

Online pornography: how to keep your child safe

Children may see pornography online by accident, deliberately or they may be shown by a friend or sibling.

These tips will help you talk to your child about what to do if they have seen pornography online. You know your child best, so approach the conversation in a way that feels right for you both.

- ✓ Acknowledge that your child may feel embarrassed or worried about talking to you.
- ✓ Reassure them that it's ok to feel curious about sex as they grow up.
- ✓ Explain that sex in pornography is often different to how people have sex in real life.
- ✓ Talk about how sex and relationships should be built around trust and respect.
- ✓ Tell your child that pornography is not something everyone watches and they shouldn't feel pressured to watch it.
- ✓ Some children can feel under pressure to look or act a certain way after viewing online pornography; reassure them that they can talk to you.
- ✓ Ensure that you have parental controls set up across all devices.
- ✓ Tell your child they can contact [ChildLine](#) if they don't want to talk to you.
- ✓ Read our [online safety advice](#) for parents for more help and information.



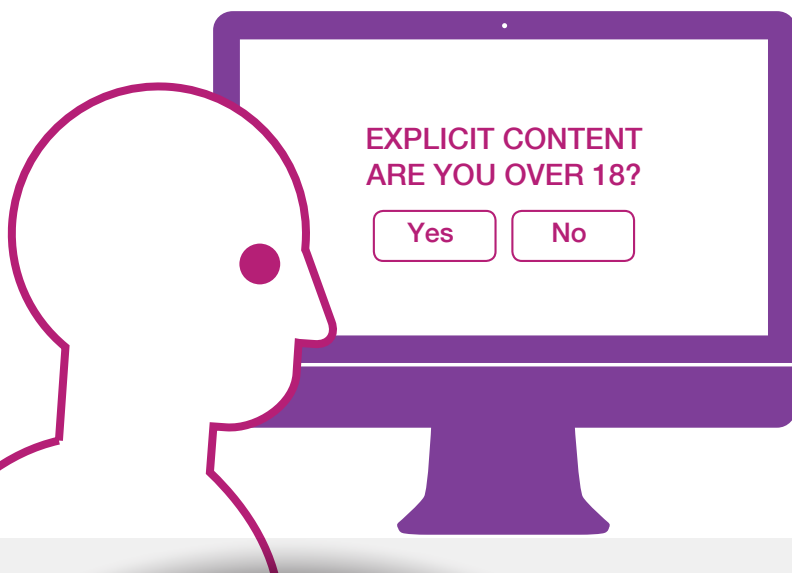
What to do if you're worried that your child is:

looking at online pornography

- ✓ Tell them that you are aware of what they are viewing.
- ✓ If your child is very young, they may be upset and will need your support.
- ✓ Explain you are worried that pornography may be inappropriate or upsetting for them.
- ✓ Explore their motivations – if older children are curious about sex, point them to better sources of information, such as [ChildLine](#) or [bishuk.com](#).
- ✓ For younger children, actively manage their access to the internet and reset parental controls across all devices.
- ✓ If you are worried that the content is illegal contact the [Internet Watch Foundation](#).

being shown online pornography by other children

- ✓ Talk to your child's school about the issue.
- ✓ Tell your child that if they feel anxious, scared or upset by what they have seen they should come and talk to you; if you are not around they could tell another adult they trust, like a teacher.
- ✓ Reassure them it's not their fault.



For more help and advice visit

www.nspcc.org.uk/onlinesafety

or contact the NSPCC [helpline](#) on **0808 800 5000** to discuss any concerns

