

YHaRS

YOUTH HEALTH
and
REHABILITATION
SERVICE

Challenging normalized behaviors of violence / sexual violence with young people

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And insights provided by:

AVIP facilitator: Renay Howard Social Worker

Challenging normalized behaviors of violence / sexual violence with young people

Challenging / changing- the problem of buy in- absolutely pointless to “lecture clients”- they will dig in defensively.


Definitions – so important and many times overlooked
E.g. “Violence” as defined by AVIP clients, first session,

Exclusive focus on young person can displace wider responsibility and dis affirm the young person’s experience. What are the greater sociological issues

The method of challenging is paramount, our aim is to shift beliefs and attitudes by challenging and not creating a defiance or defensive stance.

Behaviour can be dissected in an infinite number of ways and continuums. e.g.

- Legal/ illegal
- Moral / immoral
- Healthy/ unhealthy;
- Positive / negative;
- Helpful/ unhelpful
- Enjoyable / unenjoyable
- Boring /exciting



Where am I coming from? Is it a mix? Are my values modern and relevant?

There is an added problem that younger people can be more rigid in their beliefs and think in dichotomies rather than grey.

What techniques can we use to create dissonance?

- Motivational Interviewing
- Experiential Tx e.g. debates, creating dissonance
- Radical opposition e.g. marijuana
- Listing future goals then looking at current behaviours – are they congruent or contradicting?
- Useful to Tap into desire to be a Positive fathers
- Use theatre exercise to generate future goals if stuck
- Stay away from moral /immoral !!!
- Aim for self interest positive for them (explore relationships, respect, autonomy etc.)
- Explore role models: who do they want to become- good-bad aspects to that person, real or idealised?
- Existential theory
- Use masks, boxes etc. for existing dissonance

Need for bio psycho social approach

We need to be aware of neuro-plasticity and neural pathways and their learning and development thus far.

- Develop time line with young person- bullying, trauma, rejection, death,
- Elicit values and beliefs about the world and their belonging (dangerous place, must get your own needs met, dog eat dog world, look after number one, must be loyal to mates, cant back down, pride is everything
- No clear definition of Manhood , rely on respect, reputation, social standing, alpha maleness- superficial definition of man , how much ice I can use, cars I can steal. How tough
- Absence of a rite of passage
- Males becoming redundant- women don't need them anymore, we drive, have jobs etc. What does it mean to be a man
- Explore how their needs are being met e.g. I use good lives model:

Good Lives Model

1. Life (including healthy living and functioning)
2. Knowledge (how well informed one feels about things that are important to them)
3. Excellence in play (hobbies and recreational pursuits)
4. Excellence in work (including mastery experiences)
5. Excellence in agency (autonomy, power and self-directedness)
6. Inner peace (freedom from emotional turmoil and stress)
7. Relatedness (including intimate, romantic, and familial relationships)
8. Community (connection to wider social groups)
9. Spirituality (in the broad sense of finding meaning and purpose in life)
10. Pleasure (feeling good in the here and now)
11. Creativity (expressing oneself through alternative forms).

Get the client to indicate through which portal they meet these needs:

Good Lives Model Tony Ward

[https://
www.goodlivesmodel.com/](https://www.goodlivesmodel.com/)

information



Explaining to clients: neutral plasticity

Video 8 minutes on YouTube

Search: The Backwards Brain Bicycle - Smarter Every Day 133

<https://www.youtube.com/watch?v=MFzDaBzBIL0>

The screenshot shows a web browser window with multiple tabs open. The active tab is the YouTube video 'The Backwards Brain Bicycle - Smarter Every Day 133'. The video player shows a man in a green shirt riding a bicycle on a path. The video has 16,318,550 views and was published on April 24, 2015. The video description includes links to buy the bicycle, a shirt, and a Patreon support link. The right sidebar shows recommended videos, including '7 Crazy Bikes You Have To See To Believe', '37 TOTALLY BRILLIANT HOME REPAIR TRICKS', 'My Response to Smarter Every Day's Backwards Brain Bicycle', 'Mock The Week's Scenes We'd Like to See (Series 14 Cut)', and '6 PHENOMENA THAT SCIENCE CAN'T EXPLAIN'.

Explaining desensitization, tolerance, negative affect and self soothing, coping mechanisms to clients.

Some sites for de sensitisation:

<https://www.youtube.com/watch?v=oxyTO-Q40u4> or search YouTube for
DESENSITIZED: Media Violence and Children (3 minutes)

Published on Apr 20, 2011

Public Service Announcement about the effects of violent media on youth today.

© Watkins 2011

All music, images, clips © to original owners

<https://www.youtube.com/watch?v=bEfSlqr5STg>

How Violence in the Media Effects Children (6 minutes)

Published on Dec 9, 2012

[NeighboursInParis](#)

This video shows how Violence can effect children.

Critical Thinking : requires physical brain maturation and skill teaching

You tube: <https://www.youtube.com/watch?v=WMrdt1wjMJc>
Stages of Critical Thinking [Susan Neifert](#)

The screenshot shows a YouTube video player interface. The video title is "developmental critical thinking". The video content displays a staircase diagram representing the "Six Stages of Critical Thinkers":

- 1. Unreflective
- 2. Challenged
- 3. Beginning
- 4. Practicing
- 5. Advanced
- 6. Accomplished

Additional text in the video includes: "Accomplished thinkers are in charge of their thinking and continually improving." and "Teacher Response: Informs of the goal". The video is by Susan Neifert, with 3,081 views. The description mentions it was published on Jun 11, 2014, and discusses the author's experience as an elementary teacher.

Critical thinking used to be embedded in movie ratings
e.g. MA+ the idea being that the thought processes
distinguishing fantasy from reality was being taught,
e.g. Jaws, Fast and Furious etc

How many of our clients have parents or role model sitting with them
watching violent videos, violent games, pornography?

Stage One: The Unreflective Thinker

Stage Two: The Challenged Thinker

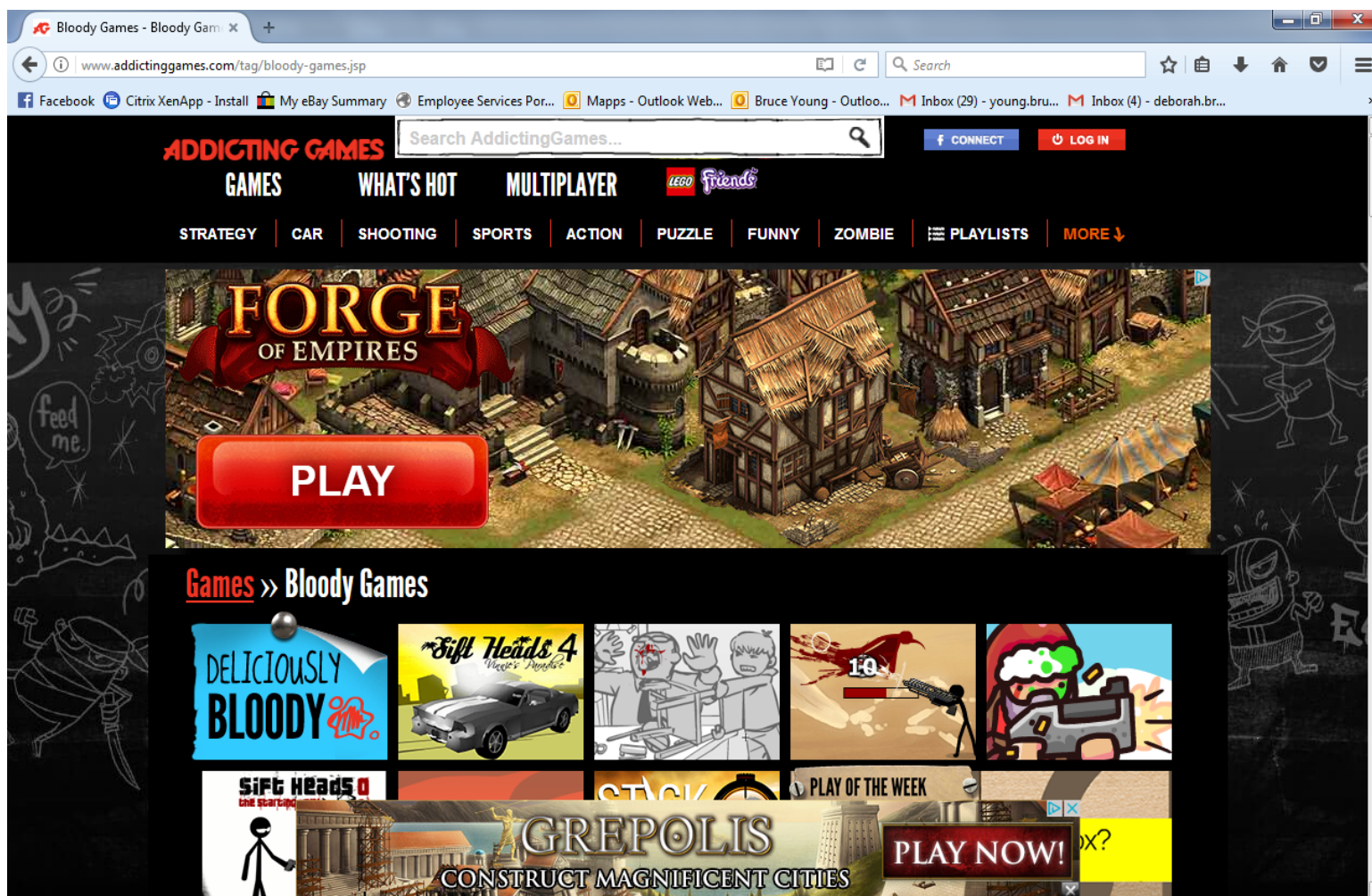
Stage Three: The Beginning Thinker

Stage Four: The Practicing Thinker

Stage Five: The Advanced Thinker

Stage Six: The Accomplished Thinker

What are some youth watching?



Bloody Games - Bloody Gam x +

www.addictinggames.com/tag/bloody-games.jsp

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Facebook Citrix XenApp - Install My eBay Summary Employee Services Por... Maps - Outlook Web... Bruce Young - Outloo... Inbox (29) - young.bru... Inbox (4) - deborah.br...

DELICIOUSLY BLOODY

Sift Heads 4

Sift Heads 0

3

STACK SQUAD 2

PLAY OF THE WEEK

What's inside the box?
a Bart Bonte game

BOXHEAD 2

Hobo7

LEAGUE OF LEGENDS

DOWNLOAD

Mutilate-a-Doll 2

BOWMAN 2

infectorator! 2

GREPOLIS

CONSTRUCT MAGNIFICENT CITIES

PLAY NOW!

Y8 Violence Games - Y8.COM

www.y8.com/tags/violence

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Games for girls 19,595 games

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Strategy & RPG Games 2,209 games

Management Games 3,589 games

Thinking Games 10,693 games

Action & Adventure Games 15,464 games

Sports Games 2,121 games

Shooting Games 7,464 games

Fighting Games 2,112 games

Skill Games 8,944 games

Arcade & Classic Games 11,851 games

Fun & Crazy Games

VIOLENCE GAMES

All (342) Multiplayer (1) IDnet (6)

SORT BY: Popularity

Whack Your Ex

Rating: 86% • 57,268,864 plays

Load Up And Kill

Rating: 77% • 29,905,484 plays

Dead Zed 2

Rating: 90% • 9,587,384 plays

Dont Whack Your Boss

Rating: 88% • 9,359,010 plays

Handless-Millionaire

Rating: 84% • 5,779,903 plays

Rogue Buddies

Rating: 92% • 2,033,201 plays

Strike Force Heroes 2 (Of...

Rating: 92% • 6,143,877 plays

Don't Whack Your Teacher

Rating: 87% • 23,022,116 plays

Whack Your Boss

Rating: 87% • 11,655,710 plays

Whack The Thief

Rating: 88% • 2,102,478 plays

The News

What about the news?

Tuesday this week in Melb: Do you remember it ended with the truck driver kicking the other person in the head? Film footage was shown



How many of our clients have parents or role model sitting with them watching violent videos, violent games, pornography?

Road Rage this Wednesday Melbourne, again film footage shown on news

'It was brutal': man repeatedly punched and kicked in road rage incident in Dandenong

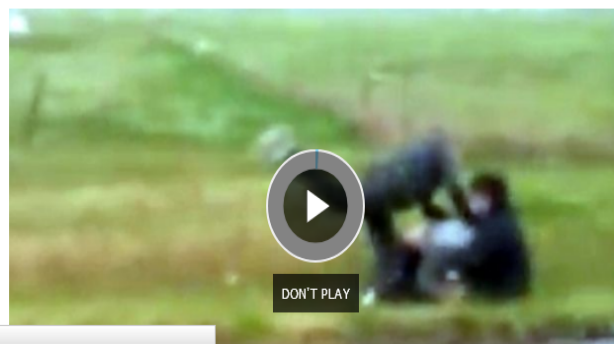
Melissa Cunningham

123 reading now



A man was left cowering on the side of a busy highway in Melbourne's south-east after he was brutally punched and kicked in another terrifying road rage incident on Melbourne's roads.

Shocking footage video footage of the brawl shows two men assaulting another man on the side of the Dandenong Valley Highway at Dandenong South during peak-hour traffic.



MOST POPULAR

- 1 'Roundabout of death' gets \$100,000 to plan a safety upgrade
- 2 More councils eye changing the date of Australia Day after Yarra Council push
- 3 Yarra council stripped of citizenship power after cancelling Australia Day celebrations
- 4 'It was brutal': man repeatedly punched and kicked in road rage incident in Dandenong
- 5 Ridsdale has served enough time in prison, lawyer tells court


How many of our clients have parents or role model sitting with them watching violent videos, violent games, pornography?

World news at the moment yesterday- Thursday?? “game on” ...

edition.cnn.com/videos/tv/2017/08/14/lead-monaco-mattis-north-korea-threat-live.cnn

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CNN Regions | U.S. Politics | Money | Entertainment | Tech | Sport | Travel | Style | Health | Video | VR International Edition +



Mattis: N. Korea strike on Guam means 'game on'

Former Homeland Security Adviser to President Obama Lisa Monaco told Jake Tapper that she's concerned the war of words between the U.S. and North Korea could lead to an unintended confrontation. Source: CNN

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Videos You Should Watch (16 Videos)

< [Video 1] [Video 2] [Video 3] [Video 4] [Video 5] [Video 6] >

Sometimes, WE talk about paralleling behaviour in our clients with criminal / violence etc, what about the other way, are they paralleling the violence and acceptance of indifference in the world, the lowering value of human life?

Perhaps the use of international intimidation, use of force as a problem solving technique

Acceptance of violence against individuals and groups not in our group (determined by religion, ethnicity, immigration status, worthiness (economic versus other refugee etc). Ability to selectively apply human rights to deserving .

What are the concerns for Violence?

Desentisation to Violence

Journal of Youth Adolesc. 2015 May;44(5):1092-108. doi: 10.1007/s10964-014-0202-z. Epub 2014 Oct 19.

Emotional and physiological desensitization to real-life and movie violence. Mrug S¹, Madan A, Cook EW 3rd, Wright RA.

<https://www.ncbi.nlm.nih.gov/pubmed/25326900>

“The results point to diminished empathy and reduced emotional reactivity to violence as key aspects of desensitization to real-life violence, and more limited evidence of physiological desensitization to movie violence among those exposed to high levels of televised violence.”

What violence offers

- Legitimises violence as a problem solving strategy
- Models violence as ok, cool and highly regarded
- Models violence as a way to gain respect
- Glorifies violence as an attractive attribute (can define masculinity)
- Promotes violence as attractive to others eg potential partners (Vin Diesel etc.)
- Is unrealistic in its consequences for victims and perpetrator (long term medical and social consequences never raised)
- The inability to be violent is seen as weak, cowardice and non-male
- It is promoted as advertising a better suitor because of his protective ability against threat

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| List of best-selling video games on all platforms | | | | | | | |
| No. ↕ | Title ↕ | Developer(s) ^[a] ↕ | Publisher(s) ^[a] ↕ | Release date ↕ | Platform(s) ↕ | Sales ↕ | Ref. |
| 1 | <i>Tetris</i> † # | Elektronorgtechnica | Spectrum HoloByte ^[b] | June 6, 1984 | Multi-platform | 495,000,000 | [2] |
| 2 | <i>Minecraft</i> † # | Mojang | Mojang | November 18, 2011 | Multi-platform | 122,000,000 | [4] |
| 3 | <i>Wii Sports</i> † | Nintendo EAD | Nintendo | November 19, 2006 | Wii | 82,810,000 | [6] |
| 4 | <i>Grand Theft Auto V</i> † | Rockstar North | Rockstar Games | September 17, 2013 | Multi-platform | 80,000,000 | [8] |
| 5 | <i>Super Mario Bros.</i> † | Nintendo R&D4 | Nintendo | September 13, 1985 | NES | 40,240,000 | [9] |
| 6 | <i>Mario Kart Wii</i> † | Nintendo EAD | Nintendo | April 10, 2008 | Wii | 36,950,000 | [6] |
| 7 | <i>Wii Sports Resort</i> † | Nintendo EAD | Nintendo | June 25, 2009 | Wii | 33,040,000 | [6] |
| 8 | <i>Pokémon Red, Green and Blue</i> | Game Freak | Nintendo | February 27, 1996 | Game Boy | 31,380,000 | [10] |
| 9 | <i>New Super Mario Bros.</i> | Nintendo EAD | Nintendo | May 15, 2006 | Nintendo DS | 30,800,000 | [11] |
| 10 | <i>New Super Mario Bros. Wii</i> † | Nintendo EAD | Nintendo | November 11, 2009 | Wii | 30,050,000 | [6] |
| 11 | <i>The Elder Scrolls V: Skyrim</i> | Bethesda Game Studios | Bethesda Softworks | November 11, 2011 | Multi-platform | 30,000,000 | [12] |
| 12 | <i>Diablo III</i> | Blizzard Entertainment | Blizzard Entertainment | May 15, 2012 | Multi-platform | 30,000,000 ^[c] | [13] |
| 13 | <i>Duck Hunt</i> † | Nintendo R&D1 | Nintendo | April 21, 1984 | NES | 28,300,000 | [14] |
| 14 | <i>Wii Play</i> | Nintendo EAD | Nintendo | December 2, 2006 | Wii | 28,020,000 | [6] |
| 15 | <i>Grand Theft Auto: San Andreas</i> | Rockstar North | Rockstar Games | October 26, 2004 | Multi-platform | 27,500,000 | [15] |
| 16 | <i>Call of Duty: Modern Warfare 3</i> † | Infinity Ward Sledgehammer Games | Activision | November 8, 2011 | Multi-platform | 26,500,000 | [16] |
| 17 | <i>Call of Duty: Black Ops</i> | Treyarch | Activision | November 9, 2010 | Multi-platform | 26,200,000 | [16] |
| 18 | <i>Grand Theft Auto IV</i> | Rockstar North | Rockstar Games | April 29, 2008 | Multi-platform | 25,000,000 | [17] |
| 19 | <i>Call of Duty: Black Ops II</i> | Treyarch | Activision | November 12, 2012 | Multi-platform | 24,200,000 | [16] |
| 20 | <i>Kinect Adventures!</i> † | Good Science Studio | Microsoft Studios | November 4, 2010 | Xbox 360 | 24,000,000 | [18] |

Music???



Violent song lyrics may lead to violent behaviour

July/August 2003, Vol 34, No. 7

Violent song lyrics increase negative emotions and thoughts that can lead to aggression, according to a study published in the May issue of the [Journal of Personality and Social Psychology](#) (Vol. 84, No. 5).

<http://www.apa.org/monitor/julaug03/violent.aspx>

Music???



“Straight Outta Compton”

Ice Cube

“Going off on the motherfucker like that/With a gat that’s pointed at your ass/So give it up smooth/Ain’t no telling when I’m down for a jack move/Here’s a murder rap to keep y’all dancing/With a crime record like Charles Manson/AK-47 is the tool/Don’t make me act a motherfucking fool”

“Ex-Girlfriend”

Esham

“I used to love her, too bad I had to put a slug through her/Dumped her body in the trash like I never knew her/Blood runnin down the gutter into the sewer/Her body stunk for weeks like horse manure”

Source: [50 Violent Rap Lyrics That Will Make You Cringe - XXL](http://www.xxlmag.com/news/2016/07/rap-lyrics-violent/?trackback=tsmclip) |
<http://www.xxlmag.com/news/2016/07/rap-lyrics-violent/?trackback=tsmclip>

Sporting Heroes (only AFL)

AFL players in Sydney since March – July (5 months) 2017

Mar 2017, TROUBLED former AFL star Ben Cousins has been jailed for 12 months. ... He described Cousins' criminal behaviour as “persistent, sustained ...

6 Apr 2017 Former West Coast Eagles AFL player Ben Cousins arrives at the ... The Armed Crime Squad is still investigating the shooting and won't be ...

May 2017, FORMER AFL star Justin Murphy has been sentenced to six months in jail for a series of “evil” attacks on his ex-girlfriend, including maiming ...

Former AFL star jailed for blow torch attack on ex, blames ice addiction

International-The West Australian-18 May 2017

Apr 2017 The New South Wales Education Department has been warning the Federal Government about “fraudulent and criminal behaviour” in the ...

Former AFL star Aaron James faces 133 charges, including ...

Herald Sun-22 Jun 2017 Former AFL star Aaron James faces 133 charges, including assaulting ... AFL bad boy Aaron James has been accused of threatening to kill his ...

Extortion arrests for AFL stars Jake King and Tyrone Vickery

The Australian-5 Jul 2017 Officers from Victoria Police's Crime Investigation Unit swooped on King ...

Lucas, a former Essendon player, said he had not spoken to Vickery.

AFL player and former player under police investigation

International-Herald Sun-5 Jul 2017

AFL bad boy Aaron James fronts court in Wangaratta

Herald Sun-3 Jul 2017 AFL bad boy Aaron James fronts court in Wangaratta ... It comes just 12 days after the former Collingwood and Richmond player was accused of threatening to kill his wife amid a bitter ... James nodded and promised the magistrate that he would be on his best behaviour.

Video Gaming

A popular one- Grand theft Auto, you can find this tutorial online:
<https://www.youtube.com/watch?v=PX5Z079ZQc4>

Or search:



GTA 5 How To Find Hookers & Have Sex With Them! Easiest Way To Find Prostitutes Tutorial!

[MorninAfterKill](#) 1,413,652 views

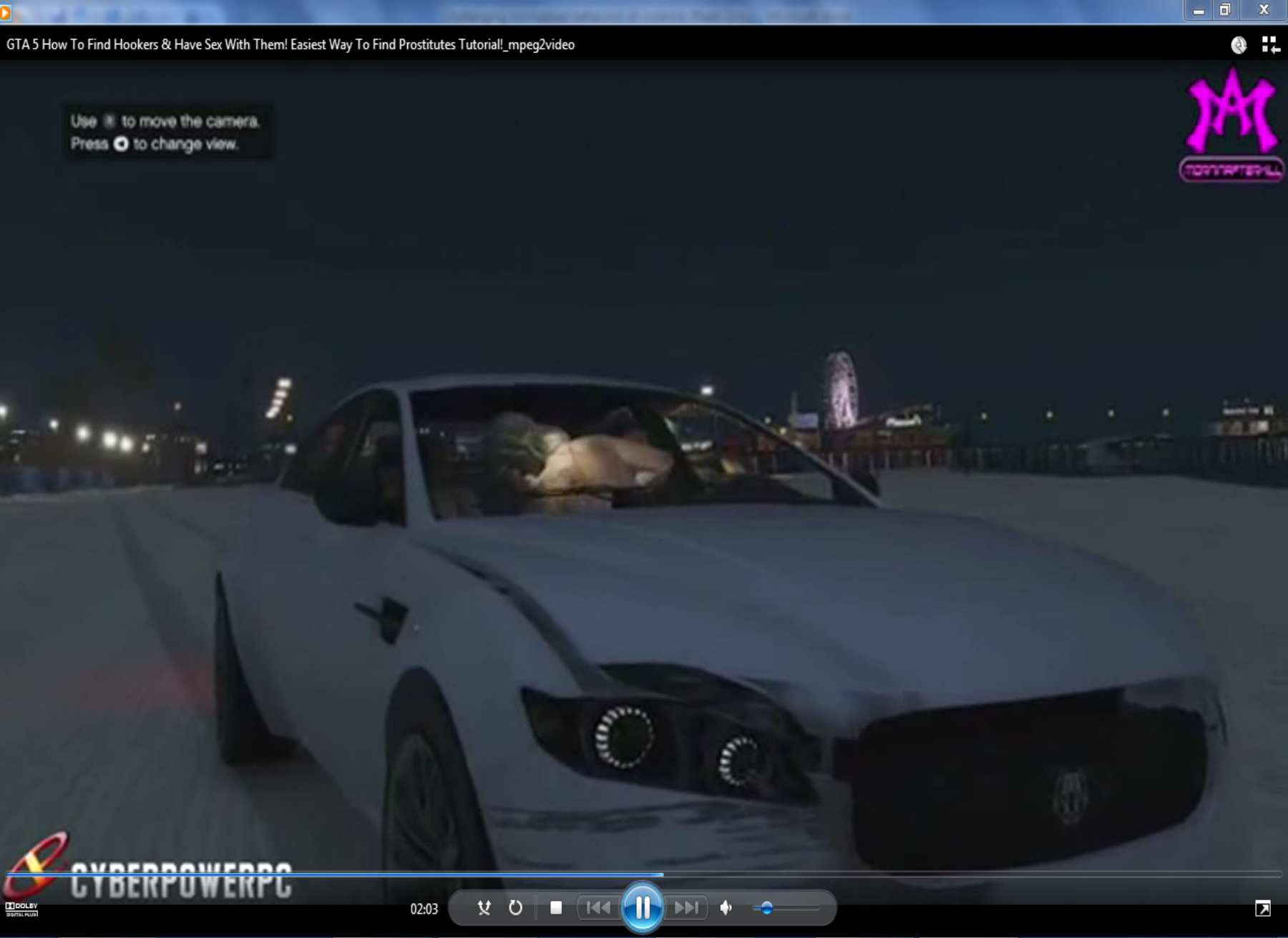





GTA 5 How To Find Hookers & Have Sex With Them! Easiest Way To Find Prostitutes Tutorial!_mpeg2video

Use  to move the camera.
Press  to change view.



TOTALFAT2011



**CYBERPOWERPC**

02:03







GTA 5 How To Find Hookers & Have Sex With Them! Easiest Way To Find Prostitutes Tutorial!_mpeg2video



DOLBY
DIGITAL PLUS

02:23



GTA 5 How To Find Hookers & Have Sex With Them! Easiest Way To Find Prostitutes Tutorial!_mpeg2video



Most Popular Pornography Sites Redtube and Porn hub

They offer:

- **No gateway safety at all-** i.e. no question about age etc
- Free movies (high definition) of explicit and detailed acts
- More sub categories , e.g. each category has more subdivisions
- Pop-ups for sexual dating sites, using degrading descriptions of women
- Links to paid sites and subscription and more hard core sites are constant
- The amateur sites are not amateur
- There are no warnings for younger viewers about the scenes being scripted and not representative of real relationships

Many sites show violence, forced sex, submission by women, promoting anal sex (i.e. effectively putting pressure on females to engage in anal, this becomes the new norm

What are the concerns

There is an almost infinite gradation available for desensitization.
So DVD and magazine versus internet pornography ... back in the day.

Development of Internet pornography as emotional regulation, sleep induction etc.

Had a client who masturbated 30 times a day.

[For great article on Internet pornography addiction in Psychiatry Journal :](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600144/)
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600144/>
[Behav Sci \(Basel\) 10.3390/bs5030388](#) [Todd Love](#)^{1,†*} [Christian Laier](#)^{2,†}
[Matthias Brand](#)^{2,3,†} [Linda Hatch](#)^{4,†} and [Raju Hajela](#)

Article deals with the activation of rewards centres of the brain in response to Pornography

What are the concerns

Articles that discuss becoming desensitised to pornography and requiring more stimuli to get the same effect

<https://www.yourbrainonporn.com/your-brain-on-porn-series>

and

<https://www.yourbrainonporn.com/enhanced-attentional-bias-towards-sexually-explicit-cues-individuals-and-without-compulsive-sexual>

(Cambridge University)

Other issues can be the development of a deviant culture

That the individual can internalise. Some clients gain pride and esteem through being secretive and alternate eg dark web, etc.

Rule 34—"If it exists, there is porn of it – no exceptions"—is a prevalent [Internet meme](#) that states that [Internet pornography](#) exists concerning every conceivable topic. The most popular targets of Rule 34 are fictional characters from television series and video games.



Anime uses “cuteness” a concept that makes infants attractive (large eyes), however mixes it with adult secondary sex organs (breasts etc). They are usually sexualised. Infant or minors head on adult body.

Sometimes paedophiles can use this as a source of enjoyment . And say “but its legal”. Going back to our continuums, is it healthy or helpful for someone convicted of sexual offences to be using these images?

What are the concerns

In the absence of critical thinking the scenes and movies become their manual for relationship and sexual morays , values and beliefs.

i.e. no-one fetches their parents when they are masturbating to pornography and asks them if the scene is real (as opposed to the possibility with MA movies to introduce critical thinking)

When clients are asked about a “gang bang” pornography movie that ends with the female worker being ejaculated on her face by many men, and she gives a smile, they all typically believe that is real, they typically say she would continue working if she one lotto, as she clearly enjoys it.

How to challenge those beliefs

Need to present the reality version of the sex workers life,

Lack of choice for the workers, do it or fired!

Often amateur sites are brought up in discussion as proof ,

I suggest obtaining Maree Crabb's excellent DVD and other resources on

The pornography industry, as the best way to challenge those beliefs

<http://www.itstimewetalked.com.au/>

Due to the infinite array of ever more deviant pornography this can become problematic, and the young person needs to be educated in neural pathway development (ie dirt tracks becoming freeways with increased use), they often feel empowered and have increased self efficacy

They need to develop other ways of coping- again don't use moral/ immoral arguments

Other – ve effects of pornography that we can use to challenge and create motivation for change

Most young people do want relationships, furthermore they want trusting and fulfilling relationships, i.e. so we can project how these values will interact or destroy long term relationships (and get them to do it)

What we must face is that the family of origin may not have been the best role modeling on offer- but we can use it to demonstrate dysfunction

We as a society are sending dysfunctional messages about relationships

Need to address these directly:

- Gender inequality,
- Sexual objectification of women,
- Violence etc

Sometimes it is the absence of material which is the issue: Pornography has a notable absence of kissing cuddling, caressing -

- “Pornland, How Porn has hijacked our sexuality” Degradation of women – normal and accepted thing. Gail Dines

We use CARE principle Consent, Age, Respect and Equality to define positive and healthy relationships - also used in fantasy.

Using a positive approach

FORD stands for "Family," "Occupation," "Recreation" and "Dreams."

Use the FORD method in conversations by asking questions about these topics when talking to others.

This technique can be used in settings ranging from blind dates to business dinners, to help others feel comfortable talking about themselves.

Role play conversations, teach non verbal cues, paraphrasing microskills, gain confidence, avoiding egocentrism, emotional regulation

See: <http://oureverydaylife.com/use-ford-method-conversations-2087525.html>

Search : **How to Use the FORD Method in Conversations**

Using a positive approach

- We offer skills building in relationship dynamics
- We teach what functional positive relationships look like
- We focus on their desire to achieve a long term functional relationship
- We unpack their own childhood experiences and learning's and sort the wheat from the chaff.
- We help develop a positive sense of self
- We get them to critically reflect on their own care givers and how they were raised, do they want to replicate that?

We teach assertiveness- remembering this alternative to violence as

A problem solver has probably never been taught. Role play with clients

Some fun interventions

I offer this for road rage, but be creative where else can you use it?

- Planet Rhole, other exercises:
- Teaching assertiveness- formula, fun examples, presented as powerful
(Must practice in real life between sessions)
- Remote control exercise
- Transition Camp MAPPS
- Id ego superego horse, development of conscience,
- Mask exercise , Box exercise
- Theatre exercise
- Machiavelli

Use confronting you tube videos eg colour of anger, short film:

<https://www.youtube.com/watch?v=gQNuX2-cV-k>

Questions at the end: “ Are we happy or sad that the father is dead?

Did he have respect or was it fear? Is everyone happier now?

Would you like people to think that way of you?

Questions?

The Backwards Brain Bicycle - Smarter Every Day

<https://www.youtube.com/watch?v=MFzDaBzBIL0;>

DESENSITIZED: Media Violence and Children (3 minutes)

<https://www.youtube.com/watch?v=oxyTO-Q40u4>

How Violence in the Media Effects Children (6 minutes)

<https://www.youtube.com/watch?v=bEfSlqr5STg>

Stages of Critical Thinking [Susan Neifert](#)

<https://www.youtube.com/watch?v=WMrdt1wjMJc>

Emotional and physiological desensitization to real-life and movie violence. [Journal of Youth Adolesc.](#) 2015 May;44(5):1092-108.

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[50 Violent Rap Lyrics That Will Make You Cringe - XXL](#) |

<http://www.xxlmag.com/news/2016/07/rap-lyrics-violent/?trackback=tsmclip>

Grand theft Auto, tutorial online:

<https://www.youtube.com/watch?v=PX5Z079ZQc4>

Pornography “addiction”

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4600144/>

[Behav Sci \(Basel\).](#) [10.3390/bs5030388](#), [Todd Love](#),^{1,†*} [Christian Laier](#),^{2,†} [Matthias Brand](#),^{2,3,†} [Linda Hatch](#),^{4,†} and [Raju Hajela](#)

Desensitisation to pornography

<https://www.yourbrainonporn.com/your-brain-on-porn-series>

<https://www.yourbrainonporn.com/enhanced-attentional-bias-towards-sexually-explicit-cues-individuals-and-without-compulsive-sexual>

Maree Crabbe's excellent DVD and other resources on the pornography industry, as the best way to challenge those beliefs

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How to Use the FORD Method in Conversations

<http://oureverydaylife.com/use-ford-method-conversations-2087525.html>

Confronting you tube video on anger e.g. colour of anger, short film:<https://www.youtube.com/watch?v=gQNuX2-cV-k>

Good lives Model Tony Ward

<https://www.goodlivesmodel.com/information>