



“But What Can I Do?”

It's easy to be overwhelmed. But being silenced or being overwhelmed doesn't help. We've all been effected by living in this sexually toxic culture and we each need to struggle with the ways in which we've bought in, given in or been silenced. More than that we need to recognize this is a major public health problem. Individuals can get better educated and can take individual actions but broad based changes are needed and are possible. If you don't think so consider what worked around smoking: educating individuals about the hazards of smoking and helping those who started to quit were important but policies to change advertisements, place hazard labels and limit access to youth were all critical.

Ten Things You CAN Do!

1. Demand that you and others be treated respectfully in all relationships. Women deserve bodily integrity and meaningful, respectful relationships with the men in their lives, whether they be husbands, boyfriends, co-workers, employers, or the men we encounter on the street or in the grocery store.
2. Refuse to participate in viewing pornography with friends and partner(s), and explain why.
3. Ask your partner(s) to stop using pornography, and help him to understand your reasons. If he is a casual user, this may be relatively easy. However if he is a heavy user who is controlled by his desire for pornographic images, it may be more difficult. But you have a right to have your feelings heard and respected.
4. Practice sexual intimacy that does not exploit, objectify, or harm yourself or others.
5. Work your spheres of influence whether its inviting your book club to read Pamela Paul's "Pornified," or other books on StopPornCulture's suggested reading list– encourage discussions with your friends. If you happen to have a position of influence in your organization or corporation work to make sure the policies discourage any profit from sexual objectification of women and children and encourage healthy development.
6. Complain to TV stations, magazines, hotel chains, clothing designers and other companies that use sexist and pornographic images and themes to make a profit. Write letters or calls when ads or products make you uncomfortable. It can indeed make a difference!
7. Go to www.stoppornculture.org for more resources. You can learn more about pornography, the pornography industry, and how women can take really take control of their own sexuality. Share this information with others.
8. To join our email list, send a message to stoppornculture@gmail.com.
9. Start a local chapter of StopPornCulture! . . . You'll find instructions for how to do this on our website, www.stoppornculture.org
10. Help us continue our work: donate to StopPornCulture! at www.stoppornculture.org.

Five Things Parents CAN Do!

1. Talk to your children about healthy sexuality and normalization. Don't allow the pornography industry to be their main sexuality educator and don't be afraid to set limits. Children can't afford to have adults be sexually neglectful – they need us to help them navigate through the toxic environment.
2. Keep all TVs and computers in a central location in the house – the family room, kitchen – to reduce the ability to access pornography in the house.
3. Talk to your children about the dangers of pornography, and, more importantly, about positive, healthy expressions of love and sexuality.
4. If you need help to deal with too much time on the Internet or with pornography or just need help to have positive and proactive discussions about healthy sexuality and relationships reach out for help – there are many resources available.
5. Give you children and teens as much caring and respectful touch as you can. Children need caring touch so they learn that not all touch is sexual abuse and are not so deprived of touch that they only know how to get it through violence or through risky sexual behaviors.