

RESOURCES: FOR PARENTS OF TEENS

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

Talking about porn regularly is essential and underpins your young person's ability to critically analyse porn culture.

1. Pornography doesn't represent "real sex."
2. Porn can be disturbing and trigger a huge range of feelings: curiosity, confusion, disgust, arousal or guilt.
3. Often pornography is power imbalanced – control, degradation and violence is usually directed at women.
4. Just because something is arousing or pleasurable doesn't mean it is good for them.
5. You can't unsee pornography. It robs imagination.
6. Porn usually doesn't depict emotional intimacy. Great sex includes intimacy, gentleness, love and sensuality – these qualities form a healthy committed adult relationship.
7. Women aren't sexual objects or toys who exist to please men. All human beings have the right to bodily integrity. It goes without saying, this is true for all sexual orientations.



LOOKING FOR MORE RIGHT NOW?

culturereframed.org/parents-of-teens

HELPFUL VIDEOS & RESOURCES

Plus many more resources and support suggestions for teens who may be struggling with the impacts of pornography can be found at 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.

The **Culture Reframed Parents Program** builds young people's resistance and resilience to porn culture, while promoting their healthy development. This free online program provides culturally competent, research-driven, age-based educational videos, downloads and resource links for parents. **Together, we are reframing culture.**

Be first to access this cutting-edge resource by signing up at 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



RESOURCE LIBRARY

HEALTH PROFESSIONALS PROGRAM

SCHOOL PROGRAMS

PARENTS PROGRAM

CULTURE REFRAMED

SOLVING THE PUBLIC HEALTH CRISIS OF THE DIGITAL AGE

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