

# Warning Signs That Your Child Is Struggling With Porn Consumption

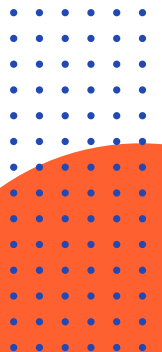
Teens regularly exposed to pornography often internalize distorted, sexist views that undermine healthy relationships. As a result, they may objectify others, develop blurred lines of consent, and young men may carry a sense of sexual entitlement.

**Numerous studies** show pornography use is linked to poorer mental, emotional, and physical well-being, including:

- A higher incidence of depression
- Less interaction with peers
- Decreased emotional bonding with caregivers
- Body image issues
- Increases in behavioral problems
- Impacts on academic achievement

**Indicators may include:**

- Compulsive use of screens/digital devices
- Withdrawal from family/peers/activities
- Ignoring school-related responsibilities
- Closing devices when you enter the room
- Spending excessive amounts of time in the bathroom or bedroom with connected devices
- Being secretive about online/offline friends
- Becoming secretive in their play with other children (locked doors, closets, under beds)
- Deleting search histories
- Lack of sleep; disrupted sleep patterns
- Play or language that has become sexualized and/or violent
- Acting out inappropriately with toys, objects, or peers
- Having nightmares, wetting the bed, or experiencing similar trauma-induced symptoms
- Exhibiting signs of depression and/or anxiety; mood shifts (increasingly angry or aggressive)
- Sending and/or receiving [inappropriate sexual images/texts/videos](#)



## WARNING SIGNS THAT YOUR CHILD IS STRUGGLING WITH PORN CONSUMPTION

### Extreme behaviors that may be linked to porn use include:

- Forcing, coercing, or manipulating others into sexual activity
- Sexual contact with a person of a significantly different age and/or developmental ability
- Sexual activity in exchange for money, goods, accommodation, drugs, or alcohol
- Grooming others into sexual activity
- Deliberately sending and/or publishing sexual images or videos of one's self or another person
- Arranging a secret face-to-face meeting with an online acquaintance
- Possessing, accessing, or sending child exploitation materials

## Helpful Tips to Address Pornography Consumption:

As adults, we have an obligation to help young people reject images that promote sexism, objectification, and abusive attitudes and behaviors.

### Here are steps you can take:

- Don't panic! Check out Culture Reframed's [COMPOSE Model](#) to respond effectively!
- No shame or blame!
- No screens in the bathroom or bedroom.
- Keep communication lines open. Above all, young people want to know that they can come to you for information and help.
- Check out our [Talking with Young People About Porn](#) fact sheet.
- Consult support services to address and recover from an incident of accidental exposure, or to combat deliberate or longer-term use of porn. [Find a clinician here.](#)

