



CULTURE REFRAMED

## RESOURCES: FOR PARENTS OF TEENS

Culture Reframed understands how daunting it is to raise teens in a culture that normalizes hypersexualized media and porn.

Here are four guidelines that can be successful in building teens' resilience and resistance to these images. They are:

1. Open and regular communication that encourages questions and supportive conversations, rather than shaming or blaming.
2. An awareness of the harms of hypersexualized images and porn on teens' emotional, cognitive and sexual development.
3. An understanding of how porn shapes and influences the broader culture.
4. Reducing teens' access to hypersexualized media and porn by directing kids toward healthy friendships, and activities that build peer communities.

### REGULAR COMMUNICATION

Ongoing conversations are essential to teens' ability to critically analyze the images they consume. Conversation starters include:

1. Pornography doesn't represent "real sex."
2. Porn can trigger a range of feelings: curiosity, confusion, disgust, arousal, and guilt.
3. Porn often depicts a power imbalance in which women are the object of degradation and violence.
4. Just because something is arousing or pleasurable doesn't mean it is good for teens.
5. You can't unsee pornography.
6. Porn does not portray emotional intimacy, connection, and sensuality -- qualities that are central to healthy sexuality.

### HELPFUL VIDEOS & RESOURCES

Find many more resources for teens (and their parents) who may be struggling with the impacts of porn at [culturereframed.org/parents-of-teens/](http://culturereframed.org/parents-of-teens/)