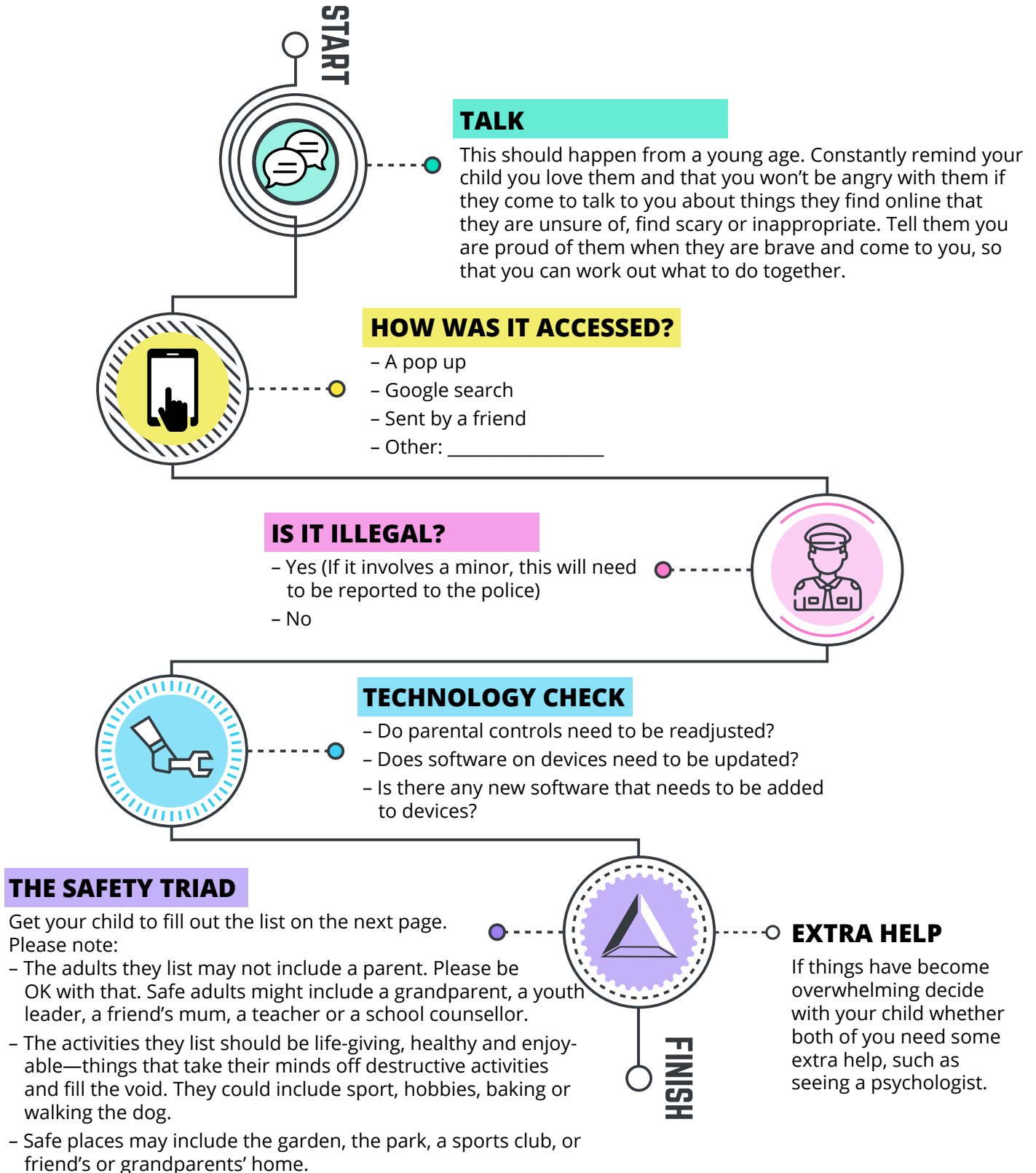


Porn AVOIDANCE PLAN

Porn is so easily available online, you'd be kidding yourself if you think your kid won't be exposed to it. The checklist below will help you to ask the vital questions for when future exposure occurs—because it will!



Want to read more? [MumsAtTheTable.com/ how_to_talk_to_your_child_about_porn](https://MumsAtTheTable.com/how_to_talk_to_your_child_about_porn)

3 safe activities
**I CAN DO
INSTEAD**

1. _____
2. _____
3. _____

3 safe adults I can turn to,
**CALL UP OR CONTACT
IF I NEED SUPPORT
OR HELP.**

1. _____
2. _____
3. _____

**THE
SUPPORT
TRIAD LIST:**

3 safe places I can go
**IF I NEED SUPPORT OR HELP,
OR TO TAKE MY MIND OFF
THINGS.**

1. _____
2. _____
3. _____

ADAPTED FROM COLLETT SMART'S BOOK, *THEY'LL BE OKAY: 15 CONVERSATIONS TO HELP YOUR CHILD THROUGH TROUBLED TIMES* (HACHETTE, 2019).

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