

## Protecting Our Young People Online

Tuesday 18th July 2023

Dear parents and caregivers,

On Wednesday 26th July we will be having Brett Harvey, from Taima Korero, presenting a talk on "Protecting Our Children Online". Brett will be presenting at all three of our campuses.

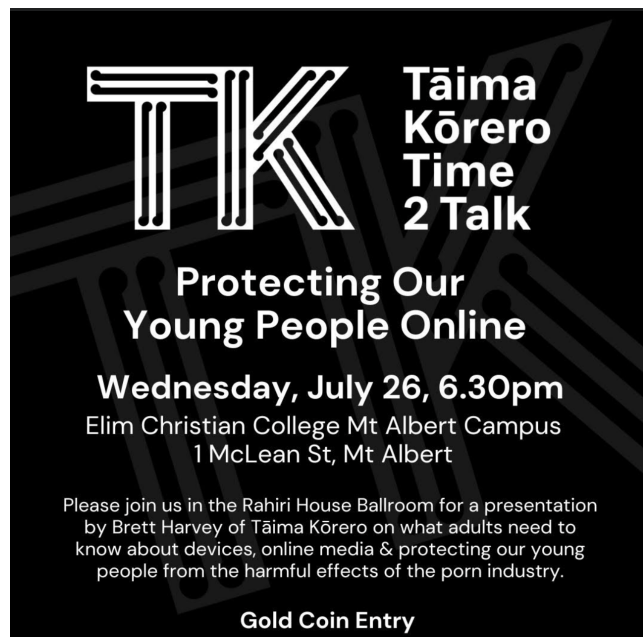
Time: 6.30pm Wednesday 26th July

Location: Mt Albert Campus Ballroom

Cost: A gold coin donation

### Register here

<https://forms.gle/CV2STzKx5SEn6KnZ7>



In today's world, technology has revolutionized the way we interact and communicate with each other. It has brought numerous benefits and made life more convenient, but it has also brought a new set of challenges, particularly when it comes to the impact of pornography on young people.

As the internet continues to be a central part of our lives, young people are more exposed to pornography than ever before. This has become a widespread issue that cannot be ignored. Despite the efforts of governments and organizations to restrict access to adult content, pornography is still readily available online, and many young people inadvertently come across it.

The prevalence of pornography in our society is alarming, and the long-term effects are still being studied. Researchers have found that exposure to pornography can lead to negative outcomes, such as an increased risk of depression, anxiety, and sexual aggression. Moreover, it can have a damaging effect on a young person's relationships, their self-esteem, and their perception of sexuality.

As parents, it's essential to protect our children from the harmful effects of pornography. We need to equip ourselves with knowledge and strategies to help our children navigate the digital landscape safely. We must take an active role in monitoring our children's online activity, discussing the risks of pornography, and creating an open and supportive environment where our children feel comfortable talking to us.

However, simply blocking access to pornography is not enough. We also need to educate our children about healthy sexual relationships and consent, as well as promoting positive values and attitudes towards sex. This can be achieved through age-appropriate discussions and providing resources that are informative and engaging.

Furthermore, as a community, we must acknowledge the potential harm of pornography and work together to create a culture that values healthy and respectful sexual relationships. We need to support initiatives that promote healthy attitudes towards sex and provide resources to help young people navigate the digital landscape.

In conclusion, young people's exposure to pornography is a widespread issue that needs to be addressed. It is essential to provide parents and children with strategies to mitigate the harmful effects of pornography on our young people. By working together as a community, we can create a safer and healthier environment for our children to grow and develop.

**Brett's Profile**

"Hi, I'm Brett Harvey. I live in North Canterbury with my wife and two children.

At age 12 I was exposed to pornography for the first time, which led to an addiction that continued for over ten years and significantly affected my life. Through complete honesty and vulnerability, with support and accountability to others, I now enjoy a porn-free life.

Raising my children was the catalyst for Tāima Kōrero; I realised that my story isn't what I want for any of our tamariki, and my journey isn't a journey that other young people should have to go through.

After extensively studying the harm pornography brings to young people, I have developed a suite of tools for helping parents, which are now shared in Tāima Kōrero workshops. During my research, I also discovered that parents often feel isolated and under-equipped to discuss porn with the young people in their lives; something Tāima Kōrero works hard to change.

I now work full-time helping parents and young people tackle the issue of pornography."

Kind regards,

Julie Nola  
Assistant Campus Lead