

Culture Reframed Parents Program

Building Resilience & Resistance to Hypersexualized Media and Porn

Culture Reframed offers free, virtual education for parents on the impact of the hypersexualized media and porn on today's tweens and teens. These programs give relatable situations and help strategize a game plan before and after exposure. It also gives parents useful conversation strategies when speaking with their children about these topics.

[Click here to access Culture Reframed Parent Program Courses.](#)

Parents of Tweens

The Program for Parents of Tweens guides parents through topics that provide skills to build your child's resilience and resistance to hypersexualized culture and the impacts of pornography. Aimed at parents of kids aged 9 to 12 years old, this program is divided into 5 sections and 13 modules. Take as long as you like, and learn at your own pace.

Parents of Teens

The Program for Parents of Teens guides parents through topics that provide skills to build teens' resilience and resistance to hypersexualized culture and the impacts of pornography. Aimed at parents of kids aged 13 to 18 years old, this program is divided into 12 modules. Take as long as you like, and learn at your own pace.

Enrichment 1: Porn & the Brain

Parents whose teens are struggling with compulsive porn use will benefit from knowing the science behind it and understanding specific challenges their young person may be navigating. Aimed at parents of kids aged 13 to 18 years old, this enrichment is divided into 3 sections. Take as long as you like, and learn at your own pace.

Enrichment 2: Intervention & Recovery

Parents whose children and teens are showing signs of problematic behaviors due to the impacts of porn will benefit from the support provided in this enrichment. Aimed at parents of kids aged 12 up to 18 years old, this enrichment is divided into four sections. Parents are provided with guidance to understand the warning signs and develop a strategy tailored to best support their family's needs. Take as long as you like, and learn at your own pace.

Enrichment 3: All Things Tech

Parents searching for insight into the role of technology in kids' lives will benefit from the support provided in this enrichment. To gain the most from this content, we recommend that parents first access the Culture Reframed Family Tech Agreement. With a primary focus on kids over the age of 13, this content is also beneficial for parents of younger children. Supporting parents to build autonomy in their child, this enrichment provides an understanding of the online world and strategies for successfully managing tech. This enrichment is divided into four sections and provides parents with guidance to understand online ethics, conflict, tech management, and much more. Take as long as you like, and learn at your own pace.