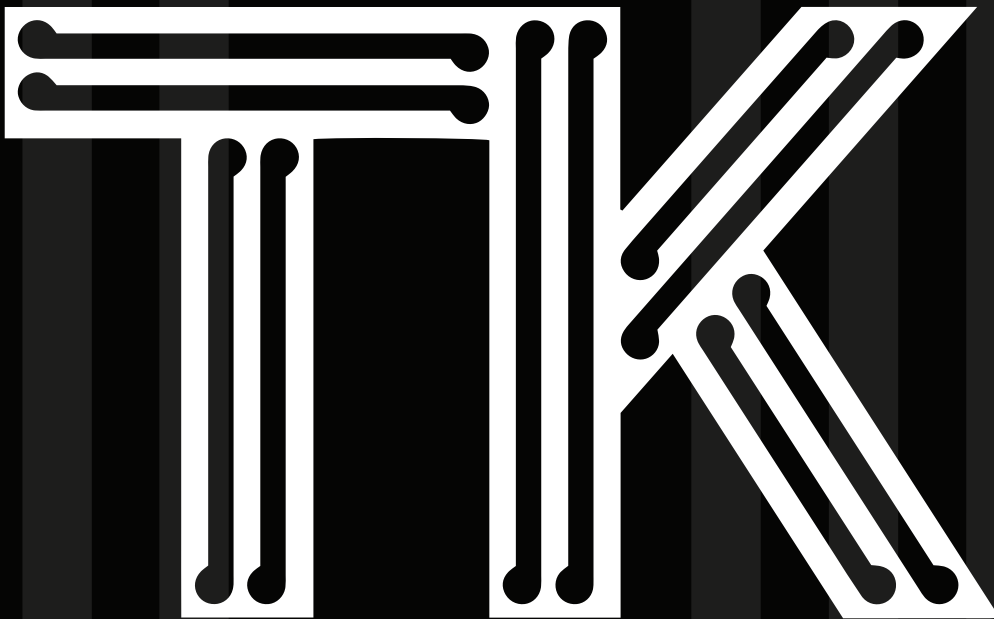


# **Tāima Kōrero Time 2 Talk**



**Leading effective conversations  
about pornography**



# My Story

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.

Having owned my own Audio Visual & Automation company for 12 years, I decided to shift focus and become part of the solution and moved into the field of helping parents and young people tackle the issue of pornography.

After extensively studying the harm pornography brings to young people, I 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.

**Tāima Kōrero provides support, tools, and resources for whānau seeking to mitigate the harmful effects of pornography.**



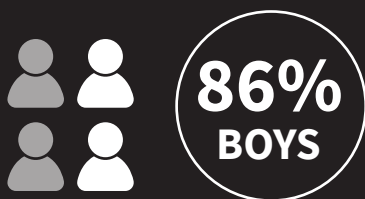
# NZ Statistics

Tāima Kōrero is  
working to change  
these statistics

Classification Office 2020 –  
“Growing up with porn”

**2000**  
young people  
(aged 14-17)  
surveyed 2018

Current statistics – by the time  
they are 16 years old 86% of boys



have been exposed to porn.

76%

of young people state  
curiosity is the most  
common reason for looking

73%

of teens surveyed  
use porn as a learning tool

72%

of recent consumers of porn  
saw things that made  
them feel uncomfortable

89%

(youth) believe that porn  
should not be seen  
by children

76%

Of young people state  
curiosity is the most  
common reason for looking

71%

Of young people state  
curiosity is the most  
common reason for looking

# Key Findings



Classification Office 2020 – “**Growing up with porn**”

- 1** Young people and adults are not talking about porn. Young people share many of the same concerns about porn and think open communication is necessary for children and young people’s healthy social and sexual development. However, they are seldom having good conversations with adults – or each other – about porn. Our findings show that children and young people are watching porn by themselves, and having to make sense of what they see by themselves. If adults don’t talk with them, the internet will.
- 2** Young people are curious about sex and human bodies. If young people want information about sex and bodies, it’s right there – a world of information – literally held in the palm of their hands, on their phone or other device. Young people are more likely to look at porn for sexual pleasure rather than for sex ed, but whether intentionally or not, sexuality education is what they’re getting from porn. This ‘education’ can begin before they reach high school, and most young people agree that’s a bad idea
- 3** Young people often talked about how porn isn’t realistic, and it can give people false expectations about sex and relationships. It was widely acknowledged by young people that both boys and girls may be influenced by gender roles seen in porn – and that young people who act out behavior in porn often do so because that is what they think their partner may want or expect. However most young people don’t think porn is a good guide, and the influence of porn can lead to negative experiences as they begin to explore sex.
- 4** Young people also talked about the taboo and stigma around sex and porn, the fear of punishment, and how these things can lead to feelings of guilt or shame. This was seen as another barrier to having supportive and open conversations.

**Tāima Kōrero  
draws on the latest  
NZ research**





# What young people are saying

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Classification Office 2020 – “Growing up with porn”

“

“It’s incredibly accessible at any time and place, even on your phone, so if you want to seek out literally any content of even a niche nature, you can.”

“

“The majority, specifically, boys, stumble upon porn at an early age. We’re talking primary school... or early high school. At that age, there’s really no one to talk to and that’s the struggle”

“

“If someone was sending you threatening messages on the internet, you’d say, “Mum, this person’s being scary.” If you had a porn pop up, that’s probably a lot scarier to tell your parents.”

“

“It potentially gives people a bad idea of what sex is and how it works because it doesn’t encompass things like consent and safe sex and things like that.”

“

“I think people take a lot of what they see in porn a bit too literally and they try to use that in real life, which in a lot of cases there’s a very small chance that that can actually end well.”

“

“I know that people sometimes see porn accidentally but that’s more of a symptom of the problem, it’s so common you can just stumble across it, regular porn watching is the real root issue, if you regard it as an issue.”

“

“Like I said, speak openly about it. Have a normal conversation, make it a comfortable topic because it’s important.”

**Tāima Kōrero  
is reconnecting  
parents with their  
young people**

# Impacts of pornography



**Can lead to addictive behaviour**

**Violent messaging**

**Consent is absent**

**Racist content**

**Increased risk taking sexual behaviour**

**Leading learning tool – unfiltered**

**Impacts self-value and worth**

**Exposure changes pleasure pathways in the brain**

**Damages relationships through unrealistic expectations**

**Impacts families**

**Negative messaging for body issue**



**Tāima Kōrero  
draws on the latest  
NZ research**



# What we do



We provide strategies that allow parents and kids to work as a team, we can mitigate the harmful effects of pornography on Aotearoa's young people. Tāima Kōrero equips parents and educators with the tools to effectively talk about pornography with young people. By having the right conversations in a timely way, we can reduce the impact of pornography and support our young people to have healthy sexual relationships as adults.

Our workshops equip attendees with the education, tools, and resources to have meaningful conversations about pornography. We focus on the messaging and subtleties of porn and provide practical strategies to address these topics with young people.

As well as providing tools and resources, we aim to give each participant a sense of hope, community, and reassurance that they can make a positive difference.

- **Primary Schools**
- **High Schools**
- **Kahui Ako**
- **Government funded agencies**
- **Community Clubs & Trusts**
- **Churches**
- **Youth Agencies**
- **Work places**
- **Conferences**
- **Parent groups**

**Tāima Kōrero**  
**equipping people**





# Key topics



## **The impact of pornography**

We discuss the statistics around pornography, the current digital landscape, and how today's porn differs from 30 years ago. This section also covers the impacts of porn on young people's attitudes towards sexuality, consent, sexual behaviour, and the difference between choice and addiction.

## **Supporting the team**

We focus on providing practical steps to support young people and tools for parents on how to have these tricky conversations. For many participants, learning how to remove the 'shame' around porn and create a space for open discussion is the most valuable part of our workshops. It can be as simple as learning conversation-starters and taking a new approach to an uncomfortable topic. This section also covers device management, parenting in a digital world, and how to put safeguards in place at home and in the community.

## **Ongoing support**

We provide further information about available resources and leadership training. This section also covers how to talk safely with young people, strategies around policies on speaking with young people, and external resources for community leaders. Toolkits are emailed out to all participants following the workshop.



# What parents are saying about Tāima Kōrero

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“

Brett lead us through a difficult and not talked about topic. His approach is gentle but shocking. Shocking in the fact before we came most parents actually believe "it won't happen to us" and don't come. This is totally wrong, it's not 'if' it's 'when' will porn find your child. The stats and facts are clear. We are the Guinea pig parents in the world of "instant" and we need to fight. It is frightening what our children have access to and we need to step up, wake up and be brave and inform ourselves of the dangers at our precious childrens fingertips. Brett gave us the info and strategies on how and what to do through any of the difficulties porn presents to our tweens. I highly recommend you to open your minds and learn what is the new drug to our children.

**Dad, Canterbury**

“

“Although it was shocking to hear what is out there and how these websites target our children (including very young children) without them even looking for it, Brett gave parents tools on how to help protect our children from porn. He was realistic, honest, down to earth and stressed parents should not feel guilty. If you ever get the chance we would highly recommend you go and hear him.”

**Mum and Dad of twin boys, Canterbury**

“

A quick note to say thanks Brett for a great session with the parents of our High Schoolers. Your presentation really highlighted the need for this talk to happen, thanks for sharing your insight, knowledge and resources. I highly recommend this for parents.

**Tāima Kōrero  
draws on the  
latest NZ research**



# What principals are saying about Tāima Kōrero

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“

Thank you Brett for sharing your personal journey and the current research openly and effectively. You are a skilled communicator who managed to create discussion about difficult matters in a matter of fact and inclusive way. Our parents valued your presentation and found it to be highly beneficial. I hope that other schools and groups will also hear your message, I am happy to recommend you.

Many thanks

“

Kia ora Brett. Thank you for your presentation. Your session was very informative and enhanced through sharing your own personal experiences. Parents were armed with a range of strategies to help them support their children to understand the harm of pornography and how to protect themselves in the digital world. We look forward to working with you again in the future. Cade Englefield, CHCH South Intermediate School

“

Dealing with anything to do with pornography can be an incredibly difficult and sensitive conversation. The Time-to-Talk Team handle this potentially explosive topic with great dignity, value, and authenticity. Their presentation contains a very positive, inspiring, and encouraging message while at times needs to be confronting and challenging. ALL adults (not just parents), will benefit from the words of wisdom and hope that are passionately shared. The Time-to-Talk Team are VERY easy to deal with and will not push themselves on any school or organisation. They listen and tailor their message to meet your needs. Their overall aim is simple. They have a genuine desire to help parents help children to stand against the toxic and insidious effects of pornography.

**Tāima Kōrero  
draws on the  
latest NZ research**

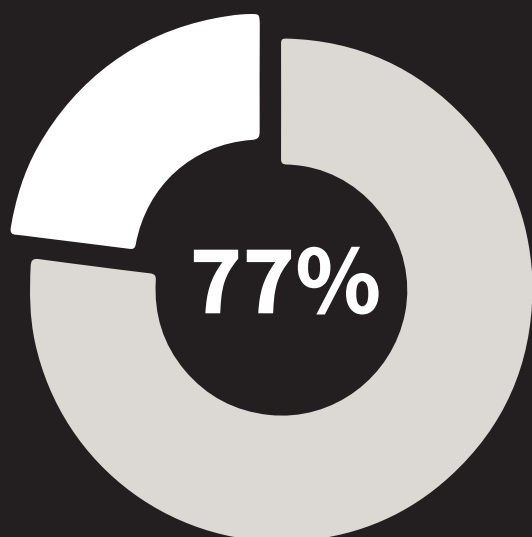


# Presentation statistics

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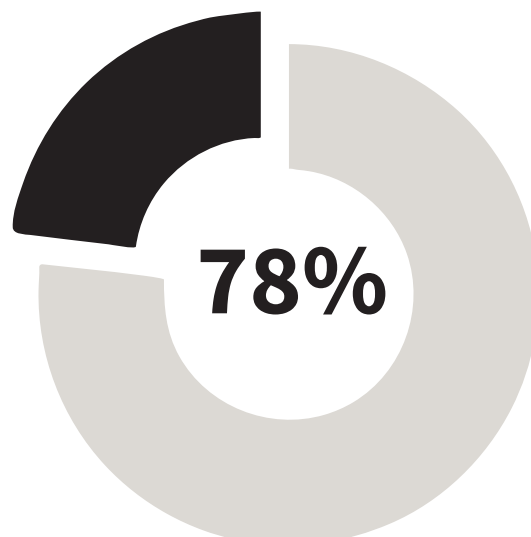
Tāima Kōrero  
equipping parents

**77% YES**



**77% of parents  
wanted  
Tāima Kōrero  
resources after  
attending a  
presentation**

**78% NO**



**78% of parents  
had not  
spoken to their  
children/  
young person  
about porn**



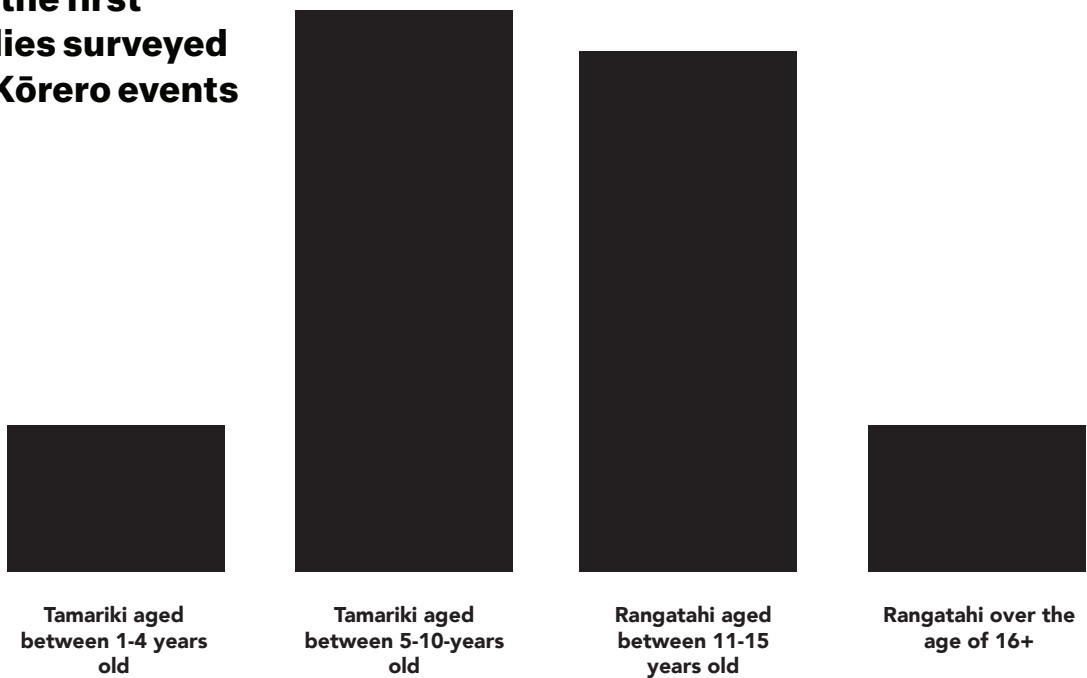




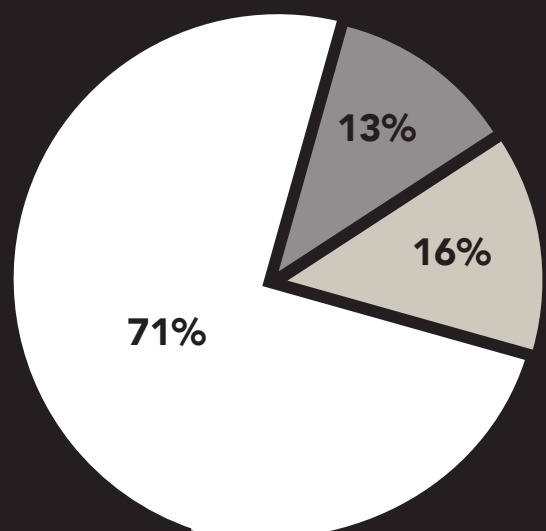
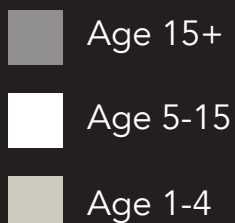
# Who are we reaching?

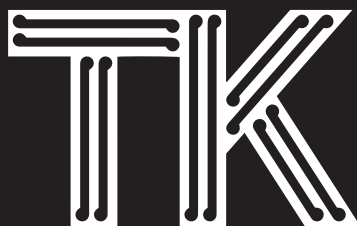
## Tamariki & Rangatahi

Based on the first  
400 families surveyed  
at Tāima Kōrero events



## Age of young people to date





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Tāima Kōrero Charitable Trust