

Is Pornography the New Sex Education?

A recent study asked a group of kids how often their peers look at porn online. They responded that it was often.

The study also asked what parental controls were in place on their devices, and almost all said none—because their parents trusted them. These parents have no idea what their children are seeing.

Why are controls so critical? First, the average age of a child's first exposure to pornography is 11. So if that's the *average*, some children are seeing it much earlier. And research is just beginning to give us the full, frightening picture of what porn does to a brain and to a life.

Much like substance abuse, it alters the brain, creating a need for a level of stimulation that a healthy, marital sex life doesn't always provide. It sets our children up to have a distorted view of sex and to suffer from a desire that can't be satisfied.

Why are so many dads turning a blind eye to this problem? Is it because they don't think it's a problem? Is it because of their own porn use? Maybe they feel hypocritical setting up boundaries for their kids they can't respect themselves. If this is you, we want you to know that it's not too late to protect your children, and there is hope for you too!

Watch this tutorial to find out how to quickly and easily set up some guardrails for your kids so that their electronics aren't a source of constant temptation. Also check out "10 Ways to Fight a Porn Addiction."

Huddle up with your kids tonight and ask, "Do you know what

pornography is? Have you ever seen any?" Every parent needs to have this conversation with their child. Use discernment on when and how is best for your child.

All Pro Dad is Family First's innovative and unique program for every father. Their aim is to interlock the hearts of the fathers with their children and, as a byproduct, the hearts of the children with their dads. At , dads in any stage of fatherhood can find helpful resources to aid in their parenting. Resources include daily emails, blogs, Top 10 lists, articles, printable tools, videos and eBooks. From , fathers can join the highly engaged All Pro Dad social media communities on **Facebook**, **Twitter**, **YouTube** and **Instagram**.