Many of you feel that you’ve heard more than enough about pornography already. You feel you’ve heard every possible variation of “Stay away! It can ruin your life!” and “If you’re caught in its snare, all is not lost!”

Of course, these messages are repeated often because they’re important. But that’s not all there is to say about pornography. There are many innocent people who suffer from someone else’s pornography use. Here are a few things you can do to find support, help, and healing.
Recognize that there is hope. Never give up. There is always hope. The situation you're in isn't easy, but it isn't hopeless—for you or for your parent. People in such situations often feel and express a sense that it can never get better. That just isn't true. People have come through experiences like the one you and your parent are going through. It may take time and tears, but it can get better.

Learn ways to respond appropriately to the person's pornography use. Keep all doors of communication open. Let them know how you feel and how it's affecting you, but don't express shock or anger when you find out that a parent has been viewing pornography. Express love. Don't condemn the person.

Don't feel ashamed—it's not your fault or burden to bear. You are not in control of your parent's pornography use, so don't burden yourself with feelings of responsibility, shame, or guilt. You can love, support, and help them in their recovery, but the outcome will be determined by their choices.

Find out how to be supportive but also set appropriate boundaries. Although it's important that your parent knows that you'll support and help them it's also important that they know what your limits are. Set boundaries so that they know what they can reasonably expect from you in terms of your investment of time, effort, and emotional energy. Doing so will help keep you sane and safe.

Find someone you trust whom you can talk to. If someone in a family is viewing pornography, children often feel like they're sworn to secrecy about it, particularly if it's a parent. But everyone needs someone to talk to. Your other parent, your bishop, another Church leader or teacher, a counselor, or even a very trusted friend can help comfort you in your anguish and perhaps offer advice.

What do I say to my brother, sister, cousin, or friend? If you discover that a loved one your age (a brother, sister, cousin, or friend) is viewing pornography, let them know you love them. In a kind and loving way, let them know that they need to quit and that complete repentance and healing are possible. Tell them that they need to talk to their parents, their bishop, or another trusted adult to get help. If they refuse to do so, let them know that because you love them, you will help them get help by talking to someone for them.

For a spouse and family support guide and more, go to overcomingpornography.org/spouses-and-families.