



Teacher Notes

What can you do if you know someone is using pornography?

Taken from "What's the Bid Deal about Pornography? A Guide for the Internet Generation," pg. 134-136, Jill C. Manning

1. Let the person know you are aware he/she is using pornography.
2. Clearly state your concerns and fears.
3. Ask if he/she wants help to stop this habit. If not, why not?
4. Be patient. Just because you are ready to talk about this problem, doesn't mean he/she will be. You may need to try again a later time.
5. Use a section from a book article, DVD, or quote to refer to if you need some backup as to why this is a problem and/or what can be done about it.
6. Offer suggestions about possible boundaries that could help him stop viewing pornography. (Such as removing the computer from a bedroom, having someone else set up the pass words on the computer, installing a filter that specifically blocks sexually explicit content, limiting time alone, getting involved in a sport after school, and so forth).
7. Encourage him to speak with someone who is trained in how to overcome pornography habits and addictions, and have specific names and phone numbers ready. Offer to be a willing to go with him/her if he/she is afraid to go alone. Professional help is especially needed if he/she has tried to stop several times and has been unable to stop.
8. Encourage him/her to become accountable to someone else, meaning he/she will share with someone else on a daily or weekly basis how he is doing.
9. Suggest wholesome activities, such as sports, clubs, service projects, spiritual practices, or goals that could be substituted for pornography use. Be willing to do some of these with him/her.
10. Offer to learn more about the effects of pornography use and how to overcome it together.
11. Be positive and encouraging. Pornography can be very difficult to get out of one's life, so you will need to be patient and realistic. If you expect him/her to immediately stop looking at pornography, he/she may feel intense guilt and shame if he slips, and may worry that he can't be honest with you because he/she will disappoint you. Feelings of shame and guilt can also trigger many people into wanting to look at pornography to escape from their pain.
12. Ask how pornography meets his/her needs, and then brainstorm ways those needs could be met in healthier ways.
13. Ask what triggers his pornography use: boredom, loneliness, anger, sexual arousal, stress, or feeling tired. Brainstorm ways these triggers can be avoided and handled differently.
14. Keep confidences. Don't tell others what this person is going through. If you do, he will lose trust in you. Of course telling a trusted adult is encouraged if you are the only one who is aware of the problem, but once help is put in place, don't be a gossip.