [*Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*](#).



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