

Sex In Space

[00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosenzweig, mom of three young people, Peaceful Parenting Coach, and your cheerleader and guide on all things parenting. Each week, we'll cover the tools, strategies, and support you need to end the yelling and power struggles, and encourage your kids to listen and cooperate so that you can enjoy your family time.

I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful. Not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents, just like you, stop struggling and enjoy their kids again. I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Let's dive into this week's conversation.

Hey, y'all welcome back to another episode of the peaceful parenting podcast. Today's episode is an interview that I did with Tim from sex in space,

which is dedicated to educating people about sex in a fun way and not just educating [00:01:00] parents. We had a conversation specifically about how to talk to our kids about porn, but in what the things that we need to be aware of about porn, it was ended up being a wide ranging conversation. About talking to your kids about more than just porn and, , about. , really being a parent today when things have changed from how they were, when we were kids.

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with all of this important information that parents and caregivers need to know. So let's dive in and meet Tim, and you can be a fly on the wall and this interesting conversation that we had about talking with your kids about porn and lots of other things.

Sarah: Hello, Tim. Welcome to the podcast.

Tim: Well, thank you for having me. Tell us

Sarah: a little bit [00:02:00] about who you are and what you do, your organization.

Tim: Okay. So, yeah, sex and space is the organization. It's a project that we started a few years ago. It's a podcast, it's Instagram and it's a couple of books.

It was ultimately started through our sort of agency that we run. So a design agency, um, we had some free time and a lot of people that were interested in the subject, a lot of people with expertise around. Strategy and research and design and stuff like that. So yeah, we cranked into it and started the podcast and the Instagram and then we marked my role as a, you know, art director designer.

Never done a podcast before. So we, you know, found our feet with that one. And yeah, we really just went on a bit of a voyage of discovery which is really great. Because, you know, I'm a straight white dude in my forties and learning about sex across all of its different dimensions, which is the kind of mission of the project has been [00:03:00] really interesting in opening.

I feel like there's a lot, which. you know, probably wouldn't have crossed my normal trajectory if I hadn't kind of gone looking for it. And so, you know, through the podcast, I've talked to some amazing people you know, anal surgeons and sex therapists and artists and sex workers and. Sex toy manufacturers and you know, this yeah, disability advocates and strip club owners and like the whole Basically

Sarah: the Venn diagram of anything that has, could have sex in one part of the Venn diagram.

Yeah.

Tim: Yeah. Yeah, pretty much. Yeah. It's yeah, it's the act itself, it's the culture you know, any sort of way of being in the world. It's all of that really. And like I said, it's, you know, the kind of stuff which, which doesn't normally come across my bowels, if you know what I mean. Yeah, that's

Sarah: interesting.

Tim: But I'm the only one on the team with young kids. And we [00:04:00] realized that. You know, through a lot of what we were talking and a lot of what we're finding out that you know, this porn issue which you know, and there's a

lot of other stuff, too, which I think will dovetail nicely into the kind of work you do about talking to your children not just about porn, but.

you know, how to actually be there person that they come to you know, when they have questions and, you know, so that, that's lovely that can be about sex as well and not just about porn but we, you know, the porn thing is like, I think the average age here in New Zealand that kids see porn is about 11 which is pretty average.

I know it's, It can be younger than that. I mean, if that's the average, of course, they're seeing it when they're like eight and nine. And so, you know, through our sort of fairly open minded explorations through, you know, through this subject and not wanting to Shame anybody for looking at [00:05:00] porn or using porn or anything like that.

And just kind of going how can, acknowledging that it's a problem that, that, you know, eight and nine year old children are seeing porn and also the, that, that thing that it's not really. It's probably not going anywhere. You know, with technology and you know, the fact that every device in the house, whether it's your TV or your PlayStation or your phone or whatever can connect has got some internet browsing capacity on it.

You know, how can we best prepare kids? For what they're, you know, gonna inevitably, it seems see, no matter how hard you try, no matter if you're in a, you know, ban everything, lock the internet down kind of household, or a you know, a slightly more open sort of house, so we, that, that sort of spawned the idea for the book yeah, how to talk to your kid, how to talk with your kids about porn.

That was a change we made to the title because We wanted it to be this collaborative exercise. You already kind of,

Sarah: kind of answered three of the [00:06:00] questions that I was going to ask you. Oh, good. One of them was how to talk to your kids, the with instead of to, but as you were talking it, well, first of all, my daughter who's 17 now she first accidentally saw porn when she was around seven, I think.

And it was this. Totally innocent. She and her friend, like, do you remember? I mean, you're not as old as I am, but I remember when we were in elementary school, we would look up penis and vagina in the dictionary and look up sex in the dictionary. But in the dictionary, you get pretty harmless answers, right?

And I think my daughter and her friend put sex into the YouTube search bar and I didn't even know that there was porn on YouTube. Like I had no idea. And luckily I was pretty close by and they didn't see too much, but they were not looking for that, right? They were looking for the innocuous, like the definition of sex in the dictionary that we are looking for.

And another thing you said is that. It reminded me of the Sleeping Beauty story where, you know, to protect his daughter from the curse of getting her finger stuck with a needle that got rid of all of [00:07:00] the spinning wheels in the land, except for one, right? And I think that in your book, you say that there's no more just saying no to porn.

Like it's out there. You can't just prevent your children from seeing it because there's going to be that one. Spinning wheel that you didn't know about that they're going to come across and that is really about education now rather than trying to prevent kids from seeing things they shouldn't see.

Tim: Yeah, I mean, that's, that was kind of our where we landed with our approach and the other thing which we realized was that, that most parents And I suppose, yeah, yours, your story about what's your surprise that they managed to find something on YouTube. You know, I think I'm 44. We're kind of one of the, we're that generation, I think where our childhoods and our exposure to porn are like.

radically different to what our children are going through. And so, you know, my first porn [00:08:00] was, you know, some hand me down found in some hedgerow kind of thing, you know, when I was like 12 or something like that, but, you know, that was probably

Sarah: like playboy magazine or something like that.

Tim: That kind of thing.

You know, there's no digital content, nothing, you know, your mobile phone, you know, could send like 180 character texts. Like that was it kind of thing. And so what we realized is that, you know, to, that's where the, with how to talk with your kids about porn. And a lot of what the book sort of does up in the early part is presents a bit of a framework for actually the parents to come to terms with porn and find out about it.

I mean, you know, porn or erotica has kind of been around for millennia, you know, since it was painted on cave walls, pretty much. But, you know, what it's

and like I said, we're not into shaming anybody for porn use or whatever it is, but there is a framework in there for, [00:09:00] you know, how you can think about it, how you can deal with, you know, some of the, you know, maybe you didn't know about some of the unpleasant truths of modern day porn, you know, whether it's about fair pay or, you know, some of the more problematic themes that are in it.

So, yeah, The book kind of allows you to have a little think about that before you kind of go, Oh, golly. Right. I need to talk to my darlings about this. And it's so awful. You know, I think that, that was kind of, that's helpful for everybody helpful for all of us. Well,

Sarah: I mean, I think there are things that are out there in porn that Many of us, I don't, I'm not going to make any assumptions.

A lot of us might not be aware of, like, I just heard this news story about how teenagers are into choking which can be very dangerous, right? And that, that, that has become normalized through kids watching porn and thinking that's what, and I'm sure there is some consensual choking going on out there somewhere, [00:10:00] but it's probably not as widespread or as you know, widespread or as harmless as it's, Made out to be in porn.

And that's something that is actually like, can be a real concern, crossover concern between what kids are seeing and doing and what they're doing.

Tim: I think you're absolutely right. I think essentially what's happening, it sounds like a similar thing with your own daughter there, like it becomes the default for the sex ed, the good sex ed that is missing in most schools.

Let's be honest. You know, and so, you know, kids. For, you know, the last 50 years, 100 years, however long have been trying to have been wondering about sex, you know, am I normal, you know, what's happening to my body, what's it going to be like, what's it going to feel like you know, what have I got to do all this kind of stuff.

And so they go hunting for information, you know, used to be, you know, cheeky little. [00:11:00] illustrations and comics in the 1920s you know, or you'd have to be talking to your peers you know, about what they knew. And now of course they Google it or they ask Siri or you know, and then stuff pops up and that's the problem is is it is the default.

For education, unfortunately and their access, they're finding that younger before, you know, before most schools and parents are Oh, I probably should have had that conversation with them. Yeah.

Sarah: And that's why we have actually noticed on your, in your press kit, you had a testimonial from Amy Lane, who is actually a friend of mine and a, and a.

Person who teaches parents how to talk to kids about sex. And she always says you want your kid to be the best educated one on the playground. Right. So that they're not going and looking for answers on Google or Siri. And I think that a lot of parents are, I just saw a Facebook post the other day from somebody who said my nine year old is asking about how babies are made and I hadn't told him yet.

And I was like, wow. You know, it's amazing to [00:12:00] me that. that I think that some parents are still thinking that they're gonna, their kids aren't gonna want to know earlier than that. So speaking of ages, in terms of specifically talking to your kids about porn what ages, can you give us a few guidelines about what ages, when you would start talking about it and how you would start talking about it at different ages?

Tim: Well, I think talking about porn specifically Is, um, can actually happen a little later. I think talking about online safety and, you know, maybe some just smarts around what you might find might not be real that can happen a little earlier, like the, one of the analogies in the book is you know, that you wouldn't, for instance.

Sit your kids down in front of Fast and the Furious.

Sarah: Right.

Tim: And then go, and here's the keys to the car. That's how you drive. Here's the keys to the car.

Sarah: Yeah, like someone has done some [00:13:00] things that they see might not be real. Yeah.

Tim: But actually, and this is something that came across. Out of a lot of the interviews that we did on the podcast as well about different subjects as well not just porn, but about, you know, online safety I had a really interesting chat with a lady who deals with kind of sexual exploitation online you know.

Catfishing and things like that, that can happen to, to teens and younger across various platforms, games, et cetera. You know, where there's chat facilities and stuff and kind of the lesson across all of these things is that you need from a really young age to foster a relationship with your children.

And this is where, you know, this is probably. your wheelhouse, really foster that relationship with your children from a young age. If they have a question, if they see something that makes them uncomfortable, or maybe they just have a question about it, you know, that they're going to be able to talk to you about it.

Sarah: Yeah, we talk [00:14:00] about that all the time. And one of the main reasons why we, one of the reasons why we don't. Recommend parents using punishment as a form of discipline is because it really teaches kids not to come to you when they have a problem because they're afraid of getting in trouble. Right? And so we really say, like, might not be seem like a big deal if you're five year old tries to hide it when they've broken a picture frame or something like that.

But you certainly don't want your 15 year old trying to hide it if they've gotten into some troubling relationship online and they're afraid to tell you because you warn them about it. Right. So

Tim: it's definitely

Sarah: like starts from those very early ages of you're never going to be in trouble no matter what.

And we'll always help you figure out a solution.

Tim: Precisely. I mean, we I talked to a lovely lady. Tina Shermer Sellers. And she had an interesting analogy just around that very origins of how and this is from a sort of a sexual context, but her thing is like trying to try to undo generational shame around, you [00:15:00] know, body image and sex and stuff like that.

And so she Was like, you know, when your kids are babies, you know, and they find their feet for the first time and it's super exciting for them. And you think, oh, this is wonderful. And, you know, maybe they're three months old and, you know, they can put their toes in their mouth or whatever it is. And they're just exploring and it's the most human thing ever.

And then of course, you know, at some point they find their genitals as well again. Right. And this is human, this is. How we're, you know, designed and what will happen naturally and normally. And she was explaining the difference between guilt and shame and how shame can be this sort of thing that starts to perpetuate and guilt, you know, like.

Yeah, maybe if you broke a picture frame or you know, kick the cat or something like that, and it was like outside of your kind of that natural morals that you kind of have as a human versus the being told suddenly that the thing that you're doing. That feels completely human and [00:16:00] normal is actually this terrible thing that you're doing.

And so, you know, when you're two or however old, you know, and maybe you're touching your genitals in the lounge because, and then your parents are like, Oh my God, you know, don't do that and blah, blah, blah. You know, it just starts to just ramp up that. Little shame thing is like, Oh, wow, this is as natural as you know, as anything else.

And suddenly I'm being told that I shouldn't do it. So, so yeah, that, that was a really interesting one. But yeah the ages we broke down in the book. I'm trying to remember now we had.

Sarah: You said zero to five. You don't really need to bring up porn specifically because they're probably not going to be.

That's it zero to

Tim: five is. is, you know, is just kind of fostering those good relationships. The yeah, it's really when they've kind of can be just like, Oh, like my [00:17:00] nine year old does it now. And even, and so now the six year old does like, Oh, can you ask Siri, blah, blah, blah. You know, how many people are alive on the world or, you know, some innocuous thing, but that thing that Google has answers or Siri has answers.

That's started, you know, and that started a year ago. And so, I think the other thing is that I found, and again it's probably a, you know, something that you're familiar with is. Is not trying to sit them down and bombard them and kind of go, I'm here to have a chat with you about the internet or Siri or what you might find or whatever it is.

You know, I've had a couple of chats with our daughter, who's the nine year old about, about things, but very kind of light on, if you know what I mean, like.

When she gets bored, she's off, you know, don't try and tell her too much at once. And so, yeah, that, that's, it's honestly my main takeaway and my main [00:18:00] thing that I'm doing at the moment is that just trying to foster those relationships so that, like you said, if anything, if they see anything untoward or, you know, someone, you know, shows them, and that's the other thing, peers showing inappropriate content is a big issue.

Sarah: Yeah. And I think, I mean, one of my takeaways from your book was that there's sort of three main categories of there's like the early years where they're probably unlikely to come across it accidentally. And then there's sort of like the middle or years where they're probably not seeking out anything sexual content wise, except for maybe out of like, you know, looking up penis in the dictionary kind of thing where they might be coming across it accidentally.

And then there's the older years where they're sexually interested and they may be seeking it out for either education or entertainment reasons.

Tim: Yeah, no, I think that's true. I think the, the trouble is with the education

Sarah: I'll say education in [00:19:00] quotes, exactly. The

Tim: trouble is with, you know, seeking it out when they have questions. I think is the most terrifying and I can imagine, you know, trying to rewind how I would have felt when I was 14 or 15, you know, it's like, well, I need to do that.

That's how it's got to be. Right. And like you said about the choking thing.

Sarah: Or just the like aggression that you mentioned that in the book too. And I know there's a lot of aggression in porn, a lot of non consensual practices. So, I mean, I think, let's back up to the accidentally coming across porn.

It sounds like you're saying, and I got this from the book too, the most important thing is to tell your kids if they, you know, it's not for children, if they do come across it, to tell you.

Tim: Absolutely, yeah. I think that's that just fosters that, it just fosters that relationship. We have those two, there's two definitions of the book actually.

There's one of what porn is [00:20:00] for kids, you know, and this is just gonna be a nice shorthand for explaining to kids, is that it's pictures and videos. You know, if people without their clothes on doing things that are meant to make

adults feel excited, and it's not for kids, and that's, we worked on that definition for a bit, but like, can

Sarah: you just repeat that?

I think it bears repeating.

Tim: Sure. So, what is porn? For kids definition, porn is pictures and videos, mainly online about people without their clothes on, doing things that are meant to make adults feel excited. It's not for kids. And then the teen definition is porn covers a lot of stuff, and it's different for different people, but it usually means content that's designed to be sexually arousing.

Mostly stuff that you'd find online. But yeah, I, for me, the You know, having a nine year old, the most troubling thought, you know, of when she [00:21:00] might see something, or inevitably will see something. And if we hadn't had, you know, conversations before is That's what she's going to think is normal and that, that's where the, you know, I think it's just, that's where it splits apart from, you know, an understanding that, that porn is out there and porn can be fun and porn isn't always terrible.

And, you know, there's ethical porn, there's porn directed by women, there's porn you can pay for, there's, you know, all sorts of bodies and body types and all that kind of stuff. Like, you know, there is. Out there, you know, it's just, that's not the majority of it. That's not what you're going to find at the top of the search.

Unless you know, specifically go looking for it. And it's also what you're going to find isn't necessarily normal. In quote. So when you're looking for the answers to things like, you know, are my [00:22:00] genitals meant to look like that? Right. You know, are my bruise that, how big are penises? Like, you know, how big my penis, you know?

Yeah. How many, you know, yeah. What's sex like, what are the . You know, and when you the first thing is like, you know, stepdad or you know, yeah. Choking or all these things you, that you know would. The idea that, you know, she might find that and not have been prepared for that yeah, scares me a bit because, and that, that's happening constantly, you know, for other kids.

Sarah: Yeah, so the conversation when, I mean, what, I know we can't say like at 12. 35, you want to start talking about, you know, what the problematic aspects of porn, but You know, I guess around then middle school years, you

might want to, that's when kids might be sort of seeking it out and you might want to talk about like the different, you know, not only the [00:23:00] unrealistic nature of some porn, but also the some of the more problematic things that we've just talked about Is that when you might just have a conversation and say, you know, you might come across these things and just so you know blah, blah, blah.

And I know in your book, there are, there's a chapter that does list a lot of the problematic things about porn in case people aren't aware of that. So that's just some place where they could get some education.

Tim: Yeah. I mean, I don't know that the book, I think that sort of age group the book could almost be a resource.

To be read together like the, an idea around it was that, that actually it's accessible enough, you know, to not be the secret book that's like locked away, you know, there's there's a couple of you know, suggestive words in there, I think, but it's not, you know, it's not graphic by any stretch of the imagination you know, and so.

I think by honestly, by, by that kind of 11 year old age, they [00:24:00] probably know something about something. And I wouldn't be surprised if one of the questions is like, that you could ask is like what do you know? Of porn, like, you know, and maybe try and correct any assumptions that they might already have.

Right. Yeah. So what do you

Sarah: know? What do you know about it? Have you ever seen it? You know, asking them this, you know, getting, I think that's a good first step for sure. Yeah.

Tim: Yeah. Yeah. Because I think, you know, it, it might even just kind of, yeah, meet them. meet them where they are a little bit.

And I, yeah, again, it's going to be different for everybody and different for everyone's kids, but it's. You know, on, on how much they know what they've been exposed to. Stuff like that. I think with the older kids that's when it's well, again, you know, I say older, like it's tricky to kind of categorize kids, you know, with what they might know, but that's when you can really start to talk about that the ethical stuff or, you [00:25:00] know, the changes in their bodies.

And I think, you know, like, yeah, like. what's your body manner like look like? You know, which isn't, which is a big reason why people, why kids turn to porn. It's like, crikey, my body's changing. And so, yeah those things are I mean, in some of the research, I think it's mentioned in the book that actually like people from the LGBTQ plus community trans community, that, that sort of thing, that teens in those communities will all tend to seek out.

Seek out porn for those reasons, like, you know, they're kind of exploring that. Am I normal thing? Yeah. A little bit more on it, I think. I mean, the really problematic question for us. And, you know, the thing that comes up all the time through all our podcast interviews is that normal thing is, it's kind of nonsense.

There is no normal. And once you can sort of [00:26:00] start to plant that seed in your kids brains that you know, they're kind of, you know, self expression and they're. They're perfect. How just as they are you know, or how they want to be and how they want to be perceived is fine.

It's not, you know, you don't have to. Look a certain way, behave a certain way. There is no normal when it comes to you know, how you, how your genitals look.

Sarah: Yeah. Yeah. I mean, it's, it sort of strikes me that this you know, conversation is this an extension of other conversations that you're hopefully having with your kids about You know, like, you know, when kids are little and they start to notice fat people and you have a conversation about bodies come in all shapes and sizes and, you know, healthy bodies can be thin or healthy bodies can be bigger.

And and this is kind of a similar type of conversation that you want to be having with your kids all along, of course, changing as they get older. And. You know, is there one thing that you talked about in the book? And I know [00:27:00] I've I've read this other place notably in Peggy Ornstein's books.

Do you know those books? Girls and sex and boys and sex. So, she talks about the comparison between the Netherlands and the U S in terms of their approach to the just say no approach to both drugs and sex. Right. And about how an education approach that research shows that an education approach.

Comes out with much better outcomes in all areas for kids that knowledge is power and knowing about. About, you know, drugs or sex or porn. It is not the same as saying, go and do all of these things.

But really, you know, that kids, if they don't know about sex, they are going to think quote normal is what they're seeing online.

Tim: Yeah. No, I think the the, that you're right. There's a stat that we quoted in the book. I mean, we pulled it out, but you're right. It's broader than that. We'd focused on just like teen pregnancies per thousand, I think it was. And in the Netherlands, it's.

It's three point something. I think it was

Sarah: even two point [00:28:00] something. Yeah, it's

Tim: very low. It's really low. Yeah. In the U. S. it's like 27. Yeah. And so, yeah, you're absolutely right. I think those Know, knowledge is power. I mean, it's awkward or can be awkward, but actually once you've kind of cracked the ice of fostering those relationships and talking to your kids about, about, you know, tricky subjects or tricky what perceived as tricky subjects.

But actually once you are, once you're up and running, it's actually not that difficult. And once you formulated your own thoughts and opinions on it it's not that difficult either because, you know, like I said, my generation, it's hugely different from how we grew up with. But the other thing is that, and this was quite a bit of an eye opener for us, but.

Yeah through the research, what we discovered is that kids actually, they do want to talk about this, you know, or at least they're happy when they're happy when they have or happier when they have and talk to a trusted parent or someone [00:29:00] that, that they trust about this.

Yeah.

Sarah: Yeah. Parents often say, well, they're not asking me any questions. That means they're not interested, but if you've never brought it up. Then the often the assumption is, well, I better not ask about it because my parent or caregiver has never brought it up. So it's definitely something that we're not supposed to talk about.

So definitely not you know, no questions doesn't mean no interest.

Tim: Precisely. But also, you know, surely it's, you know, to talk with someone and you know, grind out a you know, an answer to the question, even if you have to go on a little journey of discovery with them or go away and come back

later with the information or whatever, surely that's better than them Googling wildly and getting some rabbit hole, you know, in the bedroom with the door closed.

You know, and so, yeah, I think you're right. A lot of people think that this is kind of going to be unintended consequences to talking talking with your kids about sex, drugs [00:30:00] and porn. But actually, you know, the science bears out that if you have the right. The right conversations.

The concept, those consequences, they're there, but they're going to be good.

Sarah: Yeah. Somebody I had on my podcast, you wrote a book about addiction. She said that a good party line, and I think this applies here too, is you know, when she was talking about drugs and alcohol is don't do it until you're an adult.

But if you do it, I want you to talk to me about it.

And I'm sure adult would be the same line for viewing. You know, sex online, but still, I think it's the same thing. Like, you know, this isn't for kids. And if you do see it, I want you to talk to me about it. Or even if you are seeking it out, you're a teenager and you're seeking it out.

Like, let's talk about what you've seen and how that bears out in real life. What the problematic nature of what you're seeing could be. And maybe, I don't know. I, Maybe I'm a little bit too prudish to think about trying to help my child find ethical porn, but maybe that's a necessary thing if they're going to watch it anyways,

Tim: right?[00:31:00]

You can pay for their subscription to, yeah, some ethical porn site. I mean, I'm

Sarah: blushing just thinking about that, but, you know, I think that's the I think, you know, if you have a 17 year old who Wants to see some porn, probably better to help them find something that's not violent and you know, harmful I don't know.

Yeah,

Tim: no, I agree. I think the drugs conversation is an interesting one because it feels quite similar just in the massive nuance that is out there. And this is not

really anything to do with talking to kids about it, but, when we had Ian Koerner on the podcast, his sort of take on porn, you know, is this wildly.

You know, it's a huge subject, you know, and so he's a sex therapist, right? So he's, you know, recommends porn to couples and or, you know, or not really couples, but, you know, people in a healthy you know, it has a place, you know, in a healthy, fun you know, sexually consenting, blah, blah, blah, [00:32:00] all that, all those things.

Right. And then. extreme end, other extreme end, you know, you've got someone who's, I don't know whether they're addicted to it or whatever, but you know, it can ruin people's lives. It can cause massive problems. So, you know, like I said, it, it feels hugely nuanced. And you trying to unpack that for a five year old or an 11 year old or whatever, it's impossible, you know, it's like, peek open the door into this, like, Massive world.

And yeah, the drugs thing is similar in that respect to me is like, you know, just. Be honest and be open and talk to us about it because yeah, and

Sarah: understand the risks, you know, the drugs and alcohol thing like the risks on developing brain are much greater than they are on a, you know, 30 year old brain or whatever.

And I, and I think that's. You know, again, the education piece is really powerful. So last question before I let you go. Any big mistakes that you think parents are making out [00:33:00] there that we haven't talked about in terms of how to talk to their kids about porn or sex or just even how they're you know, how they view porn, not literally view it, but you know what I mean?

Tim: Yeah. No, I don't know. I don't know about one in particular thing. I think it's. It's really,

yeah, it's tricky. And I think that the sooner people address it the better, even if it's just read the book or you know, get themselves informed without the intention of sitting down and talking to their children but, you know, you never know when it

Sarah: will come up.

Tim: No, exactly. But, you know, formulate your own thoughts and opinions on it and kind of get prepared is.

You know, that's you like said, yeah, you never know when it's going to come up, but but I think, you know, if you're listening to this podcast you're, you know, you're already pointing in the right direction you know, the book can help [00:34:00] you as well but there's a lot of content out there that, that can help and a lot of subjects like this and a similar that, that do you know, all move in that same sort of, healthy conversation, healthy practices, sort of direction.

Like I said the punishment thing that you mentioned was absolutely bang on. When I talked to the lady about the sexual exploitation online she was like, yeah, you can't. You can't punish your teams. You can't be like, what? You know, somebody started chatting to you in that game. I told you that you couldn't use the chat facility in bubble or I'm taking your device away.

Sarah: Yeah. Cause then they just won't tell you next time. They just get sneakier. Yeah.

Tim: So, so there's so much, there's so much and and I mean it, yeah, I think probably more in line with what. With what you do and offer I think that to try and take your own kind of emotion and have a bit of peace in a way when it comes [00:35:00] to these conversations, I mean, I find that tricky sometimes, you know, when you maybe working from home and stuff like that, and the kids are like, you know, I don't know how it is, but to kind of approach.

Approach all these things with the sort of love and curiosity and patience that, you know, that is desired, and that can be so hard, like that can be really, that can be really hard, but I think this is one of those things where, you know, an acknowledgement that we're all actually learning like it's funny, isn't it?

Sex education, I mean, we bang on about this, but it never actually stops, you know, porn education, sex education, it's all part of the same thing, but you know, there's this idea that it's, this formal thing that you do, you know, at some point in, you know, high school where they, the girls get separated off and the boys go off and it's the banana and the condom and the, you know, all this stuff.

But actually, you know, we're all learning all the time. And we kind of got to acknowledge that and and stuff's changing so rapidly. [00:36:00] And that was another takeaway on this. And I mean, the book will, you know, I don't know when the book will have to be updated, but it probably will have to be updated as new technologies and stuff like that happen.

So,

Sarah: yeah, I don't think you talk about like, robot sex in there. Well, I think that, you know,

Tim: what if, what it feels like and the sexual exploitation lady, we said the same thing. you know, you're always playing catch up with technology. You know, there isn't just like, ah, now we're done. I've read the book.

I've talked to my children. Brilliant. Like, you know, it's constantly changing. And like I said, for us, it's so different from how it was when we were growing up that, that you need to upskill before. You can even, you know, hazard a guess at what they might find.

Sarah: Well, thanks so much. I'm going to close out by asking you the question that I ask all my guests,

Tim: which

Sarah: is if you could go back to, and this isn't so far back for you because your kids are pretty little still, but if you could go back in time to your younger parent self.

[00:37:00] What advice would you give yourself? And this is about anything not necessarily to do about our topic.

Tim: Good one. Probably I had a wobbly panic before they were born, actually, that I wasn't gonna be good enough. And yeah, I think. You know, when you're presented with a sticky newborn baby you kind of just man up and that's the wrong thing to say, but you know what I mean?

You just Oh, okay. Here's this wonderful little helpless, beautiful, helpless thing that, that, you know, needs me. So I need to stop worrying about my own insecurities.

Sarah: Yeah, I love that. And in some ways, I mean, some ways that after you, like, you can lower your expectations for what they actually need, which is just like to be loved and and, you know, glory to.

Tim: Yeah, that's it. No, it was amazing. Actually, the, um, Blake, our daughter was a C section and you know, after five days of, you know, induction and [00:38:00] all sorts of things that did never. Never actually happened, so it was some emergency c section. And so my poor wife was out for the count. You know, and so I had about an hour with our daughter you know, just one on one

really while Louise was dealt to and stitched up and came back to life slow, slowly.

And yeah, no, it was amazing. And so all my insecurities seemed to drift away. It was very pleasant.

Sarah: Yeah. Oh, I love that.

Tim: Yeah. And that was good.

Sarah: Ah, well, it's been really nice talking to you. Thank you so much. Where do you want to send folks to on? We will put links to everything we've talked about in the show notes, but where do you want to send folks to, to find out more about sex in space or you and what you got, what y'all do?

Tim: Yeah, well, the podcast is on all platforms. But sex and space. com our website if you go sex and space. com forward slash books we've got two books up there. And yeah, you can grab our, grab the porn. Book as a PDF [00:39:00] or Amazon's got it as a sexy hard copy. And so, yeah that's us.

Enjoy.

Sarah: All right. Yeah. Well, thank you so much. And you're in summer. I'm in winter. You're in the morning. I'm in the afternoon, but it's been nice connecting over the airwaves. Technology is great that way.

Tim: Oh, absolutely. Yeah. Thanks. Yeah, no, it's good. Thank you very much.

Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform and leave us a rating and review on Apple Podcasts. Remember that I'm rooting for you. I see you out there showing up for your kids and doing the best you can.

Sending hugs over the airwaves today. Hang in there. You've got this.