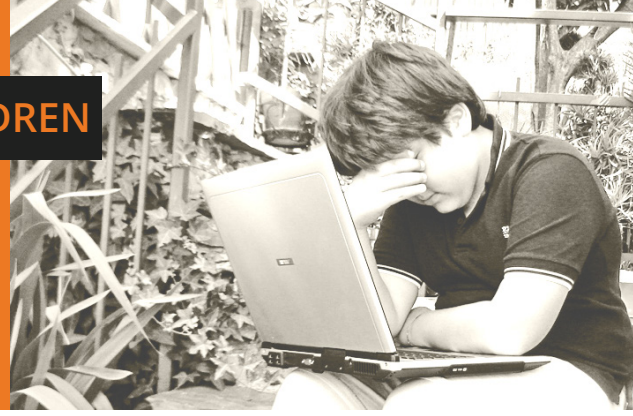


### Building young people's resilience and resistance to hypersexualized culture



At Culture Reframed, we understand how daunting it can be to raise teens in an environment that normalizes hypersexualized pop culture and violent mainstream pornography.

#### 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 resources at [culturereframed.org/compose-yourself](http://culturereframed.org/compose-yourself)

#### PARENTS PROGRAM

The Culture Reframed Parents Program provides a complete best-practice toolkit, which will give you the skills and knowledge you need to raise porn-resilient kids.

#### In this free Parents Program, you will learn:

- The harmful effects of hypersexualized media and hardcore porn.
- How to teach healthy sexuality and strengthen resilience to hypersexualized culture and porn.
- How the use of porn affects the brain and can lead to habituation and addiction.
- How to support and guide your kid every step of the way.

Access this free Parents Program to gain the confidence to discuss these topics with your family and in your community at [parents.culturereframed.org](http://parents.culturereframed.org)