

# RESOURCES: FOR PARENTS OF CHILDREN

## Building young people's resilience and resistance to porn culture



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.

We've identified 4 things that can be helpful in successfully building children's resilience and resistance to porn culture. These are:

1. Open and regular communication, including a dialogue that encourages questions and seeking support, rather than shaming or blaming.
2. An awareness of the harms of pornography on children's emotional, cognitive and sexual development.
3. An understanding of how porn shapes and influences broader culture.
4. Wherever possible, reduce access to porn and hypersexualized culture, instead directing kids towards environments that celebrate healthy friendships, talents and character strengths.

### REGULAR COMMUNICATION

Parents and educators are perfectly positioned to offer children positive alternative messages that instill in them a value for themselves and respect for others.

Before children become pre-teens, important foundational learning related to wellness, safety and autonomy include:

- Gaining an understanding of private body parts and public / private behavior
- Awareness of good and bad experiences (listening to their body as a way to stay safe)
- Knowing that some people are not good and may do unkind or violent things to others
- Knowledge of what to do, who to speak with and where to go in order to feel safe
- Awareness of healthy boundaries

- Developing relationships in a positive, sustainable way
- Exercising responsibility for self and showing respect towards others

Extending beyond this, as soon as kids are given devices that connect to the Internet, we need to be having conversations with them about 'private' pictures and 'private' movies, bodily boundaries, online safety and healthy choices.

**LOOKING FOR MORE RIGHT NOW?**  
[culturereframed.org/parents-of-children](http://culturereframed.org/parents-of-children)

### HOW DO I RESPOND WHEN MY CHILD SEES PORNOGRAPHY?

Culture Reframed has developed a model to help parents respond well when they discover their young person has viewed pornography. Access the **COMPOSE Yourself** model, further guidance and resource suggestions at [culturereframed.org/parents-program](http://culturereframed.org/parents-program)

### COMING SOON

#### Parents Program

The **Culture Reframed Parents Program** is a complete best practice toolkit to build knowledge and tools in parents so they can raise porn-resilient kids. Be first to access this cutting-edge resource by signing up at [culturereframed.org](http://culturereframed.org)

#### School Resources

It takes a village to raise a child. Ask your school to implement an educational package that provides policies and learning materials for students, and directs staff & parents to further support. Available soon. Learn more at [criticalpornanalysis.gr8.com](http://criticalpornanalysis.gr8.com)

