



CULTURE REFRAMED

# PARENTS PROGRAM

Culture Reframed understands how daunting it can be to raise kids in a culture where they are bombarded with sexual images, including porn. That's why we have created our Parents Program -- a complete, best-practice toolkit -- that 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 porn.
- How to teach healthy sexuality and strengthen resilience to porn culture.
- How the use of porn affects the brain and can lead to habituation and addiction.
- How to support and guide your adolescent every step of the way.

## HOW WILL THIS HELP MY PARENTING?

- **More confidence** - gain knowledge and skills through a step-by-step toolkit.
- **Develop conversation skills** - learn how to have compassionate talks with your adolescent
- **Deepen nuanced understanding** - develop tools to help your tween/teen understand healthy sexuality.
- **Build media literacy skills** - help your adolescent analyze sexist and degrading media images.
- **Develop a strategy** - learn how to approach your adolescent in ways that forge trust and mutual respect.

Don't wait to start these life-changing conversations! Access our free Parents Program now at [parents.culturereframed.org](https://parents.culturereframed.org).

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## 5 TIPS FOR "REAL TALKS" WITH ADOLESCENTS

These tips have been provided by Dr. Jennifer Salerno ([drjennifersalerno.com/teen-speak-series](https://drjennifersalerno.com/teen-speak-series)).

### TIP 1: FIND THE RIGHT TIME AND PLACE

Adolescents are often uncomfortable with face-to-face conversations. Think about other ways to have a talk that would feel less threatening.

- In the car together
- Baking together
- Biking together
- Walking your dog together.

## TIP 2: BUILD MUTUAL RESPECT

- Ask permission: "Can I share something with you?"
- Show empathy. Validate your adolescent's feelings: "It can be hard to be happy with how you look, especially when you are surrounded by unrealistic media images of people."

## TIP 3: REVERSE YOUR COMMUNICATION TECHNIQUES SO YOU ARE TALKING WITH YOUR ADOLESCENT, NOT AT YOUR ADOLESCENT

Talking at:  Talking with:

"We need to talk."

"I would like to talk with you without any distractions. When would be a good time today?"

"Here's what I would do if..."

"What are some ways you could respond if..."

"Anyone who sends a nude should expect consequences."

"I'm sure they thought the pictures were going to stay private. Unfortunately, once a picture is sent, you can't take it back or control where it ends up."

"Don't use your phone before bed."

"You are old enough now and you have shown us that you can be trusted. I would like to decide together on limits for how much you are using the phone and when."

## TIP 4: FOSTER SELF-WORTH AND SELF-ESTEEM

- Recognize and acknowledge your adolescent's strengths: "You are a strong person and know how to protect yourself from anyone who disrespects you."
- Empower them to participate in discussions with you on difficult topics: "You are old enough to handle mature discussions."

## TIP 5: LISTEN & REPEAT

- Your role is to facilitate conversations, not lead them.
- Use statements like: "Tell me about your day." versus "How was your day?" Statements starting with "Tell me about..." will elicit much more information
- Summarize what you heard and use open-ended questions to draw out their motivations: "That sounds like a situation that got out of control. What are some ways you could respond if someone asked you to send them a nude selfie?"

## MORE TIPS ON TALKING WITH ADOLESCENTS

Try and try again! Don't get discouraged. It takes time to build relationships of trust and positive communication. Build on discussions over time – you don't have to address everything at once.

For more on how to build resilience and resistance in your adolescents to hypersexualized media and porn, visit Culture Reframed's comprehensive, interactive Parents Program at [Parents.CultureReframed.org](http://Parents.CultureReframed.org).