

# COMPOSE YOURSELF!

*The pornographers did a kind of stealth attack on our culture, hijacking our sexuality and then selling it back to us, often in forms that look very little like sex but a lot like cruelty. The only solution to this is a movement that is **fierce in its critique** of sexual exploitation and **steadfast in its determination** to fight for what is rightfully ours.*

- Dr. Gail Dines

## BUILDING YOUNG PEOPLE'S RESILIENCE AND RESISTANCE TO PORN CULTURE

When kids see pornography, become regular viewers, or engage in self-production of child exploitation material (CEM / child pornography), it is completely normal that parents will experience a huge range of emotions. If the first reaction is anger, it should be towards the pornographers - not our kids.

The best reaction is to **COMPOSE Yourself**. At Culture Reframed, we understand how daunting it can be to raise children in an environment that normalizes hypersexualized pop culture and violent mainstream pornography. Because of this, we have developed a model to help parents respond well when they discover their young person has viewed pornography.

C

is for **CALM**. Stay calm and don't panic! Collect your thoughts before engaging in conversation with your child. Slow your breathing, take some time out for yourself, and don't react.



is for **OWNERSHIP**. Ask your child curious questions. Stay engaged and clarify details. Find out if there was anyone else involved and assess the risks.

M

is for **MOOD**. Explore how this has impacted your child. Let them know that their feelings are a normal reaction, rather than anything to be ashamed about.

P

is for **PARENT**. Be the type of parent your child can come to and safely ask questions, and teach your child critical thinking skills.

O

is for **OVERRIDE**. The porn industry has created this situation, and together, you can now 'override' its power with positive actions and behaviours.

S

is for **STRATEGY**. Work on a "where to from here?" approach, rather than a chaotic 'fire control', and seek out professional help if needed.

E

is for **EVALUATE**. Check in on your child regularly. Help them develop skills so they can make healthy decisions, and be clear that you will parent and partner with them.

Access the complete **COMPOSE Yourself** model, further guidance and resource suggestions at [culturereframed.org/parents-program](https://culturereframed.org/parents-program)

RESOURCE LIBRARY

HEALTH PROFESSIONALS PROGRAM

SCHOOL PROGRAMS

PARENTS PROGRAM

**CULTURE REFRAMED**

SOLVING THE PUBLIC HEALTH CRISIS OF THE DIGITAL AGE

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