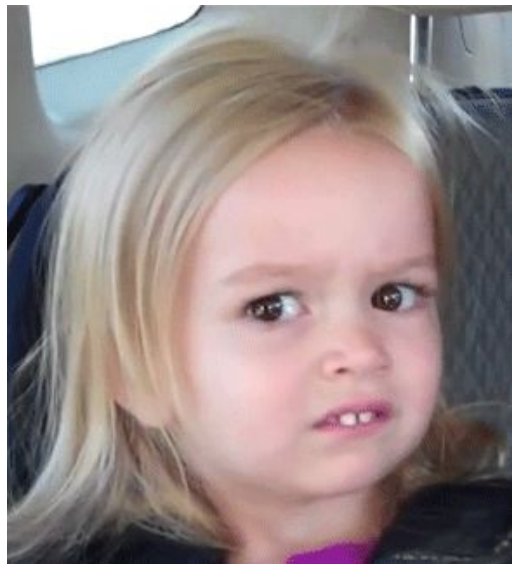# Bridging the Gap

What young adults can do *now* to be ready to raise children who grow up free from problems with pornography.
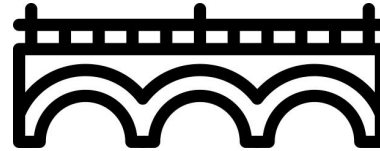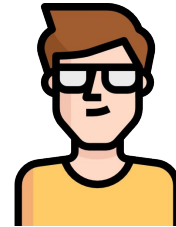
REACH 10

HAVING
"THE TALK"

(Our parents did their best)

Let's bridge the gap.

PAST   **PRESENT**   **FUTURE**

Emotion coaching

1. What am I feeling?
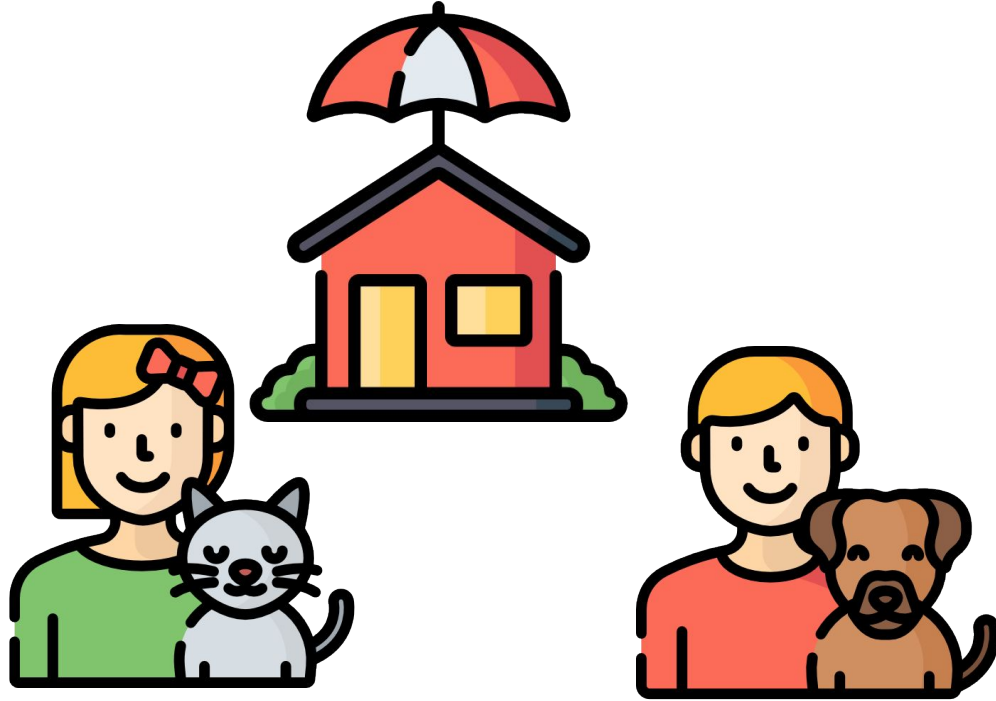2. Why do I feel that way?
3. What are the next steps I can take to feel better?
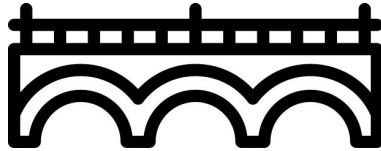
Clearly prepare kids to reject pornography.

Comparing healthy and toxic relationships

Toxic Relationships	Healthy Relationships
Clouded with deceit	Rooted in honesty and truth
Disrespect demonstrated by one or both	Mutual respect is apparent
Distrustful	Trust and safety are present
Lopsided focus	Well-rounded focus
Drama-based	Drama is limited and acute
Feels draining, confusing, depressing, or shameful	Feels energizing, hopeful, and empowering
Solving problems is avoided and differences are viewed as threatening	Problems addressed openly and differences respected
Sense of entrapment or being controlled and manipulated	Increased sense of freedom
Sexism or hierarchy exists	Partners are equals
Boundaries are difficult to detect or are breached	Appropriate boundaries are respected
Breeds selfishness	Encourages self-respect and selflessness
Decreases wellbeing	Increases wellbeing
Fear- or lust-based	Love-based
Hinders or stagnates growth	Fosters and encourages growth
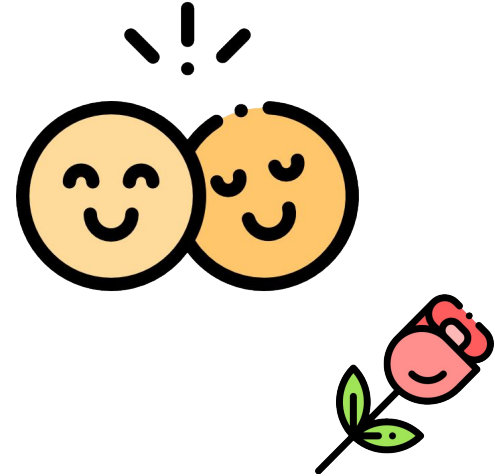
Jill C. Manning, PhD, in the *Understanding Pornography Addiction and Betrayal Trauma Manual* from SA Lifeline

Contrasting Healthy Sexuality and Pornographic Portrayals of Sexuality

Pornographic Portrayals of Sexuality	Healthy Sexuality
Lustful	Loving
Public	Private
Isolating	Unifying
Deceptive	Honest
Fantasy-based	Anchored in reality
Body is treated as an object, toy, or weapon	Body is sacred
Decreases well-being	Enhances wellbeing
Degrading	Respectful and honorable
Involves using or harming someone	Involves loving someone
Spiritually deadening	Spiritually meaningful
Socially irresponsible and costly	Socially responsible and beneficial
Often involves violence and coercion	Involves mutual consent and volition
Associated with crime, abuse, infidelity, addiction, prostitution, and divorce	Associated with life and joy
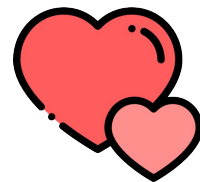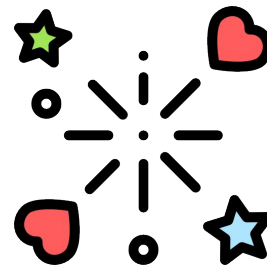
Jill C. Manning, PhD, in the *Understanding Pornography Addiction and Betrayal Trauma Manual* from SA Lifeline

SOBRIETY = Not looking

RECOVERY **=** Not looking + accountability
+ healthy stress responses + a plan
+ humility & honesty + skills
+ spiritual healing + connection
+ healthy living for a lifetime

Pornography use is on a range

- Everyone is on the range somewhere
- There is no line we cross into addiction or other serious consequences
- Our brains and bodies become gradually more conditioned to the experience
- Our lives become more impacted by pornography use over time
- Recovery is a process of turning and progressing to the healthy side of the spectrum; our brains and bodies heal in the process

Never had any exposure to sexualized media in any form

Pornography use leading to serious consequences and possible addiction

Take action!

1. Build a bridge to your parents

Approach your own parents for advice - what was it like for them to teach their kids about pornography and sexuality, and what do they wish they had done differently? What were their experiences with their own parents? What advice would they give you? What do they hope for their grandchildren? How could you work together to help your family now and in the future?

2. Build a bridge to your romantic interest

Ask your spouse, fiancée, or person you are dating about how they hope to raise children who are prepared to reject pornography. Use some of the ideas in this lesson to have a conversation.

3. Build a bridge to your friends

Spread the message and get change going! Share 3 things you learned in this presentation with a friend. Or get a group of friends together and use this guide to hold a discussion. Then ask them to go share with some of their friends!
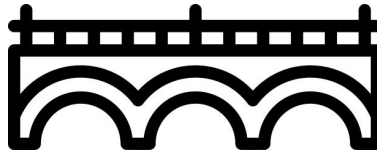
Learn more at **reach10.org**

We'd love to hear from you!

hello@reach10.org