

# Let's Talk About Porn



## Conversation Blueprint

A Global Movement of Fighters

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**Talking about porn  
can be difficult, and  
that's something we're  
trying to change!**

Here are some tips to help you  
successfully navigate a conversation  
about porn with your partner, child,  
sibling, parent, friend, or a stranger on  
the street.

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# Before You Begin

We know this can be awkward, intimidating, and/or scary, but don't worry—we're here to equip you for this.

Here are a few tips to help you prepare and build confidence to have this conversation.

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# Breathe

Before you get to talking, stop everything and take a deep breath. Research shows that deep breathing is actually calming for the brain.

If you start to get nervous or stressed at any point in this process, just pause and breathe—it'll actually help.

**BROWN, R. P., & GERBARG, P. L. (2009).**

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# Find Your Why

What is your “why?” Before the conversation begins, try to do a little introspection to try to understand the reason why it’s important for you to discuss this. If the conversation gets derailed or runs out of momentum, you can always come back to your “why.”

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# Dialogue vs. Monologue

The goal is to have a conversation, not a speech. Be prepared to speak and listen. Keep in mind that even though you may be prepared, the person you're talking with might be caught completely off guard. If they aren't quite ready to talk yet, know that it's okay to give them a bit of time to think about it as well.

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For more tips on how to navigate a conversation about porn, visit:

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our interactive  
conversation guide.

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