

Parents Can Help Adolescents Navigate These Messages!

Most of the time, parents are watching television with their children. When sex scenes or poor representation of sex arises, discuss with your adolescent what sex *really* is, and what the show has failed to explain.

A study focused on Teen Mom, and 16 and Pregnant, found that higher exposure to these shows were associated with an increased likelihood of having engaged in recent intercourse for females whose fathers didn't communicate about sex growing up

Talk to your kids!

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How Sex Portrayals In Television Harm Your Children



Harmful Messages On The Big Screen

Social Cognitive Theory is the idea that we learn, and do what we observe. Whether that is by person or media

If you are constantly exposed to these sexual messages, adolescents may mimic this behavior, portray these behaviors in their reality

A different study that focused on eight different Netflix-produced television shows, found that sexual interest was the most common subject to be talked about. Followed up with references to sexual behavior. Such as kissing.

There were no references to safe sex, contraceptives or consequences of sex, which could be mimicked by adolescents

Television Shows That Normalize Negative Sexual Portrayals

- Degrassi
- Grey's Anatomy
- Friends
- One Tree Hill

In a recent study called, Does the Effect of Exposure to TV Sex on Adolescent Sexual Behavior Vary by Genre, researchers found that dramas negatively predicted having sex

In the same study, It was also found that dramas, mentioned above, had significantly more sexual content, risk & responsibility messages than cartoons, comedies, and reality

How Do These Messages Harm Your Children?

In a study, researchers found that after having the participants watch short clips of men treating women like sexual objects, the participants were more likely to leave the study believing those notions rather than participants who didn't watch the clips

According to researchers, "The significant findings indicated that greater exposure to talk shows and "Sexy" Prime-Time programs is each associated with greater support of stereotypical gender roles and of notions that sex is recreational"

