

# Protecting Our Children: *A Christ-Centered Guide for Parents Navigating Pornography, Grooming & Exploitation*

*Equipping families to stand firm in a culture of confusion.*

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## Why This Matters

As Christian parents, we are our children's first line of defense. 1 Peter 5:8 likens the danger of the enemy to a *"roaring lion actively seeking someone to devour."* In response to this threat, we must be *"alert and watchful."* This tells us that we have the power to thwart the evil schemes that come against us, our children, and our families.

The enemy seeks to exploit our children through increasingly sophisticated digital traps. Pornography, grooming, and trafficking are real and present dangers—but God has given us the tools and authority to protect our children and prepare them to walk in freedom.

*"A warm and communicative parent-child relationship is the most important factor [in reducing porn use among children]. In addition, open parent-child channels for communicating about sexual and media experiences, sex education at home or school, and parental participation with children on the Internet are constructive influences. Finally, for boys already at risk for antisocial behavior, parents should carefully monitor and severely limit access to pornography on file-sharing networks and elsewhere."*

– Dr. Patricia M. Greenfield

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## What Every Parent Needs to Know

1. **Exposure happens much younger than you think.** Studies show the vast majority of children, even those in Christian homes, encounter pornography by age 11 or

even earlier—some as young as 5 or 6, often unintentionally at school or on a friend's device.

2. **Grooming is strategic and subtle.** Predators often start with kindness, compliments, or curiosity, seeking to isolate, manipulate, and break trust in authority figures.
  3. **The porn industry and trafficking are deeply linked.** Many trafficking victims are filmed and sold into pornography (over 50%); clicking easily fuels demand. Viewing porn isn't harmless—it's spiritually, emotionally, and socially damaging.
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## A Conversation, Not a Lecture

Your child doesn't need a one-time "talk." They need repeated, ongoing, loving, judgment-free conversations grounded in your family's values and God's truth. Here's how to keep that door open:

### **Define pornography clearly and early**

Children can't reject what they don't recognize. Use age-appropriate language and explain that pornography is any image or video meant to show private parts or sexual acts—things God designed to be private and sacred. Don't wait for them to learn from the internet.

*"We don't look at images or videos that show naked bodies or sex, because our eyes are for good things and our minds are made to think about what is true and pure." (Philippians 4:8)*

\*Resource: [Good Pictures, Bad Pictures](#) - Ages 3-6, 7-12

### **Build an internal filter, not just external controls**

Web filters are helpful, but the ultimate goal is **heart transformation**. Teach your kids the "why"—that their body is a temple (1 Corinthians 6:19-20), and that God created intimacy for marriage.

\*Resource: [How to Talk to Kids About Pornography](#)

## **Do not rely on tech filters!**

Kids know how to get around internet filters. Let's be honest, our kids are light-years ahead of us in using technology. At Elijah Rising we know multiple kids who were contacted by predators with filters ON!

Therefore, parents you must know what kids are watching, listening to, and consuming online.

\*Recommendation: Never allow devices in the kids' bedroom alone or after dark. Screen your babysitters and kids' friends for devices and media habits.

## **Pray regularly over your children's minds and media**

Daily prayer can include protection over their eyes, minds, and hearts. Invite them into that prayer so they know your love is a safe haven.

- Pray that the enemy's schemes will fail and be broken over your children's lives. (Psalm 18, Psalm 34:7-8)
  - Pray that the Lord would guard your children from every perverse image, idea, and person. (2 Timothy 2:22, Psalm 91, Psalm 51:10)
  - Pray that your children will walk in holiness and the fear of the Lord all the days of their lives. (Proverbs 9:10-12, 2 Corinthians 7:1, 1 Thessalonians 4:7)
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## **Why Kids Keep Secrets (And How to Help Them Speak Up)**

Kids often hide what they've seen or experienced out of:

- Shame or fear of being in trouble
- Confusion over what they saw
- A desire to protect your feelings

Break the secrecy cycle by creating a home environment where **truth is safe**, and confession leads to healing, not punishment.

## **Teach a Stop & Ask Rule**

If they hear a new word or phrase at school or online, teach them to stop and ask *you* instead of Googling it. Most kids discover porn by simply searching terms they hear from friends.

*"Sweetheart, if you ever see something confusing or upsetting, come to me first.  
You're never in trouble for being honest."*

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## **What You Can Do Practically**

### **Make it part of everyday talk**

Ask open-ended questions like:

- *"What did you see online today?"*
- *"Did anything surprise you today?"*
- *"What would you do if a friend showed you something that made you feel icky?"*

Tone matters—stay casual, curious, and open, not interrogative or alarmed.

### **Stay involved in their digital world**

Know what apps they use. Check devices together. Stay abreast of the apps kids use to hide things from parents. Follow them on social media, or better yet, limit or disallow social media. Let them know privacy isn't secrecy—and you're here to protect, not pry.

### **Equip them to say "no"**

Role-play scenarios:

- *"What would you do if someone tried to show you a video you know isn't right?"*
- *"What would you do if a trusted friend or teacher tried to show you their private parts or touch your private parts?"*
- *"Would you know what to do if you saw two of your friends doing things to each other or touching each other in places where swimsuits cover?"*

Give them scripts like:

- *"I don't watch that stuff."*
- *"I don't keep secrets from my parents!"*
- *"Stop! My body is mine - you can't touch it."*
- *"I'm leaving now."*
- *"That's not for kids - I'm going to find my (parents, teacher, etc)"*



## **Partner with schools, churches, and friends**

Talk with teachers and youth pastors about your values. Do not allow devices outside of the home or unsupervised. Be wary of seemingly benign sources - even popular school search engines have been known to offer hardcore pornography. Choose friends and mentors who reinforce godly standards.

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## **From the Bible, For Our Families**

"Train up a child in the way he should go, and when he is old, he will not depart from it." – Proverbs 22:6

"Have nothing to do with the fruitless deeds of darkness, but rather expose them." – Ephesians 5:11

"Do not conform to the pattern of this world, but be transformed by the renewing of your mind." – Romans 12:2

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## **Faith-Filled Resources to Equip You Further**

- [Defend Young Minds](#): Books, blog posts, and conversation starters
- [Fight the New Drug](#): Articles and resources to support a porn-free lifestyle
- [Parent Cue](#): Christ-centered strategies to talk with your kids

- [Elijah Rising](#): Education and action against sex trafficking
  - [Smart Families](#): Online safety with a values-based approach
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## Final Encouragement

**God chose you** to raise and protect your child. You're not doing this alone. You have a Helper, the Holy Spirit, alongside you in this journey. Many of the Bible's most celebrated characters grew up in a perverse society, yet through the instruction of their parents and the influence of the Spirit, they remained pure and faithful to God.

When you feel overwhelmed, remember: **God is your helper (Psalm 121), and your home can be a light in this dark world.**

Equip yourself first. Educate your children over and over. Make talking about porn normal in your home. Prepare your kids for the world they are entering. And never stop fighting for purity, truth, and light in their lives.