

# Episode 13: Tips for the *Toughest* Conversations with Dr. Mandy Sanchez

**Christy Keating 00:08**

Hi friends and welcome to The Heartful Parent Podcast. I'm your host, Christy Keating. In this podcast, we talk about it all, our parenting, our partnering, we and our professional lives, because they are all a part of us. And we were never meant to do this alone

**Christy Keating 00:41**

Hello, hello, hello, parents. Welcome back to The Heartful Parent Podcast. On the podcast today, we have a really important conversation. Now I'm going to acknowledge at the outset, when you hear what this conversation is about. You may be like, Oh, I don't know if I want to dig into that right now. And I'm going to invite you to sort of take a deep breath, put that sense or that worry aside and listen, and we are talking about pornography and the harms that it does to our children and young people. On the podcast this week. We have an incredible guest.

Her name is Dr. Mandy Sanchez. She works with the organization Culture Reframed, that was founded by Dr. Gail Dines. Dr. Dines spoke in the Safe Parenting Summit 2022. And just had a really kind of eye opening conversation for those who attended the Summit. Dr. Sanchez also provided a talk for those members of the summit or those registrants of the Summit, who upgraded for the Very Important Parent Pass. And that was equally eye opening. And so when I heard both of them speak, and I'd heard them speak before that I knew that we needed to get one or both of them on the podcast, so I'm starting with Dr. Sanchez. She earned her doctorate in sociology with a concentration in criminology and Women's Studies, and specializes in domestic and sexual violence, which is the intersectionality of gender, sexualities place and trauma and justice involved women and children.

Dr. Sanchez is a trained facilitator. And as the program coordinator for culture reframed, she focuses on expanding, developing and ensuring high quality, comprehensive, impactful programming for parents and adults who are influential in children's and teens lives. One of the things I love most about the work that Dr. Sanchez does and that cultural reframed does is that all of their resources and programming are free to parents, it doesn't cost you anything. And in this conversation, we dig into what the research shows about the harms of hyper sexualized media and porn to our young people. We talked about how social media gaming and pornography industries all those industries are connected and targeting our youth. And most importantly, we talked about what parents can do to protect their children.

Now, I want to give you fair warning before you continue on in this conversation. This is an adult conversation. This is a conversation for parents, for teachers, for caregivers, it is not a podcast for kids or teens. If your child is with you, if you're driving in the car right now, with your kiddo, either popping your you know, air pods, your earbuds, whatever. Or turn this off and listen at another time when you can listen privately. This is not content intended for kids. So consider yourselves warned. All of that being said it is a fantastic and important conversation that I think every parent of children from ages five through 25 need to be listening to. So without further ado, Dr. Sanchez. Dr. Mandy Sanchez, welcome. So great to have you here on the podcast.

**Dr. Mandy Sanchez** 04:23

Hi, Christy, thank you so much for having me.

**Christy Keating** 04:27

Obviously, listeners have just heard me, you know, introduce you and the work that you do. But I'd love to have you expand on that a bit. And start by explaining for us, you know, what is Culture Reframed? What is your role there? What is the research that you've done, you know, kind of give us the big picture here.

**Dr. Mandy Sanchez** 04:45

Great. So again, thank you so much for having me. I really appreciate it. So Culture Reframed. We're an international nonprofit organization and we work to stop the social, emotional, cognitive and physical harms. of pornography against children and youth. And we do that in a variety of ways. So we're working on a macro level where we're, you know, supporting age verification legislation. Gail and I spoke to the UN Committee on the Status of Women, some side panels there. So we were really proud of that a few months back. So we're doing that kind of big international work supporting that type of legislation.

We're also creating programs and courses for parents, we have two programs for parents right now, that kind of walks them through the life of a kid today, you know, if we forgot what it's like to be grown up, and a lot of us didn't experience a lot of, of what our kids are seeing today. So we have to have those are our courses are all free. And we're also all academics. So we are really the only science based research driven organization that doesn't take a more holistic view of pornography, everything we do is about science, and the 40 years of research that we have on the harms of porn to kids. My role, I'm the program coordinator.

So I coordinate all of all of those programs. We also do a lot of work with different organizations, anti trafficking organizations, some domestic violence organizations, rape crisis shelters, but our work in the last year has been with the child advocacy centers in the United States. So we're really doing a lot of partnerships with them on training, doing a lot of presentations and informing them. And it's really interesting to see, what we're researching what we're talking about is what they're seeing in their

practices. So we're with the pediatricians forensic interviewers, in kind of this child, safeguarding or child protection arena, but we do this at home here in the United States, as well as in multiple different countries.

**Christy Keating 06:50**

I mean, the amount of work that culture reframe does is phenomenal. And as you know, and many of the listeners might remember Dr. Gail Dines who is the founder, you mentioned her, she spoke in our safe parenting summit earlier this year. And you also had a presentation for the VIP members of the summit, which was just so fantastic. But for those who didn't see Dr. Dine, speak in the summit, or weren't able to hear your presentation? Can you start with some basics for us? You said, there's 40 years of research out there about the harms that this content does for our kids.

And, you know, I laughed a little bit when you said that some of the programming kind of reminds parents about what it's like to be a kid. Because and the reason it kind of made me giggle is yes, we all forget what it's like to be a kid. But as you also pointed out, it's a really different landscape for our children. You know, when I was growing up, and I full disclosure, and now, just recently 50. You know, when I was growing up, it was like, my friend down the street, found Playboy magazines underneath his dad's bed like that was the extent of our exposure to you know, pornographic material, which is really different, and a real far cry from what our kids are being exposed to today. So can you talk in sort of a general sense about what kids are being exposed to? And what does that research that 40 years of research show about the harms of that kind of hyper sexualized media and pornography on our young people?

**Dr. Mandy Sanchez 08:29**

Yeah, that's great. So, as you mentioned, our founder and president Dr. Gail Dines has done 30 more years of research on this. And what we what we see is, like you said, so very different, you know, we, we were used to maybe hearing about porn, where you actually had to go to, you know, an actual shop, and you had to show an ID and you could get in, and then you know, see see a movie or get a magazine or something like that.

And, and I think when we talk about that we that's one of the myths that we have to bust is that it's not your your dad's Playboy magazine anymore, right? With the with the advent of the Internet and the explosion of the Internet and Internet technology, it's made pornography, more mainstream, more affordable, how much more affordable than free can you get because there's all these free porn sites more accessible, so you just have to have an internet connection. And we know with smartphone technology, I mean, you're you're accessing this as young as eight, you know, seven, eight years old on your phone, and tablets and you know, all in gaming systems and platforms. But also anonymous, you know, there's no more showing an ID entering your real name, you know, you can really hide behind that.

So with all of those drivers of demand that drove up that demand and we know that we live in a hyper sexualized society where sex sells I guess is the thing but everybody's been saying you know, this is just so normalized to see what we would use to see in a Victoria's Secrets shop, you know, in the mall or on a runway now is what we're seeing in the Met Gala. You know, it's just typically what we wear. So very minimal clothes. And of course, we come from a position of we're not shaming or blaming girls or boys for any of this, we're putting that shame and blame on the industry of pornography. And speaking of it's grown, right?

They, there's this Pornhub, which is used to be on my mind geek free porn site gets more visitors each month, then Amazon, Netflix, Twitter, you know, Hulu combined, you know, the streaming services are, are absolute, absolutely astronomical with their numbers. So we're seeing this in large numbers, kids are seeing this. So it's no longer print based media, right? We're moving, we were beyond that. So we're getting this on social media, like I said, on gaming, and it's hyper sexualized, but what what kids are stumbling upon, because we know from research that most porn exposure for young kids is accidental, that they're accidentally stumbling upon this, whether a friend is showing it to them on their phones, or if they've mistyped something, you know, like kids are curious.

So we understand that natural curiosity, so they might start typing boobies, right, and they are misspelling words. And they think if they're lucky, they may see breasts, right, they may see a naked woman or a naked person. But what they don't understand is that they're catapulted into this online, hardcore, mainstream pornography that's full of violence and degradation. And what we see through that 40 years of research, is that this type of exposure fundamentally changes kids all around, right, a holistic transformation of kids. So from the social behaviors, you know, if kids are viewing porn, and they're seeking more porn exposure, because they're in this space, where they're ashamed, they like what they see there, they may be, you know, stimulated by what they see.

But that is also one of those changes, right? brain changes, neurological changes, but they're also drawn to these things. So, you know, they may be more reserved, they may actually be spending less time with activities and friends and things like that. It's changing their sexual scripts. So when they're viewing this type of violence, they're, they're saying, Well, this is what it means to have sex. And this is what it means to be a man or a woman. And this is what girls like, and this is what boys need to do, or, you know, in a whole variety of ways, it changes that script. So research does show then that it increases the sexual aggressiveness and young people, they're more likely to seek out and support sexual behaviors that are beyond age appropriate behaviors for them. And it has been linked to instances of sexual violence and verbal violence and emotional abuse towards towards women and girls.

**Christy Keating** 12:58

You know, it's so interesting to hear you say that, because and I know, you know, this. When this podcast first started, one of my one of the early episodes that we did, we covered the news, the new

report that came out by the CDC in February, and that report, it talked about, you know, sort of the overall state of the mental health and physical health of our kids mental health primarily, but it did talk about the increase in the number of girls who have been raped, and in just the last two years, and we've sort of seen a steady increase over the decade or so that that report has been compiled by the CDC. Does that track with what you're seeing in terms of the pornography research?

**Dr. Mandy Sanchez** 13:45

Absolutely. And it tracks not only in the research, but actually in the practice. So like I said earlier, we're we work really closely, I mean, almost on a daily basis with different child advocacy centers across the country. And those professionals working with children and young people are reporting an increase in not only the frequency, but also in the severity of child on child sexual abuse, and it's predominantly male perpetrators to female victims. But what they're seeing and practice is that the age of both the perpetrator if you can call a child, a perpetrator at age eight, but they are getting younger, the female victims are getting younger as well. And they're reporting that the themes that they're seeing in the violence that's occurring between these kids are acts that we see in mainstream pornography, gagging, strangulation, severe anal, you know, abuse, you know, things like that.

So it's, it's, it tracks in in the research, it tracks in the practice. And when we have these conversations and trainings with professionals working with kids, it's like that light bulb comes up, you know, they have that aha moment. Like, wait a minute, we've been seeing this for the last six months and it's increasing. And when you talk to tea Teachers and administrators, child mental health professionals across the country. They're saying that you know this, we're in a mental health crisis for teens right now teens and tweens are experiencing this. And these are the things that they're reporting. So we've definitely linked that to pornography exposure and the increase of hyper sexualized media.

**Christy Keating** 15:18

Yeah. I mean, of course, there's so many other side effects, or there's so much other fallout as well. I know, a young girl that my teenage daughter knows, finally revealed that she had been exposed to substantial pornography and was having just these terrible recurring thoughts. You know, as a result of it, I wrote a blog article about it, because it was so it's just awful to think that our kids are trying to manage this on their own in many cases, and they don't have the context, of course, that adults have for that, you know, to process that kind of many adults don't have the context for that either. But at least some adults, we can at least I guess, talk about it, we have, many of us have better skills for talking about it than our, you know, teenagers do.

It's shocking when you start to dig into and hear the individual stories about it. When when I think of pornography, and I think when many parents do, and the Internet, we think of sites like Pornhub, and you know, the ways that that it is accessed for free, or there's also, of course, paid content on the internet. But you've also mentioned a couple of times Social Media and Gaming. Talk to me a little bit

about that. I don't think most of us connect social media, gaming and pornography. How do we how do we get there? How do those connect?

**Dr. Mandy Sanchez** 16:48

So the last two years, that's what I've been focused on, especially at Culture Reframed. So I'm looking at that just what you said, the connection between social media apps and platforms, the gaming world, which is, you know, billion dollar industries here. And we know that kids are on social media, right? We know that 80 to 90% of kids have some type of social media age. Well, 13 is the minimum age that they have to be in order to have an account. But we know that nine year olds are on Snapchat, right? So that that's what we're looking at. We're looking at apps like Snapchat, I mean, they have over 280 million daily active users on Snapchat.

And we know that 90% of our, our teens and tweens are on that app at least 30 minutes a day. Same with Instagram, right? They they have over two and a half billion users. And these apps are just growing tick tock the number one global app. And so what we're seeing on there is a ton of hyper sexualized content, right, unregulated, not a lot of moderation. And not a lot of room to say, Oh, you're nine, okay, you can't be on this app. So a lot of these platforms aren't you know, they're kind of going back and forth in style.

But Tik Tok has risen to the top and in a short period of time. So like I said, Tik Tok' the number one global app, there's about 70% of aged 12 to 17 year olds are using this. Millions of videos are uploaded daily. And this is where we see the rise of the social media influencer, right. So I was telling you about my keynote earlier, I was actually at my 11 year old school and was sitting with a group of kids, and mainly girls, and we were talking about, you know, it's all the questions. What's your favorite color? What's your favorite food? And what do you want to be when you grow up? And so when I asked them, What would you like to be when you grow up? Four of five of the girls said, I want to be a social media influencer, like an influencer course. And, you know, me being me and what I do, tell me more. You know, what, why, you know, why? Why would you like to do that. And it's so interesting, because it's not only at my work, and it's not only in my friends, neighborhoods, and things like that, but it's all across the country and all around the world, and especially young girls want to be influencers, like Charlie, Emilio Addison Ray, and they, they think it's easy, they can make money, it's glamorous, you know, that you can be famous, you get lots of likes, you know, you can sell product.

And it's interesting, because when I sit and I hear our anti sex trafficking organizations, and those people who are speaking about prostitution, those are the reasons that that a lot of women and young girls are getting into only fans and prostitution. It's easy, you can make money, you know, it's the same thing. The really making that parallel is key. But then we see the algorithms, right? The algorithms that are targeting it's all of those things that make up how we are given ads that we didn't even know we wanted that mascara, but guess what, here it is, you know, it's now on our Facebook feed and now it's coming up over and over. So we're seeing even recently, organizations are doing some research, like



collective shout is an Australian organization, they did a 15 month investigation on Instagram, looking at the hyper sexualization of girls, and they found hundreds of images and the comments, right, the hyper sexualized comments, the comments that were very inappropriate for a 10 year old, right? They submitted them to their community review standards and said, Hey, Instagram, what are you going to do? And Instagram kind of just close their eyes or bury their head in the sand and said, Nope, it doesn't violate it. Right? Wow, they know that there's this connection.

And we know that almost every single one of our, our adult porn performers on those apps are those sites like Pornhub and X hamster next video, they have only fans accounts, they have social media accounts. So those social media accounts of those, those performers are being are driving people to their free porn sites. So there's this direct connection there. But there's also on tick tock, they have a live stream feature, you have to be 16 in order to live stream, and there's a possibility where you can send and receive gifts. So they have these little tick tock coins, you know, and get on a live stream and what they want from research what we're finding orbs did an interview just last May. And they found hundreds of instances where adult men were basically grooming young girls asking them to turn around, give them outfit checks, give me a pedicure, check and I'll put more coins in your account. And these coins then can be cashed in for real money. Right.

And so then, after they were given so many coins, there were comments in the livestream section about if you want to make real money wanting to go to only fans. Yeah, well, 1314 year old girl is being asked to just if you want to turn likes into money, this is the direction that you could go. So we're seeing that direct grooming happening via these these social media platforms, and gaming as well. Discord is a kind of an instant messaging platform for gamers that originally started out for gamers to talk to each other about the game. And now they have these servers, they're like community discussion boards, where you can join these servers, you can learn how to cook and knit and all of these different things. But you can also learn things like how to starve yourself, right how to self harm. So there's an and also you know, how to how to produce pornography. Pornhub has a discord account. So all of these social media gaming companies are highly connected to the porn industry in one way or another.

### **Christy Keating 22:41**

As I listened to you, and and, you know, I consider myself fairly well educated in this space, given that I do child sexual abuse prevention work. But as I listened to you, and I sort of imagine, I mean, even as a parent myself, and I sort of imagine parents listening, it is overwhelming, it just feels so like we feel really powerless, because our kids do, you know, want to be on game, they do want to play video games, that is a key way that many young people do connect with one another. Right? And there's some positives that come out of that. And they do want to be on social media, I think we could argue a bit more about, you know, there are positives that come out of social media too. You know, there's also perhaps more negatives. But I think parents feel really powerless in many ways to telling parents are simply eliminate, don't let your child ever on social media, don't let your child ever play a video game. It's not a realistic approach. And so, I think there's a lot of parents listening to this who are saying,

Okay, I hear you, it's really bad. What in the world am I supposed to do about it? Like, how do I protect my kids from this? Can you talk about that a little bit? Because I want to leave parents with some, like, action that we can do. You know, that feels doable.

**Dr. Mandy Sanchez** 24:07

Yeah. And like I said, I'm a parent myself. And when I started into this work, and with culture range, I thought, you know, being a sexuality gender educator in college, you know, raising my kids understanding social media to a point, I was overwhelmed, right, it's it's totally overwhelming. So at culture refrain, we asked you take a breath, like, know that we're gonna hold your hands, you know, you're not alone. We're going to do this together. And that's what we do. We that's why we created programs for parents, so that we can walk you through a little bit of education about what this industry is, what it looks like, how it targets kids, what the effects are, and what we need to do about it. And research shows that having a trusted adult whether that's a parent, a caregiver, a coach, a teacher, someone will reduce the likelihood Have risky behavior among kids. And what we also find out through research is that kids want to have these conversations, right? They're dying to talk to you, or someone about the life that they live right now they are overwhelmed.

So if we can imagine how overwhelmed we are, we have to also be able to recognize how overwhelming this is to them, because they are being constantly bombarded and these messages that they're getting, and pair that with maybe not getting sex education in school, or comprehensive, safe education's sex education in school, that's going to give them this space where they don't know who to turn to. Right. And so the pornography industry is like, pick me right turn, because we'll tell you everything you need to know, which is exactly what we don't want to happen. So what we want to do is we want to educate parents, we want to give them the sense of awareness so that they feel confident, and having these conversations with kids. And that's what we're aiming for. We're looking at 101 minute conversations, right?

If we can have the 10, 1 minute conversations versus the 100 minute lecture where your kids like, oh, my gosh, mom and dad are talking to me about you know, or, like, I don't want to talk about anything, and they don't know anything what you know. So we want to really kind of work through what's going on remind parents, these are all the changes that your tween and teen are going through, these are some new things that they have to adapt to with social media, with technology, with pornography, and how it's changed. But really having those guided conversations. So when we get through that education and awareness, you know, parents feel confident, they feel like okay, well, I can be the person that you come to, let me be that one. And instead of anybody else, instead of your friends and born and all of that, which means that we also have to practice and be easy on ourselves.

Yeah, no, we have to this conversation is probably going to suck the first time that we that we do it, we're going to be scared, they're going to be nervous, it's going to be embarrassing, we're totally going to be embarrassed. But we just have to be able to break through that, right. So whether you find your



your child is looking at pornography, maybe they've been asked to send a nude selfie, maybe, you know, maybe there's some things going on in their school that you want to be able to talk about, we really have this kind of composed program where we ask our parents to really compose to walk through, and parents are saying, okay, great, that's great cultural frame. But tell us what to say, right? We want the words you know, to start these conversations, and every module that we have in our courses, ends with a guided conversation scripts. So we've put out the scenario, we say, start here, if this doesn't work, move to this one, you know, and we really want to kind of revisit, we want, you know, we want to put it out there with a kid to say, and the best time to do it is when you're driving, because nobody really has to look at each other because your eyes are on the road. They're in the back looking out the window and you're giving.

And I say if you take longer than what is a typical song on the radio, you've taken too long, right? Yes, yes, my conversation we're talking about, Hey, I heard this speaker the other day, or I watched this podcast, I heard this podcast, this lady was talking about social media, what do you think about that, you know, and it can start really easy, you know, going going into those things, but laying that foundation and groundwork even when they're young, we say it's never too early and never too late to start having conversations about consent about body boundaries, naming our body parts correctly, talking to identify interested adults knowing who they are.

And then and then broadening that conversation with other parents, you know, getting together in your in your groups of soccer moms, or you know, baseball, dads or whoever, you know, whatever we're doing, and talking about, like, are you seeing this? And how are you responding to this. And knowing that you have a community to talk to you that you're not alone. If your child's watching porn having some kind of social media exposure, that's, that's not necessarily healthy. So we do have those those parents programs.

We also for those of you who like to look at the research, we have a curated academic library on our on our website, there's I believe there's close to 520 academic articles that are porn critical so that we're looking at the harms of pornography, especially on children, but we do have some articles about the adults as well. So like I said, you know, you've got this 40 years of research to back it up. If you try to Google it, you can get really overwhelmed by sifting through the pro porn verses and arguments. So we kind of do that for you and we have tons of resource sheets and things that you can do. So my number one is start having the conversation you know, start start talking about anything and then moving into being that trusted adult for your kid. ,

### **Christy Keating 30:00**

Yeah, you know, I think that that just sort of push to have the conversation is such an important one. And obviously culture reframed has oodles and oodles of free resources for parents, I also find, and I've done this with my own teenager, when I need to talk to her about something that even with all my training and background, like, there are things that I do not want to talk to my kid about, right, let's be

honest, that my parents never talked to me about. And I have a few times, in fact, just this last week, I started a conversation with a kiddo, I need to talk to you about something, and they do not. And I said, I feel a little uncomfortable, and they don't tell parents how to do this, right? Like, this is, it's gonna be awkward for you, it's gonna be awkward for me to like, owning and acknowledging that upfront. And it was so fascinating, because we ended up having this conversation, not a terribly long one. And I gotta tell you, so in this is, I didn't expect to kind of dig into this. But, you know, we have this conversation was about a sexually related topic. And that I felt like I needed to provide some information to my kid, I was dreading it, she didn't know it was coming. So I'm sure if she had known she would have been dreading it too. But we were talking about it.

And the next night, we do a we do a Sunday night family meeting every week, as many of my listeners know, because I did an episode about that. And we always start those meetings with appreciations for one another. And I had left that conversation with my daughter feeling like it went pretty well. And but you know, you don't always know how they perceive it. Right. And in that Sunday night family meeting, my teenage daughter, her appreciation for me was Mom, thanks for having that conversation with me yesterday. Like, I was like, you know, mind blown. Again, even in the work that you and I both do, which is so closely related, we still have those aha moments as parents, where it was such a reinforcer for me like, yes, these kids do want information. They want to feel like they can talk to us about it, in a really shame free blame free judgment free way. And she like she just reinforced that for me. So anyway, that was total sort of side note inside story.

But as you're talking about the services in that scripts, and the coursework that is available for parents, which is so so good, especially for those parents that are like, I don't know where to start, or my kid won't talk to me. I'd love to ask you a little bit because I think parents hear a lot of different terms that are floated out there. And not everybody knows what they mean. So you've been talking a lot about sort of this foreign critical or porn, critical literacy? What is meant by that versus just porn literacy? And where does cultural reframe land on that?

**Dr. Mandy Sanchez 33:04**

Yeah, we know exactly where we, we are in terms of that. And that's a really great question that foreign literacy has been floating around, kind of by everyone, you know, in some some strange way in this country, by state and even abroad, like in Europe and the UK and Australia. And I think that I can just tell you, where, where we stand with portlets. So porn literacy can mean talking about pornography, using pornography as a as a way in to talk about sex and relationships. Some people might think that it's not that bad that we it's like chocolate, we can have a little bit of it, but not too much. Culture, refrain definitely does not subscribe to that, that view that we are very porn critical. So we recognize, like I said, those 40 years of harms that the pornography industry has caused to women, children, men, everyone and society.

And when we take a porn critical approach, especially we have a new sex education curriculum that's about to release here very soon. And that's, of course, geared towards teachers. And we want lots of facilitation with that, but also parents can find some really helpful, helpful ideas and that sex education curriculum, but it's foreign critical, because we really take a look at the industry take a look at pornography and expose it for what it is right? So we're, we're really talking about this is what you see when you when you come on to a porn site, but then also history, how it's, you know, normalized in a lot of places, how it's exploded into social media tied to gaming, but also tied to child trafficking, Child Sexual Abuse materials, and really taking that critical approach to it by framing it in terms of exploitation. So we take that anti exploitation framework because we have to come to this knowing that it In some way, the research is bearing out that a large majority of our kids are going to see porn by the age of nine. Right? That's the first age, you know, the First Age of exposure. We're seeing it younger anecdotally, but about nine to 10 is, is that age range.

So we have to understand how it's already dominated or influenced their sexual scripts. So in order to be porn critical, you have to unpack it, you have to unpack what kids already know. And I say that this for educators, but also for parents, you know, when we're having that conversation, we have to maybe assume that they've seen this, you know, we have to assume that they've heard about this in some way, and really start to unpack what is meant by the porn that they see. So once we frame that in an anti exploitation framework, then we can build upon it right, then we can move in to say, we have to be critical consumers of not pornography, but we have to be critical consumers of media, of social media, and we teach kids how to do that, right? How to really take a look at evaluating their sources for sex, and relationships. Where do you how do you know what you know? You know, like, how do you know this? And what have you heard about healthy relationships? And what does that look like for you? Is it what Cardi B is telling you through her lyrics? Is it you know, is it something that you've seen on love islands? You know, like, what, what are we seeing here with the dating world, the hookup culture, because our college kids are telling us that? Oh, my gosh, we wish we had this conversation? Like 10 years ago? Yeah, if I had this before I came to college before and we even have high schoolers saying, Man, if we would have known this before high school, right, before we got to be freshmen, and experienced this, this would have this would have changed that changed the game for us. Yeah. Want to be the people that that changed the game for kids, right? We want to get in there early.

### **Christy Keating 36:56**

You know, there was a research study done a number of years ago at Harvard called and they call it the making, caring common project. And in that they interviewed, I don't know how many, quite a few young adults, and they really found that the number of conversations that those and I say young adults, some of them are teenagers, but you know, college aged kids, and late high school, the number of conversations that their predominant caregivers were having with them about sex in general, you know, not even getting to pornography was between zero and one. And the number of the percentage of them that wished they had had those conversations was an overwhelming percentage. And I'm not going to cite it, because I don't have the study in front of me. And I don't remember the exact number. But, you

know, I want to say it was around 80%. Were saying I wished I'd had this conversation with my primary caregiver, about these things. So I mean, that totally tracks with what you're saying, you know, that you're hearing from college kids that they're saying, if I'd have this information sooner, you know, and critical thinking in general is something that well, our schools are supposed to be teaching. Yeah, I think that has been the thing challenged in a lot of states, which is upsetting to me full disclosure, you know, and carrying that critical thinking, that ability to think critically about, you know, where we're reading history, right, what what we're being told, in terms of history, what we're being told, told in terms of, I mean, everything race relations, you know, everything that is sort of covered in a general or regular school day, carrying that level of critical thinking into this space, of sex and sexuality education makes total sense to me.

And it sounds like that's what that porn critical lens is, it's how do we think about this critically, so that we can figure out where we land based in the research. And we could talk about this for so I mean, for so long, and I know that you spend your days talking about this and sort of immersed in this subject. When we sort of think about parents right now. Obviously, getting that conversation started, you said that's a huge piece, accessing the free resources available, through cultural reframed is a great thing to do. Are there any other sort of first steps or like just some, you know, little bite size, if you will, pieces of advice that parents listening to this can walk away with today?

**Dr. Mandy Sanchez 39:42**

Yeah, I think that when I hear other people talk about this, you know, and I hear parents say, like, I want something right now, tells me what to do right now. And so I guess the right now action step would be besides talking to your kids, but really, you know, being critically engaged in what they're doing. If you don't understand the game that that your nine year old is playing, go sit in their room and watch the game and ask them what makes you happy when you play this game? What frustrates you the most? Who are you talking to? When you're talking? Are you talking to yourself? Do you know who you're talking to? Right? Really trying to kind of live in their shoes for the moment and really have those conversations, I love the family meetings, my family and I we do every dinner that we have together around the table, we do you know, our rose and Thorne and we talk things.

So it's a great time to have them really expand on the things that are bothering them, you know, and I would say like be really attuned to what's going on in this hustle, bustle busyness of the world. Sometimes it's easier just to kind of keep going, you know, we're checking the lists, we're making sure everybody's at practice and at all of their events. But also, I would say something really easy that you can do is model, model the behavior, right? So and it's something that we've all kind of learned or picked up through some parenting classes, or seminars or things like that. But it's so easy to forget that if you're saying I don't want you to have your cell phone at the table, and then you're sitting there, you know, on your phone, Oh, just a second, it's work or I gotta take this call, you know, so really, you know, modeling that behavior, mimicking that. Also, you've so use social media use pop culture, if you're sitting down, and you're watching the Superbowl, and some ads are flying up there, and you're like, A,

what do you think about that? Like, what do you think they're really selling there? You know, and there's so many ways, and I think by now my kids already know, Mom, is this a work question? Or is this a real question? Right? So then there's so many ways, but I mean, it started with me with my kiddo. I mean, he loves music. And so He's busting out the the lyrics to this song. And I kind of turn and look at him. And I'm like, what? Do you know what you just said? Like? Do we know what this means? And you know, when he's talking about he's like, I guess I don't know what that means. You know, and it's a perfect opportunity to use lyrics, use commercials, use advertising, use your billboards.

You know, when you're on a family vacation this summer, and you're going to different states, and there's billboards up there and you're playing those I Spy games, use use those things or anecdotes. For other friends, the best way to do it is I have a friend too, or I heard about somebody you know, and then you have been, like you did with with your conversation. So like you said before, unrealistic to think that you're going to shut the internet off, or, you know, blind them from social media or keep them from it. We do subscribe to kind of a wait till eighth movement for cell phones or smartphones.

We understand the realities of parents that sometimes that's just too hard to do. In this day and age. I mean, for me, I was like in college, when I got my first cell, no idea of as next generation, but the wait till eighth grade, typically. But if you can't we have a social media and mobile phone contract, you know, that we ask parents to engage that with their kids, they can they can come up with and what we find is that kids are way more punitive than we are, yeah, like grounded for a month. Like that's a long time, you know, but hey, if they think that that can be a consequence of excessive use, but there's, there's apps that you can get on your your, your phones and your social media in your house, like there, there are those things, but I would say the conversation, and being that trusted adult far outweighs any app that you can buy to monitor or internet use.

**Christy Keating 43:41**

You know, if I and I was just writing a couple notes down as you were talking, like, if I were gonna sum up what you just said, it's connection and presence, right, which I think is the number one parenting tool, period, whether we're talking about pornography, or temper tantrums, or whatever, right connection and presence modeling, also a fabulous parenting tool. And then for pornography, specifically, the use of pop culture to get these conversations started in a way that's more like generic and not have you seen this? Right? Have you been doing like, it doesn't feel as targeted? I think for a lot of kids. And it's just this let's talk about what's happening in a broader sense, right?

**Dr. Mandy Sanchez 44:25**

Yeah. And it was such great tips. And it's relevant, you know, it's, it's kids are going to check out if they think their parents don't know squat about what's going on. I always attempt to to know a little bit about the new artists and that's, that's hitting the sea and like, I want to know, the new movies and the new squabbles between our role models, you know, their role models. So it's good to speak the language, you know, in a way because I know that that we are like oh my gosh, Mom, please don't you know bring

back then. But you know, you want to be able to do that in a way A and and what I found is that then you become kind of the resident parent for all of the kids in the, in the social circle, right there. Yes, parents are like, Hey, can you can you talk to my kids about that just kind of happily when you have them at your house, you know, so then it then it becomes that but then having that network, you know, because parents need support it because, you know, like, this is the toughest job. And right now being a parent right now. I mean, I talked to my mom all the time, and she's like, I wouldn't know how to do it.

**Christy Keating 45:30**

I don't know. Yeah, my mom says the same thing.

**Dr. Mandy Sanchez 45:33**

So then, you know, we have to have that network. And we have to also give ourselves a break. You know, like, we can't, we can't be expected to be porn experts and social media experts in parenting X Nina, like, we just got to do a good job. And we got to show up, you know, and I think that the porn industry is counting on us not showing up, you know, the tech industry and the social media industries are counting on us to let them do our job. And they hijacked that responsibility. And I say we take it back, like we need to take it back and be accountable to our kids and do what we need to do.

**Christy Keating 46:12**

Okay, I can't think of a better little bit of advice to end on then, you know, we just need to show up that, that kind of says it all. And obviously, we've talked about cultural reframed, and the parent courses that are available, again for free, and I will make sure that everybody in the shownotes here has links to those anywhere anyplace else that people are like, I want more, I want to connect with you know, you Dr. Sanchez, or Dr. dines or the organizational culture reframed, what's the best place for people to do that.

**Dr. Mandy Sanchez 46:44**

Culture Reframed.org It's the very best place are once you get on that website, you're gonna see like I like Christie said free resources, you're gonna see links to register for our free courses for parents. Coming soon, you'll have our sex education through a porn critical lens that we want to, we want to give to educators, facilitators, parents alike, and it has all of our contact information. So I always tell people when I do talks, or presentations or trainings, email me because I will email you back. So oftentimes, you know, when you email this, this person, you don't think you're ever going to hear from them. We make it our business to to email you right back, we set up zoom conversations with you, to help you talk through some things to walk you through, whether that be our resources, or others.

And then we do have a resource list so that books, podcasts, articles, videos, videos that you can show with your kids. So if you're like, I'm not touching this with a 10 foot pole, show them a video, you know, that became their language, too. So we have these two, three minute videos about consent and body and all kinds of things on there. So it's not, you're not showing your kid porn you're not doing you know,



you're not having necessarily the porn conversation right now. But you're leading up to it. So you can email me anytime. And we're happy to happy to have the conversation and continue it with you.

**Christy Keating** 48:04

Oh, my goodness, Mandy, thank you so much for this conversation. I know, this is a topic that a lot of parents know they need to think about, but don't want to think about and I you've made that really accessible. And that reminder that, hey, we just kind of show up. We've just got to show up. Thank you so much for being here. I'm so grateful to you and for the work you're doing in the world.

**Dr. Mandy Sanchez** 48:27

Thank you so much. I appreciate you too.

**Christy Keating** 48:30

Oh, goodness, thank you so much for listening to that interview with Dr. Mandy Sanchez. I hope it wasn't as impactful for you. As it was, for me. It's a tough conversation. I know. And I don't know a single parent out there, including myself or Dr. Sanchez, who relishes the fact that these are conversations that we need to have with our kids. And yet they are so so important. Please reach out to Culture Reframed, as I said, all of their resources are free.

Please reach out to me if you need coaching or support in this area. I have a cell phone contract culture reframed as a cell phone contract. So there are lots of resources out there for you. And as a reminder, when we can fall back on connection and presence, modeling, and using the world around us to engage our kids in these important conversations. You know, we're going to be so far ahead of where we would be otherwise.

You know, we were never meant to do this alone. So don't do this alone.

Have a great day, and I'll see you next week.