



Beacon House

Therapeutic Services and Trauma Team

ONLINE PORNOGRAPHY

SAFEGUARDING YOUNG HEARTS & MINDS
FROM THE IMPACT OF ONLINE PORNOGRAPHY

RESOURCE PACK

SUPER STIMULANT

+

AFFORDABILITY

+

ACCESSIBILITY

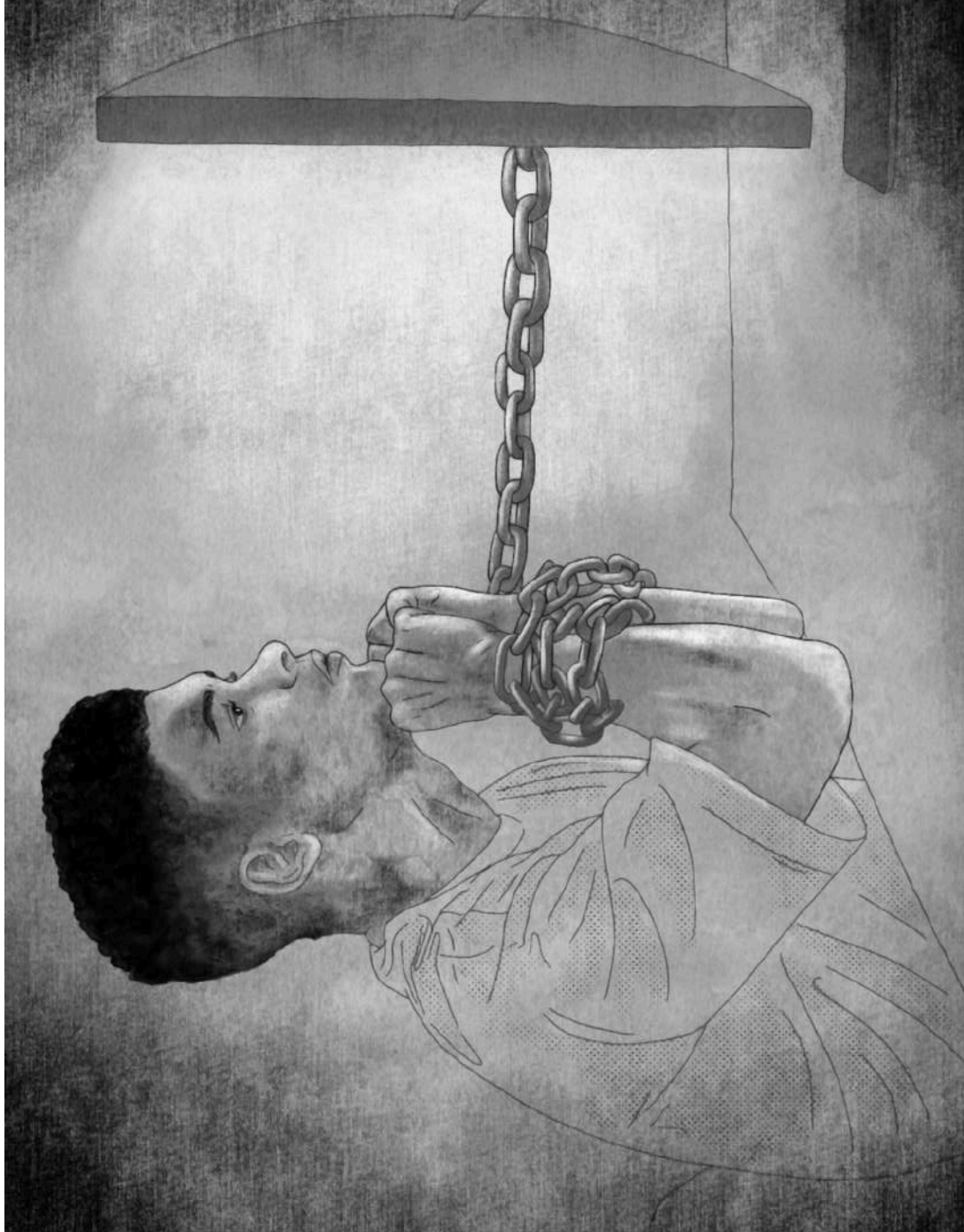
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ANONYMITY

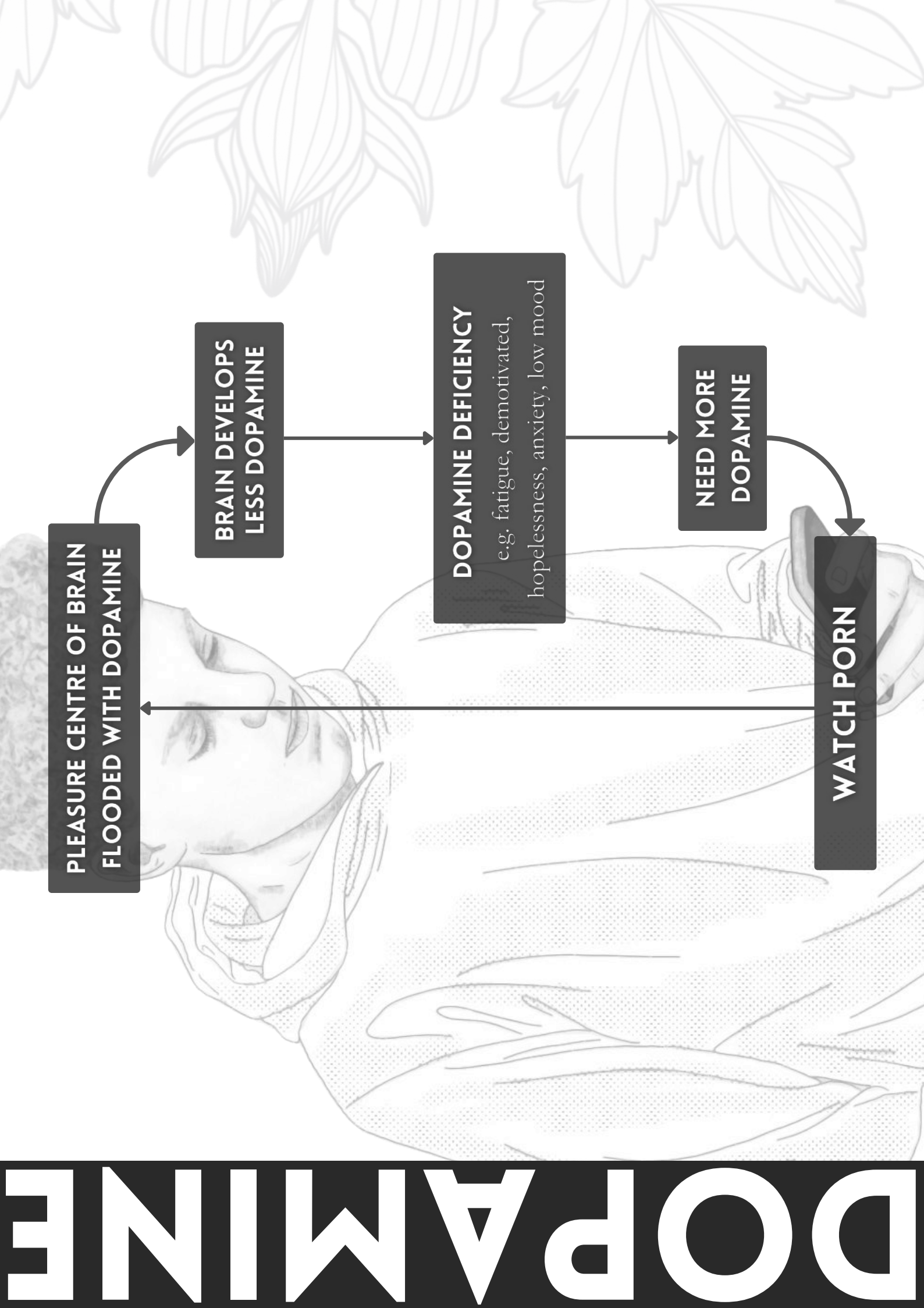
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**EXPLOSION OF
TESTOSTERONE**

**= HUGE POTENTIAL
FOR ADDICTION**



DOPAMINE



PLEASURE CENTRE OF BRAIN
FLOODED WITH DOPAMINE

BRAIN DEVELOPS
LESS DOPAMINE

DOPAMINE DEFICIENCY

e.g. fatigue, demotivated,
hopelessness, anxiety, low mood

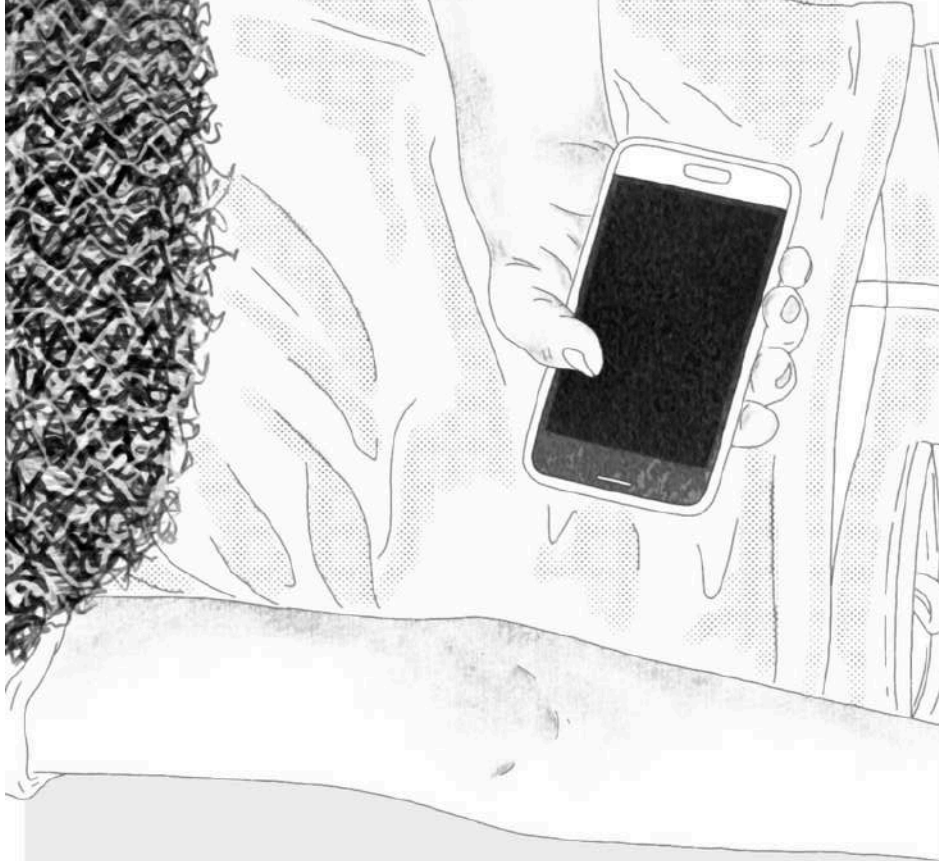
NEED MORE
DOPAMINE

WATCH PORN



BOUNDARIES

- DELAY ACCESS TO PHONES
- NO SCREENS UPSTAIRS
- INTERNET TO BE USED IN A COMMUNAL PLACE
- DISCUSS WHAT TO DO IN AN EXPOSURE SITUATION
- DISCUSS BOUNDARIES WITH OTHER PARENTS – PLAYDATES, SLEEPOVER ARRANGEMENTS
- CONSIDER ALTERNATIVE PORN ACCESS
ENCOURAGE 'GOING OLD SCHOOL'!



- **ANY SIGNIFICANT BEHAVIOUR CHANGES (EG WITHDRAWAL; CHANGES IN RELATIONSHIPS, FUNCTIONING, CONCENTRATION)**
- **ANY SIGNIFICANT CHANGE IN THEIR MENTAL HEALTH**
- **IF A YOUNG PERSON SEEMS NERVOUS WHEN THEY LOOK AT THEIR PHONE**
- **IF A YOUNG PERSON SEEMS TO BE TURNING TO THEIR PHONE AS A COPING MECHANISM**
- **IF A YOUNG PERSON IS CLEARING THEIR SEARCH HISTORY**
- **EXTREME RELUCTANCE TO SHARE WHAT THEY ARE LOOKING AT ONLINE**

BEHAVIOURS YOU MIGHT SEE IF THERE IS A PROBLEM

- **FOCUS ON THE RELATIONSHIP**
- **CHANGING THE CONVERSATION: HONEST, OPEN, 'TURN THE LIGHT ON'**
- **CREATING A SHAME/BLAME FREE ENVIRONMENT**
- **TALK, EDUCATE (E.G. ADDICTION CYCLE) REGULARLY, NOT A 'ONE AND DONE-ER'**
- **SET CLEAR EXPECTATIONS AND BOUNDARIES**
- **HAVE AN EXPLICIT SAFETY PLAN INCLUDING PARENTAL CONTROLS (FILTERS, MONITORING, INTERNET IN COMMUNAL SPACES)**



WHAT TO DO IF THERE IS AN ESTABLISHED ISSUE



- **DO THEY SEEM TO BE STRUGGLING WITH THEIR MENTAL HEALTH?**
- **COULD THEY BE USING PORN AS A COPING STRATEGY?**
- **WHEN LEVELS OF SECRECY REMAIN VERY HIGH (MAY BE INDICATING SHAME)**
- **IS PROBLEM ESCALATING DESPITE ATTEMPTS TO SUPPORT WITHIN THE HOME?**
- **PRESENCE OF RISKY BEHAVIOURS – INCLUDING SHOWING PORN TO OTHER YOUNG PEOPLE?**



WHEN TO SEEK ADDITIONAL HELP FROM A THERAPIST

FURTHER INFORMATION

The Social Dilemma

www.thesocialdilemma.com

Social Media Dangers Documentary: Childhood 2.0 by Bark

www.childhood2movie.com

Internet Watch Foundation

www.iwf.org.uk

Internet Matters

www.internetmatters.org/wp-content/uploads/2023/03/Internet-Matters-Set-Up-Safe-Checklist-Mar-2023.pdf

Birds & Bees

www.birds-bees.com

Defend Young Minds

www.defendyoungminds.com

Common Sense Media

www.common sense media.org

Fight The New Drug

www.fightthenewdrug.org

Your Brain on Porn: Internet Pornography and the Emerging Science of Addiction

by Gary Wilson

Online Safety Experts

www.ourkidsonline.info