

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](#)

