

Here are some things that can help parents/guardians prepare.

1. Pray. Inviting God into these conversations is HUGE.
2. Try saying this into a mirror with a calm face:
“If you’ve seen something online that confused you, scared you, or made you feel ashamed, you are not in trouble for being honest.”

Now that is a great start because your face says a lot in these conversations. React very little and thank your middle schooler for taking the time to talk with you. Freak out on the inside, calm on the outside.

3. Remember, each situation is different and you know your kids better than anyone.
4. Save this email and read it again and again.

What will they say? Wait... What should I say?

Questions you can ask your middle schooler.

This is going to be uncomfortable for you and for them. That is ok. They are not going to want to share and adolescence seem to smell fear from a mile away. Keep this calm. It is not an interrogation. You just want to get the conversation started. Pray. Take a deep breath. And start by reminding them that this... is important.

- “What stood out to you from church today?”
- “What was confusing or uncomfortable for you?”
- “Have you ever seen something online that you wish you hadn’t?”
- “What do your friends say about stuff like this?”
- “If porn pops up on your device, what do you think you should do?”
- “Do you feel like you could come talk to me about anything online?”

The Goal: **open door, not force confession.**

Questions you might get from your middle schooler

These may or may not be the questions, but be ready for some questions. There is big chance that they will pretend to not know or understand anything. They do not want to get in trouble and talking about it is super awkward for them. Celebrate if you have any type of conversation, but encourage them to ask questions and allow for some long and empty silence. They are thinking. Let them think. Be present. You got this.

- “What is porn exactly?”
- “Why is porn such a big deal?”
- “What if I already saw something?”
- “Am I in trouble if it just showed up?”
- “Why do people watch it?”
- “What should I do if my friend shows me something?”
- “Do you look at it or have you ever seen it?”