



# CULTURE REFRAMED

## SOLVING THE PUBLIC HEALTH CRISIS OF THE DIGITAL AGE

### WHY CULTURE REFRAMED?

[Culture Reframed](#) is the first public health-based nonprofit in the United States to respond to the pornography crisis by providing education and resources to build resilience and resistance in youth to hypersexualized media and porn.

Our research-driven programs teach parents and professionals how to recognize and respond to the role that porn culture plays in promoting sexual violence, unhealthy relationships, internet addiction, negative self-image, trafficking, sexting, sexual dysfunction, depression, sexually transmitted infections, injuries, and other health problems.

Founded by [Dr. Gail Dines](#), an internationally renowned scholar, author, speaker, and activist on the issue of pornography, Culture Reframed has assembled a multidisciplinary team of experts, scholars, health care professionals, and partners to build capacity to confront the effects of hypersexualized pop culture and pervasive violent online pornography. We develop educational programs and resources for use by individuals, professional communities, the public, schools, colleges and universities, and government agencies.

### THE CRISIS

- About one-third of internet search requests are pornography-related
- Studies show that nearly 90% of the most-viewed porn scenes contain sexual, physical, and verbal violence against women
- Porn sites get more visitors each month than Amazon, Twitter and Netflix combined

### BOYS AND MEN

Boys first view mainstream hardcore pornography at the average age of 12. Research has demonstrated that boys exposed to pornography from a young age are more likely to:

- believe “rape myths” that justify or defend rape
- have decreased empathy for rape victims
- display increasingly aggressive behavioral tendencies
- pressure their partners to engage in porn-style sexual activity
- experience difficulty in developing intimate relationships with partners
- have attitudes that support sexual harassment and violence against women
- develop sexual preoccupation and compulsive internet use
- have increased levels of erectile dysfunction

## GIRLS AND WOMEN

Research has demonstrated that girls exposed to hypersexualized media from a young age are more likely to:

- have increased levels of anxiety and depression
- suffer from low self-esteem
- have an increased tendency to develop eating disorders and to self-harm
- engage in risky sexual behavior
- develop negative body image and self-objectify
- have an increased likelihood of drug and alcohol abuse
- be at greater risk for sexting, and to be sexually victimized

## HOW DO WE SOLVE THE PROBLEM?

Culture Reframed builds online programs that are designed to equip parents and professionals with the education and tools needed to build resilience and resistance in young people to hypersexualized media and porn.

### PROGRAM 1: PARENTS PROGRAM

This program, available at no cost through our website, consists of two key components: 1.) providing parents with the knowledge and skills needed to talk effectively and openly with their children and other parents/caregivers about pornography and healthy sexuality, and 2.) facilitating online and face-to-face connections between parents/caregivers seeking information and support. Visit the program [here](#)

### PROGRAM 2: TEACHERS, HEALTH CARE PROFESSIONALS AND PEER LEADERS

This Program seeks to educate and increase awareness among teachers, activists, and peer leaders about the harms of hypersexualized pop culture and porn. Built on the belief that every young person should be the author of their own life, this program brings together youth and adults to create dialogue, youth empowerment, and robust and sustainable communities. (In progress)

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### USEFUL LINKS

- [Culture Reframed Website](#)
- Gail Dines [TEDx](#) Talk (on growing up in a porn culture)
- Gail Dines [OPED](#) in The Guardian (on the business model of the porn industry)
- Gail Dines [OPED](#) in The Washington Post (on porn as a public health crisis)
- Gail Dines [Interview](#) on NPR (on the impact of porn on young people)
- Gail Dines [OPED](#) in The Boston Globe (on how kids access porn through social media)
- Article on Culture Reframed's Parents Program on "[The Conversation](#)" website
- Gail Dines Plenary [Talk](#) at the American Academy of Pediatrics Annual Conference (on the social, cognitive, and emotional harms of porn on children)