

supporting your child

your role

If your child opens up about sexual sin or abuse your response is crucial. This is a moment to show love, grace, and wisdom. How you react will determine whether they feel safe to keep talking with you or retreat into shame. What they have been through does not mean you've failed as a parent. In fact, their willingness to share with you is a gift — an opportunity to strengthen your relationship and build deeper trust.

1

respond with love, not shame

- **Stay calm.** Your initial reaction matters—avoid anger, panic, or immediate punishment
- **Show gratitude.** Thank them for trusting you enough to share
- **Reassure them.** Let them know they are not alone, and this doesn't define them
- **Keep the door open.** This should be the start of an ongoing conversation, not a one-time reaction

2

normalise the conversation

- **Acknowledge the reality.** It is not uncommon for people to get trapped in the oversexualised culture that we live in
- **Let them know they aren't alone.** This is a common issue, and healing is possible
- **Frame it as a discipleship issue.** This isn't just about stopping a behavior but about pursuing freedom and wholeness

3

offer a path forward

- **Rather than just saying “Stop”,** help them build a plan for healing and growth
 - **Encourage accountability.** Help them find a trusted friend, youth leader, or small group
 - **Help them set boundaries.** Work together to decide on healthy limits for screens and social media

4

help set healthy and practical boundaries

While the goal is heart transformation, not just behavior modification, practical boundaries help limit temptation:

- Device & Internet Boundaries (see resource page below)
- Use parental controls and content filters on devices
- Set up accountability software (e.g., Covenant Eyes, Bark)
- Establish “device-free zones” (e.g., no phones in bedrooms or bathrooms).
- Remove or limit social media and streaming platforms that increase temptation
- Lock down app stores to prevent downloading inappropriate apps

Daily Routines & Structure

- Encourage consistent sleep schedules—late-night screen use is a major trigger
- Replace idle screen time with healthy activities (sports, hobbies, family time)
- Encourage face-to-face relationships rather than excessive online

5

keep conversation going

- Don’t treat this as a one-time issue. Commit to ongoing, open conversations
- Check in regularly without making them feel like a project
- Pray for them and with them. This is a spiritual battle— God’s grace is bigger than what they are going through

final encouragement to parents

This is not about being a perfect parent but about being a safe and loving guide. Your child needs to know they are not alone, and that they have a future free from shame. Your voice in their life is powerful—use it to call them toward healing, hope, and God’s love.

resources

sharing with parents



“how to tell your parents”

A step-by-step guide to help young people navigate an honest, productive conversation with their parents about their porn struggles.



“lets talk about porn”

A resource to help individuals start healthy, shame-free conversations about pornography with parents, mentors, or trusted friends.

apps + software



brain buddy

A science-based app designed to help rewire the brain's response to pornography through habit-building and positive reinforcement



fortify

A recovery platform that provides education, tracking tools, and community support to help individuals overcome pornography addiction



covenant eyes

A screen accountability software that monitors online activity and sends reports to an accountability partner to encourage transparency and responsible internet use.