

# RUMB CHALLENGE

## REJECTING PORN

The goal of RUMB

- **R**elationship
- **U**nderstanding
- **M**entorship
- **B**oundaries

is to develop a connection with our kids and teens that allows us to speak into their identity and empower them to make choices that reflect their core values.

### RELATIONSHIP

Helping our kids reject porn does not start with telling them what to do, it's about communicating I care so loudly that your words become life on their lives. Sharing time and attention is a great place to start.

#### Challenge #1

How can you show your child that you care today?

### UNDERSTANDING

This phase is all about diving into their world. Take the time to get to know the digital world they interact in. What core human needs are they attempting to fulfill through their interactions online. Value and respect those needs so they feel seen and know.

#### Challenge #2

Look closely: How is porn culture influencing my kids world?

### MENTORSHIP

When teens learn to see their values as the vehicle that drives them towards their goals, rejecting porn is a statement of who they are and where they are going.

#### Challenge #3

Start a conversation today that creates a vision worth fighting for and challenges the messages communicated through porn.

### BOUNDARIES

The most effective boundaries for empowering teens are one's they believe in. Talk about how amazing sex can be in the context of a relationship that is built on the right values: respect, care, love, self-control, etc. Boundaries are not just rules, they actually protect what I want and where I am going.

#### Challenge #4 -

Set three boundaries today that limit porn exposure. (e.g. no phones in bedrooms).