

CULTURE REFRAMED

SOLVING THE PUBLIC HEALTH CRISIS OF THE DIGITAL AGE

Parenting in a Hypersexualized Culture: Challenges and Solutions

Dr. Gail Dines, Professor Emerita of Sociology,
President and CEO, Culture Reframed

Tuesday, February 19, 7:00pm-8:30pm

Description

Join us for an important event, which will provide you with insight, information, solutions, and a passion for building a healthy life for your kids.

It's a hard time to be a kid -- and a parent. Adolescents are bombarded with difficult and ever-changing sexual messages. As a result, it has never been more challenging to raise or mentor kids into healthy adulthood.

As their access to technology widens, young people internalize sexualized messaging which affects their behavior, attitudes, expectations, and brain development, and undermines their capacity to build healthy relationships.

THE STATISTICS ARE STAGGERING

- Social media use is linked to increased rates of anxiety, depression, and poor sleep, and the younger that boys access porn, the more problems they have developing empathy, intimate relationships, performing well in school, and forging friendships with peers
- A study by the American Psychological Association found that the more girls consume hypersexualized images, the more likely they are to be depressed, anxious, isolated, engage in risky sexual behavior, and abuse drugs and alcohol
- On average, boys first view -- either accidentally or intentionally -- hardcore porn at 11-13 years old of age via Snapchat, Instagram, and free online porn sites
- Free porn sites get more visitors each month than Netflix, Amazon, and Twitter combined

- 88% of scenes in the most-watched porn contain sexual, physical, and verbal violence against women, according to a peer-reviewed study

In this presentation, international expert, author, and educator Dr. Gail Dines will discuss the role parents, grandparents, caregivers, educators, and health experts can play in helping kids build resistance and resilience to hypersexualized media and porn.

KEY TAKEAWAYS

- You will better understand the impact of porn on brain functioning, emotional and social development, and the long-term health risks
- You will leave with a practical toolkit for helping kids navigate this toxic digital culture
- You will be introduced to Culture Reframed's robust online Parents Program, which helps parents build resilience and resistance in young people to hypersexualized media and porn
- You will leave with the confidence to have courageous conversations with your kids about these important issues

Dr. Gail Dines is internationally acclaimed as the leading expert on how pornography shapes the emotional, social, and cognitive development of young people. Her latest book, *Pornland: How Porn Has Hijacked Our Sexuality*, has been translated into five languages, and adapted into a documentary film. Gail is the President and CEO of [Culture Reframed](#), the first health-based nonprofit organization in the US to respond to the pornography crisis by providing education and support for parents, educators, and health professionals. Gail's [Tedx talk](#) has been viewed almost a half-million times.



CULTURE REFRAMED

PORNOGRAPHY FACT FILE: MENTAL HEALTH & ADDICTION

CAUSES, SYMPTOMS, AND SUPPORT FOR YOUNG PEOPLE

From more than forty years of research, we know that pornography harms children and young people in numerous ways. The key areas of research include:

- Poor mental health
- Sexism and objectification
- Sexual aggression and violence
- Child-on-child sexual abuse
- Shaping sexual behaviors

This fact sheet focuses on what the research tells us about pornography's impact on mental health, identifying the symptoms of addiction, and the importance of seeking support.

PORNOGRAPHY AND THE BRAIN

Throughout adolescence, young people go through enormous social, cognitive, biological, and psychological changes. Anything that cultivates turmoil, anxiety, and disappointment, or that interrupts healthy development, can result in young people being more vulnerable to depression and numerous mental health problems.

While it's difficult to know if pornography directly causes mental health issues or whether these conditions existed prior to viewing, studies show that porn users experience:

- higher incidence of depressive symptoms
- reduced ability to interact in social situations
- trouble in bonding with emotional caregivers
- increases in behavioral problems
- higher levels of delinquent behavior
- increased levels of sexual aggression
- low self-esteem and poor body image
- increased likelihood of emotional, social, and sexual problems in adult life

Problematic or compulsive porn use also has been shown to impact academic performance, diminish working memory, interfere with decision-making, and increase compulsive behaviors. The adolescent brain is highly impressionable and vulnerable to forming addictive patterns of behavior. Adolescents' developmental vulnerabilities, combined with rushes of neurochemicals during arousal and orgasm to pornography, results in a rewiring of the brain. It's important to realize that while addiction is more common in young men than young women, it can impact both.

Studies of young men (18-19 years of age) reveal that almost 22% report habitual use, with 9 -11% reporting frequent use or a kind of addiction, and an additional 10% indicating that pornography reduces sexual interest towards potential real-life partners. Astoundingly, one-third of frequent users admit that they watch pornography more than they want to. Access the research at culturereframed.org/researched-harms



IDENTIFYING WARNING SIGNS

Is your teen:

- Withdrawing from activities?
- Shutting down devices suddenly?
- Displaying noticeable changes in language, demeanor, or behaviors?
- Spending long periods of time in the bathroom?
- Exhibiting signs of depression and/or anxiety?

Warning signs may look different for your child, depending on their age and stage. Learning that your child or young person may be negatively impacted by pornography can be disturbing and upsetting. 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 at culturereframed.org/compose-yourself

Looking for more info right now?

culturereframed.org/parents-of-teens

It is important for parents and caregivers to let young people know that pornography harms mental health, and that they will respond in supportive and helpful ways.

SUPPORT LINKS AND VIDEOS

- NoFap
- Fortify Program
- Reboot Nation
- Is Free Pornography Destroying our Brains?
- The Science of Porn Addiction

Access these support links and videos, and much more, at culturereframed.org/parents-of-teens

PARENTS PROGRAM

The Culture Reframed Parents Program is a complete best-practice toolkit to build knowledge and skills in parents so they can raise porn resilient kids.

Access this cutting-edge resource here: culturereframed.org/parents-program