

# RESOURCES FOR PARENTS

## Books/Courses/Articles

### Early prevention resources

#### Pre-Teens

1. [Good Pictures Bad Pictures Jr: A Simple Plan to Protect Young Minds](#)
2. [Raised on Porn](#)
3. [Talking with Preteens about Pornography: Preteens About Pornography](#)

#### Teens

1. [Focus on the Family](#)
2. [How to Talk with Your Kids About Sex](#)
3. [Mother Hunger](#) An insatiable need for sex and love. Periods of overeating or starving. A pattern of unstable and painful relationships.
4. [Talking with Teens About Pornography](#)
5. [Teenagers and Pornography Addiction](#)
6. [Teach Kids to Reject Porn Before it Becomes a Problem](#) Prepare and prevent.
7. [Launch Into the Teen Years](#) Helping you prepare for this phase of life together.
8. [Why I Didn't Rebel](#) A young millennial shares surprising reasons that youthful rebellion isn't inevitable and points the way for raising healthy, grounded children who love God.

#### Additional Resources

1. [Hooked: New Science on How Casual Sex is Affecting our Children](#)
2. [Hopeful Mom](#) Find support, encouragement, hope and practical tips.
3. [The Porn Phenomenon](#) The impact of pornography in the digital age. Barna Report.

4. [Sex, Jesus, and the Conversations Church Forgot](#) Generations of sexually illiterate people are drowning in the repercussions of overwhelming sin struggles.

### **Your Teenager's Brain – Start here**

1. [The Female Brain](#) Audiobook
2. [The Female Brain](#)
3. [The Male Brain](#)
4. [The Teenage Brain](#)

### **Your Child Has Viewed Pornography – What do I do?**

1. [What to Do if Your Young Child Sees Pornography](#)
2. [My Kid Saw Porn – Now What?](#) A smart plan guide for parents.

### **Blogposts/Podcasts**

1. [Kids, Let's Talk About Sex](#)
2. ["The Talk" with Young Kids](#)
3. ["The Talk" with Teens](#)
4. [Blog posts – Family](#)
5. [Podcast – Student Groups](#)

### **Parents**

1. [Axis](#) Free membership.
2. [Culture Reframed](#) Helping parents and other adults build kids' resilience to hypersexualized media and porn.

### **Informative Documentaries**

1. [Brain, Heart, World – Discover the Harmful Effects of Pornography](#)
2. [Millions of Children are Watching Porn](#)
3. [Raised on Porn](#)

4. [The Social Dilemma](#)

## Recovery Groups/Treatment Centers

1. [Pure Desire Groups for Students](#)
2. Online and Local Groups.
  - a. Top Gun for young men (18-26)
  - b. Living Free for young men (18-26)
  - c. Behind the Mask for young women (14-21)
3. [She Recovery for Teen Girls \(12 – 17\)](#)
4. [Bethesda Workshops](#) Healing for teens (15-18) and their parents.
5. [Capstone Treatment Center](#) Male residential treatment center for teens and young adults ages 14-16.

## Technology and More

1. [Accountability Software](#)
2. [Bark](#) Kid safe phone.
3. [Canopy](#) App with these features: filter that can't be hacked, custom URL, app, and category blocking, sexting prevention, and more.
4. [Defend Young Minds](#) Digital Self-Defense.
5. [Gabb Wireless](#) Kid safe phones and watches.
6. [Gryphon Routers](#) All-on-one Parental Control Router and Advanced Internet Safety System.
7. [How to Block Pornography on Your Child's Devices](#)
8. [How to Protect Kids from the Dark Side of Technology](#) Helping parents have peace of mind while their children are online. 45 minute video.
9. [Protect Young Eyes](#) Get your home Internet ready, app, devices.
10. [Techless](#) Wisephone is the world's healthiest smartphone. It can call, text, and has a few essential tools like maps, but no social media, no browser, and no explicit content.

## Responsible Internet Use

1. [Digital Natives: Raising an Online Generation](#) Teaching kids to use the Internet responsibly. Hard copy and digital copies available.