

Parenting in a Hyper- Sexualized Culture - Notes

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Parenting
in a Hyper-Sexualized Culture
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Parenting Well in a Hyper-Sexualized Culture

- 1. Lead Well**- They are Following
- 2. Start Talking** - They will Engage
- 3. Protect** - They will Thrive

Porn by the Numbers

- 90% of boys and 70% of girls, ages 13 to 14, report accessing porn at least once the previous year, and 35% of boys reported viewing porn too many times to count.
- 71% of teens hide online behavior from their parents.
- 83% of boys and 57% of girls have seen group sex online.
- 69% of boys and 55% of girls have seen same-sex intercourse online.
- 39% of boys and 23% of girls have seen sexual bondage online.
- 32% of boys and 18% of girls have seen bestiality online.
- 15% of boys and 9% of girls have seen child pornography online.
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Living in a Porn Culture

"When we deny children access to meaningful education about their burgeoning sexual development, we give them no choice but to glean what they can from a highly sexualized media.

- Sharna Olfman

professor of psychology at
Point Park University

Living in a Porn Culture

- ☐ Hardcore is the norm.
- ☐ Brutality and degradation are common.
- ☐ 88% of porn film scenes contain acts of physical aggression.
- ☐ 49% of scenes contain verbal aggression.
- ☐ "Straight to the sex" films dominate the Internet.
- ☐ These "straight to the sex" videos communicate that all women want sex from all men. Women like all demands, and if she doesn't, she can be turned on with a little force or abuse

- ☐ 32% say viewing porn is "usually or always wrong" compared to 56% who say not recycling is "usually or always wrong."

The Impact of Porn

Results of a study by the

universities of Indiana and Alabama

- ☐ When people view porn they...
- ☐ Have less sexual satisfaction with partner
- ☐ Have a greater attraction to casual sex, premarital sex, and adultery
- ☐ Are more likely to trivialize sex crimes, such as rape.
- ☐ Are more likely to stereotype women as sex objects.
- ☐ Are more likely to watch harder and harder forms of pornography

The Impact of Porn on Kids

- ☐ When kids view porn...
- ☐ More likely to have sexual intercourse early.
- ☐ Believe that the best sexual satisfaction is attainable without having affection for one's partner.
- ☐ Believe that being married or having a family are unattractive prospects.
- ☐ Are at increased risk for developing sexual compulsions and addictive behavior.

Your child looked at Porn?

Shock

Horror

Anger

Scold

Yell

Punish

Quote Scripture

Dirty, Naughty, Don't Tell

The arousal template is being formed – Be Careful!

Kid sees porn for the first time...

...and doesn't talk to you? It feels good, dirty, naughty, and I can't talk about it.

Shame gets attached to Sex

...and comes to you? You talk straight to your child, sex is wonderful in the right context; Marriage.

The child develops healthy attitudes about sex.

Let your children see you be affectionate with one another.

Talk openly about body parts and as they age...SEX.

Lead Well

They will follow

The Frog is just about cooked!

They will love what you love?

**They are watching
what you are watching!!
You are leading
and they are following**

- Your actions and words have been teaching your children about sex since before they could talk.
 - Even your silence communicates about sex.
 - Bad things grow in the dark – Secrecy or silence takes the natural urges underground.
 - Dirty, Naughty, Don't Tell
 - How do you relate to the opposite sex/spouse attitudes, words?
 - Kids end up picking up their parents attitudes about sex either positive or negative.
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- ☐ Sex is a good thing – God made it and gave it as a gift
 - ☐ God's way is 1 + 1 = 1. One man plus One woman equals One Flesh.
 - ☐ Sex between married people is the best sex because married people are supposed to share everything.
 - ☐ Sex feels good to the heart and the body when it happens within it's purpose.
 - ☐ We should have "Sex on Purpose".
 - 1 Showing that Dad is into Mom and Mom is into Dad
 - 2 Having fun – Sex can be exciting and feel great
 - 3 Creating a family

Our verbal messages to our kids...

- Your sexual feelings are normal, everyone has them.
- It is normal to be curious about the other sex.
- Even though it can be exciting, looking at people naked or other people having sex is damaging to our sexual health.
- You can have sex lots of different ways, but that doesn't mean it is good for you. (Example: food)
- When you see naked people on TV or someone's phone, come and talk to me about it.

The most important messages

- ☐ I am very comfortable with my sexuality.
- ☐ Please come talk to me anytime about sex.

Start Talking

Let's Talk about the Talk

- Why having a discussion with your kids about sex and porn is important.
- How to prepare well for this discussion.
- A four-step approach to the conversation.
- What to do after the discussion.

Why we talk about it

- Cable/Satellite TV has made sexual content available in nearly every home—and to any age.
- Half of adult men and a third of adult women today were exposed to pornography before their teen years.
- It's only gotten worse. The average age today is 11.
- Not just boys. Girls too.

Getting Ready to Start Talking

1. Do Your Homework

- Check browsing histories on family devices.
- Private Browsing or Incognito Mode.
- Use a browser's "auto fill" feature to get hints of past searches.
- The goal is not to say "Gotcha!" The goal is to understand where your family is with this issue.

2. Talk it Through

- Discuss it with your spouse. Both parents need to be involved in the planning and in the discussion with the child.
- Talk with trusted mentors or pastors for support and guidance.
- As you prepare, rehearse the thoughts you want to share out loud with someone and get feedback.
- If you find yourself bewildered why your child would look at porn or be involved in any sexual activity find someone who can relate to this area of temptation to help you gain perspective and understanding.

3. Pray About It

- Ask God to give you a redemptive attitude toward the situation.
- If your gut instinct is fear ask God to take away your timidity.
- If you feel parental shame or failure, ask God to instill trust that his grace can cover any of your mistakes or sins as a parent.
- If you are angry, ask God to fill you with a deep sense of compassion for your child.

4. Keep Talking

- The end goal is not one talk but an ongoing conversation.
- The goal is to communicate safety and acceptance.
- Research indicates that the best protective element for a child is an **open** and **warm** relationship with a care giver. BOTH ARE ESSENTIAL.
- The goal is an ongoing discussion and you must take the lead on initiating these conversations.
- There is a lot to cover, stretch it out over several conversations. Use real life situations to discuss different issues.

5. Tone Is Everything

- What you say is important.
- How you say it will be **critical**.
- A child or teenager being confronted has feelings of fear, shame, uncertainty, guilt, embarrassment.
- Don't come to the conversation with sharp criticism or an overbearing sense of fear, bewilderment, or shame.
- Present yourself as a loving and understanding advocate.

Talking about it

- ☐ Don't surprise your child, set a time and date to talk.
- ☐ Start with what you know.
- ☐ Ask if your observations are correct.
- ☐ Give him or her time to respond.
- ☐ Don't feel the pressure to make them say anything specific. This step is just about getting them to open up and letting them know you can have a calm and open conversation.

Step 2: Establish that you are a safe place to talk

- ☐ What if they deny it?
 - ☐ Don't lose site of the bigger goals of teaching lessons about sexuality.
 - ☐ Keep the doors open for future discussions.
 - ☐ Don't become easily angered if you believe they are lying to you.
 - ☐ Minimizing or denying sin isn't just a teen response—it's a human response.
 - ☐ Don't call him or her a liar. Don't feel the need to press for a confession.
 - ☐ Model vulnerability: "I want to ask you about this because I know how tempting this stuff can be. When I was a child/teen..."
- ☐ Help them see you are a safe person to talk to about this.
- ☐ Listen. Really listen.

Step 3: Own Up to Your Own Failures

- Most parents are caught off guard when they discover their kids are becoming sexually active in any way.
- It is your responsibility to prepare your kids for issues you can anticipate and help guide them through the ones you don't anticipate.
- "I'm sorry. I should have talked to you about pornography/sex before today."
- An apology will help to set the tone for the rest of the conversation. You want to show yourself in a supportive role.

Step 4:

Discover the Extent of the Problem

- ☐ Has puberty begun?
- ☐ Has sexual attraction begun?
- ☐ Curious, experimenting or habitual?

- ☐ “How many times do you think you’ve looked for these kinds of pictures or videos online?”
- ☐ “Would you say you’ve been looking at this stuff for the last month or longer than that?”
- ☐ “How many times have you sent texts/pictures like that to someone else?”
- ☐ “Have you ever done anything in real life—like what you’ve seen in these pictures or videos?”
- ☐ “Have you ever had something happen to you that scared you or that you didn’t like?”

Step 5: Talk About Why Sex is Good and Porn is Bad

For the Curious Pre-Pubescent Child

- ☐ 1. The Pull: The human body is attractive and interesting.
- ☐ 2. Privacy: Nakedness is meant to be a private thing.
- ☐ 3. Parents: My job is to help you understand how God made us and what sex is for.

For the Pre-Teen or Teen

Engaging in Sexual Fantasy

- ☐ 1. Pleasure: Sexual arousal feels good, and it should.
- ☐ 2. Purpose: Your body is responding exactly as it is made to and that is good.
- ☐ 3. Passion: Passion is right, but not right now.
- ☐ 4. Porn: Sex on screen only cheapens the goodness of sex.
- ☐ 5. Power: Sexuality is a powerful thing and we have to be careful with it and use it within its purpose.

After the Talk

Taking Steps to Create a New Normal

- ☐ KEEP TALKING
- ☐ Create a culture of accountability at home.
- ☐ Set technology boundaries and lead by example
 - ☐ Anonymity creates an open door for temptation.
 - ☐ Set household rules.
 - ☐ Usernames and passwords are given to mom and dad.
 - ☐ Accountability and Filtering software
 - ☐ Set boundaries with your kids. Involve them in the conversation.

Protect

They will Thrive

Steps to Protect

1. Open a dialogue with you kids on the subject of sex and keep it open.
2. Find ways to communicate that you are comfortable with your sexuality.
3. Never allow a device into the house that you are not prepared to monitor.
4. Review and configure parental controls on all devices in your home.
5. Make yourself the only administrator on all computers/devices.

6. Password protect all devices.
7. Review all the apps on all devices to know what they can access.
8. Talk to the parents of your kid's friends to find out what they are doing.
9. Set boundaries on time and location for your kid's online activities.
10. Require that all computers and phones stay out of the bedroom, especially at night. Charge the batteries on the kitchen counter.
11. Install Covenant Eyes Accountability Software and have the reports sent to you.

Email your questions to integritynowinfo@gmail.com