



7 STEPS AFTER YOUR CHILD SEES PORN

You learned your child has seen pornography. *Now what?*

Maybe your heart is racing, your breathing is irregular, and you can't think straight. Maybe you've cried and screamed. Maybe you are in shock or unbelievably angry. Or maybe you are sad and depressed. Whatever you are thinking or feeling, you are not alone. I've been there. So have many parents before you.

My desire is to connect with you, support you, and encourage you. You can do this! You can walk your child through this difficult time. They are worth it. You are worth it.

Here are seven immediate actions to implement.

1. Pause.

Take a few deep breaths. Pray. Don't rush into a conversation with your child until you are ready. If there is a problem, it did not develop overnight. It won't resolve overnight. It's okay to pause.

2. Take time to process.

Give yourself time to internalize the information and allow your emotions to settle. Analyze what you know and what you need to find out. Process your feelings. If your child confessed to watching pornography (as opposed to discovering it yourself), verbalize that you need some time before responding. It's okay to take a break from "dealing with it" so in order to process.

3. Add filters to internet & devices.

Filters should no longer be questioned. Do you need them? Absolutely. Every household needs them. Filters do not equal distrust. Children stumble onto pornography unintentionally. Filters on devices are the equivalent of using a seatbelt in a car. All devices that connect to the internet should have filters. Our household uses [Covenant Eyes](#) and [Gryphon](#). See [Hopeful Mom's Resource page](#) for other suggestions.

4. Open a line of communication with your child.

Express that you love them unconditionally. Sit with your child. Ask questions and listen to the answers. Value who they are. Use appropriate body language. Set aside time to check in with your child on a daily basis. They may not be responsive at first, but regularly engaging with them, having scheduled times for one-on-one conversations, will break down barriers. They will begin to trust you and open up more.

5. Evaluate Boundaries.

As our children mature we give them more freedom or lengthen the invisible rope attached to us. When they can't handle that freedom, we shorten the rope or reign it in--for their protection. Re-assess your boundaries and rules, updating them as needed. For example, we asked our son not to take any devices into the bathroom with him, and every night he was required to put his phone in the master bath. As you decide which rules to update, consider asking your child what he/she believes are appropriate boundaries. He/she is more likely to follow the rules when consulted.

6. Take care of yourself.

Take care of yourself physically, emotionally, and spiritually. A healthy parent is more effective. Rest, eat well, and exercise. Take mental breaks. If you are a believer, pray and read Scripture.

7. Find A Friend.

I get it. This is a difficult topic. But I encourage you to find one confidante. When I first learned of my son's transgressions, I confided in an out-of-town friend. Even though she had not experienced the same type of situation, she was a lifeline. If you don't have a friend you can talk with, find a pastor or counselor—someone outside your home.

These pointers are actions you can immediately take after learning your child has seen porn. For a more extensive list, read [here](#). And peruse the website [blog](#) for more helpful information.



Thank you for engaging with [Hopeful Mom](#). I pray while visiting the site you find support, encouragement, practical tips, and hope. I invite you to connect on [Facebook](#) or [Instagram](#) and read my book, scheduled to be released summer 2023. If there is anything I can do for you, please contact me at hopefulmom619@gmail.com.

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