



# COMPOSE Yourself

*"Never before have kids been raised in a culture that bombards them, on a daily basis, with hypersexualized images. We have entered a unique era that challenges parents to act in ways that are new, bold, and courageous."*

— **Dr. Gail Dines**  
President & CEO, Culture Reframed

## Building young people's resilience and resistance to hypersexualized media and porn

At Culture Reframed, we understand how daunting it can be to raise children in a hypersexualized media culture that normalizes mainstream hardcore pornography. We have developed a model called COMPOSE Yourself, which helps parents respond effectively when they discover their young person has viewed pornography.

- C** is for **CALM**. Stay calm and don't panic! Collect your thoughts before engaging in conversation with your child. Slow your breathing, take some time out for yourself, and don't react.
- O** is for **OWNERSHIP**. Take control, stay engaged, and clarify details. Find out if anyone else was involved, and assess the risks.
- M** is for **MOOD**. Explore how this has impacted your child. Let them know that their feelings are a normal reaction rather than anything to be ashamed about.
- P** is for **PARENT**. Be the parent your child can feel both supported by and safe with. This will provide a comfortable space for your child to ask questions.
- O** is for **OVERRIDE**. The porn industry has created this situation, and you can override its power with positive actions and empathic listening.
- S** is for **STRATEGY**. Keep a cool head and work on a long-term plan rather than panicking or acting in the moment. Seek professional help if needed.
- E** is for **EVALUATE**. Check in with your child regularly. Help them to develop the skills they will need to make healthy decisions, and be clear that you will partner with them.

For further guidance and free resources, visit [culturereframed.org/courses](https://culturereframed.org/courses)

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