

6 Must Have Conversations with your Pre (Teens)

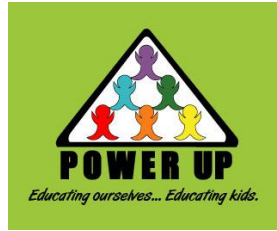
1. Age of Consent for Sexual Activity
2. Sexual Harassment
3. Sexting
4. Social & Legal Consequences of Sexting
5. Pornography VS. Real Life
6. Pornography Viewing

Age of Consent for Sexual Activity

IS THIS LEGAL?

Younger Person's Age	Older Person's Age								
	12	13	14	15	16	17	18	19	20
12	Yes	Yes	Yes*	No	No	No	No	No	No
13		Yes	Yes	Yes*	No	No	No	No	No
14			Yes	Yes	Yes	Yes	Yes	Yes	No
15				Yes	Yes	Yes	Yes	Yes	Yes
16					Yes	Yes	Yes	Yes	Yes
17						Yes	Yes	Yes	Yes
18							Yes	Yes	Yes

*It is important to note that the law clearly states LESS THAN 2 years older.



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Sexual Harassment

- behaviour
- unwelcome physical, non-verbal or verbal advances
- sexual undertones

Examples of Sexual Harassment

- Touching the person's clothing, hair, or body
- Unwanted letters, telephone calls, texts, etc.
- Repeatedly asking out a person who is not interested
- Telling lies or spreading rumors (sex life)
- Referring to an adult as a hunk, babe, or honey
- Making sexual gestures
- Giving a massage (neck or shoulders)
- Standing close or brushing up against another person
- Telling sexual jokes or stories



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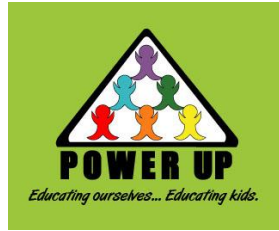
Sexting

Why Ask?

- Share/Sell
- Masturbation tool
- Curiosity/Attraction
- Blackmail/Exploit
- Attention/Dare/Revenge
- Popularity/to impress
- Drunk or high
- Long-distance relationship
- Disrespect/Humiliate
- Desperate/Ignorant
- Power/Control
- To view possible STI
- Trend
- Blocked Technology

Why Send?

- Popularity
- Low/High self-esteem
- Peer-pressure
- For love/Attention
- Bribed/Threatened
- To impress/to share
- Lack of respect
- High or drunk
- Exploring sexuality
- Boredom/Curiosity
- Unaware of consequences
- Can't say no
- Committed relationship



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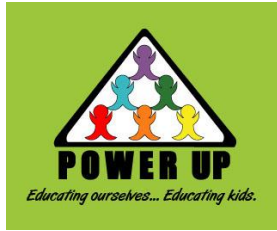
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Social Consequences of Sexting

- Bullying/Peer Pressure
- Depression/Suicide
- Digital footprint
- Lose/gain friends
- Anxiety/confidence
- Poor grades
- Embarrassment
- Lose/gain respect
- Regret/Avoidance
- Parents finding out
- Sexual abuse
- Unpopular/popular
- Loss of privileges

Legal Consequences of Sexting

- Verbal/written warning, charges
- Production, possession, distribution of porn
- Criminal record - Child Sex Offender
- Hard to get a job
- Unable to leave country
- Parents may be charged - if phone is under their name



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Pornography	VS.	Real life
Public		Private
Erogenous zones		Full body
Never ending stamina		Ejaculation within 3 minutes (75% of men)
Entitlement/control		Permission/consent
Degrading		Empowering
Painful		Pleasurable
Objectifies women		Person with feelings, dreams, values
Masturbatory tool		Intimacy
No pubic hair		Pressure to remove pubic hair
High risk behaviour		Condoms
Cookie cutter vulva		Various shapes, sizes and colours
Unusually large penis		5 - 6" (87% are 6.3" or smaller)
Orgasms galore through penetration		71 % of women don't



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Pornography	VS.	Real life
Men affirmed for sexual experience		Women are penalized
Physical function void of emotion		Physical function with emotion
Unrealistic sex		Vanilla sex
Multiple days of filming		Real-time
Constant drive for novelty (viewing)		Less interest in partner
Anonymity		Face to face
Permanent re-wiring of the brain		Healthy brain development
Women want sex all the time		Depends on person's sex drive
Women like to be called a slut/whore		Not the "norm"
No responsibility		STI/unwanted pregnancy
Shapes expectations for sexual practices		No manual or script needed
Profit		Love and relationships
Rape is normal		Rape is illegal



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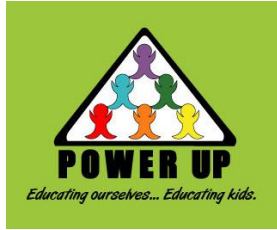
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Pornography Viewing

- Novel Stimuli
- Increases dopamine
- Arousal Addiction (erotic imagery triggers more dopamine than sex with a familiar partner)
- Teaches the brain to prefer the image and become less satisfied with real-life sexual partners
- Overstimulation of the reward circuitry - repeated dopamine spikes - desensitization
- Decreased reward from pleasure - search harder for feelings of satisfaction (extreme sexual stimuli, longer porn sessions, or more porn viewing)
- Teen brain is at its peak of dopamine production/neuroplasticity making it highly vulnerable to addiction and rewiring
- Decrease in reaction to what is seen
- Decrease in libido
- Challenging to get an erection

Responding

- How did you feel about what you saw?
- Was it scary? Exciting? Confusing?
- Whatever you are feeling ... you are not a bad person.
- Share your values.

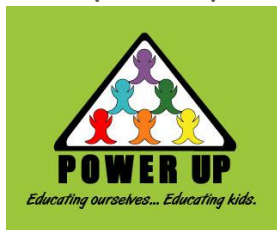


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You Tube Videos

	<p>A Much Needed Response</p> <p>http://www.youtube.com/watch?v=eZxv5WCWivM</p>
	<p>Jack in the Box Texting</p> <p>http://www.youtube.com/watch?v=zVUIkKW3gm8</p>
	<p>Dangers of Sexting</p> <p>http://www.youtube.com/watch?v=uFKAFo_etkE</p>



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	<p>Everyone knows your name</p> <p>http://www.youtube.com/watch?v=dT1GvPQG904</p>
	<p>I Want to Know What It's Like</p> <p>http://www.youtube.com/watch?v=ibVIVzGI9y0</p>

Other References:

- Blocking Software
- Key Logger, Net Nanny, K9, Safe Eyes, Bsecure
- IPod/IPad search engine (delete Safari and use Mobicip.)