

Cindy Pierce

Speaker, Author & Comic Storyteller

Cindy's Resources:

Cindy's TEDx Presentation:

[*How Porn Skews Sexual Expectations*](#) By Cindy Pierce TEDxKenmoreSquare

Books by Cindy:

[*Sexploitation: Helping Kids Develop Healthy Sexuality in a Porn-Driven World*](#)

and

[*Sex, College and Social Media: A Commonsense Guide to Navigating the Hookup Culture*](#)

Cindy *Highly* Recommends:

- [Lynn Lyons](#), LICSW - Anxiety Expert, Speaker, Author and Psychotherapist
- [Flusterclux](#) podcast with Lynn Lyons
- [*The Emotional Lives of Teenagers: Raising Connected, Capable and Compassionate Adolescents*](#) by Lisa Damour (Discussion guides can be found on her website) [Rich Roll's latest interview with Lisa Damour](#) on *The Rich Roll Podcast* Episode #748

Sexuality Education:

- ***Sex, Teens, & Everything in Between: The New and Necessary Conversations Today's Teenagers Need to Have about Consent, Sexual Harassment, Healthy Relationships, Love, and More*** by [Shafia Zaloom](#)
- ***Stop Sweating & Start Talking: How to Make SEX Chats with Your Kids Easier than You Think*** by [Andrea Brand](#)
- ***What is Your Sexual Footprint?*** by Al Vernacchio at TEDx Youth@SanDiego2013
- ***Sexuality Education*** by Al Vernacchio@TEDxWakeForestU
- ***Sex needs a new metaphor. Here's One...*** by Al Vernacchio TED 2012
- ***For Goodness Sex; Changing the Way We Talk to Teens About Sexuality, Values, and Health*** by [Al Vernacchio](#)
- ***Sex and Faith: Talking with Your Child from Birth to Adolescence*** by [Kate Ott](#)
- ***Dating Smarts: What EVERY Teen needs to Know to Date, Relate or Wait!*** by [Amy Lang, MA](#)
- ***Sexuality Education for Youth on the Autism Spectrum*** Planned Parenthood League of Massachusetts
- ***Puberty and Sexuality Education Resources for Youth with Autism*** Seattle Children's – Autism Center
- [Sex, Etc](#)
- [Go Ask Alice](#)
- [Scarleteen](#)
- [Ask Roo](#)
- [okayso](#)

Porn:

- ***How Porn Skews Sexual Expectations*** By Cindy Pierce TEDxKenmoreSquare
- ***I Had a Helicopter Mom. I Found Pornhub Anyway*** by Isabel Hogben
- ***Our Kids Online: Porn, Predators & How to keep them safe*** Rob Cope and Zareen Sheikh-Cope [NZHerald interview with Rob Cope](#)
- ***Beyond Fantasy Violation. Coercion. Abuse.*** Three-part docuseries - "The porn industry creates endless images and videos that are consumed by billions worldwide, yet surprisingly little is known about how this culture-shaping content is made – or at what cost."
- ***Collective Shout*** is for anyone concerned about the increasing pornification of culture and the ways its messages have become entrenched in mainstream society, presenting distorted and dishonest ideas about women and girls, sexuality and relationships."
- ***The Reward Foundation: Love, Sex and the Internet***
- ***Dr. Carolyn West*** is an expert on racism in pornography as well as an International Speaker, Filmmaker, Author, Domestic Violence Expert, Cultural Sensitivity Trainer, and Expert Witness. Podcast: [Consider Before Consuming](#)

- [**Why I Stopped Watching Porn**](#) by Ran Gavrieli
- [**The great porn experiment**](#) by Gary Wilson TEDxGlasgow and [an updated version](#) of his TEDx talk
- [**Your Brain On Porn**](#) website and book by Gary Wilson
- [**Porn Gave Me a Limp Noodle – Why I Told the World**](#) by Gabe Deem – Reboot Nation
- [**Hot Girls Wanted**](#) A 2015 Sundance Selection and 2015 Emmy Award Nominee [trailer](#)
- [**Laid Bare with Anonymous X**](#) podcast interview with former porn performer by Stephanie Boye
- [**A Mother’s Concern and Action**](#) TEDxCharleston by Stephanie Boye

Social Media and Screen Time:

- Jonathan Haidt author of [**Anxious Generation**](#) [*The Truth About Social Media & Your Children Interview with Rich Roll*](#)
- [Jonathan Haidt author of Anxious Generation](#) Book info and online supplements from the book under resources
- [**Children and Screens**](#) - *Helping Children Lead Healthy Lives in a Digital World* (All of their past webinars are available for free)
- [**Growing Up in Public: Coming of Age in a Digital World**](#) by Devorah Heitner, PhD
- [**Cal Newport**](#), author of *Digital Minimalism; Choosing a Focused Life in a Noisy World* and *Deep Work: Rules for Focused Success in a Distracted World*
- [**The Chaos Machine: The Inside Story of How Social Media Rewired Our Minds and Our World**](#) by Max Fisher. [**How the Algorithmic Overlords Are Rewiring Our Brains**](#) [An interview with Max Fisher on the Rich Roll](#) Podcast Episode #703
- [**The Social Dilemma**](#) film on Netflix

Boundaries and Connection:

- [**One Trusted Adult: How to Build Strong Connections & Healthy Boundaries with Young People**](#) by Brooklynn Raney
- [**Sexuality educator Anya Manes**](#) – an educator and coach for parents and kids on having open and honest conversations about sex, relationships and healthy boundaries. [Follow this link](#) to see Anya’s welcome video
- [**What Parents Can Do to Stop Sexual Harassment**](#) by Richard Weissbourd and Alison Cashin
- [**Body Sovereignty and Kids: How we can cultivate a culture of consent**](#) | Monica Rivera | TEDxCSU

Antiracism:

- [*Reflections from a Token Black Friend*](#) By Ramesh A. Nagarajah, June 4, 2020
- [*The mental health impact of anti-Asian racism*](#) by Zara Abrams, April 9, 2021
- [*Uncomfortable Conversations With a Black Man*](#) by Emmanuel Acho
 - He also has a YouTube channel that is fantastic:
<https://uncomfortableconvos.com/watch>
- [*How To Start Conversations About Anti-Asian Racism With Your Family*](#) with Anna Sirianni and Audie Cornish on Code Switch March 24, 2021
- *Unlocking Us* with Brené Brown with [*Ibram X. Kendi How To Be an Antiracist*](#)

Boys and Young Men:

- [*Everyone is Going Through Something*](#) by Kevin Love
- [*Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It*](#) by Richard Reeves
- [*The Men – and Boys – Are Not Alright • The Ezra Klein Show*](#) March 2023 – Interview with Richard Reeves
- [*Tate-Pilled: What a generation of boys have found in Andrew Tate's extreme male gospel*](#) by Lisa Miller
- [*Tough: My Journey to True Power*](#) by Terry Crews
- [*Boys and Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity*](#) by Peggy Orenstein
- [*The Mask You Live In*](#) follows boys and young men as they struggle to stay true to themselves while they negotiate America's narrow definition of masculinity
- [*Why I am Done Being "Man Enough"*](#) TED talk by Justin Baldoni
- [*Under the Hood Talk*](#) Encouraging conversations around male social norms. We strive to highlight the best of men and promote positive masculinity [#JointheMovement](#)

Girls and Young Women:

- [*Underestimated: The Wisdom and Power of Teenage Girls*](#) by Chelsey Goodan (Published March 2024) [Interview with Chelsey on Talking to Teens](#)
- [Lisa Damour](#), PhD, Author of *Under Pressure* and *Untangled*

- [**Over The Influence: Why Social Media is Toxic for Women and Girls – And How We Can Take It Back**](#) by Kara Alaimo (Just released – March 2024)
- [**What young women believe about their own sexual pleasure**](#) by Peggy Orenstein TEDWomen 2016
- [**Girls and Sex: Navigating the New Complicated Landscape**](#) by Peggy Orenstein
- [**Dear Younger Me**](#) by Lauren Fleshman – Stanford Runner
- [**Beauty Sickness**](#) by Renee Engeln – TED talk

Gender Nonconforming and Transgender Youth:

- [**Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality**](#) by Sarah McBride
- [**Understanding the Complexities of Gender**](#) – Sam Killermann’s TEDxUofChicago speech
- [**Becoming Nicole: The Transformation of an American Family**](#) by Amy Ellis Nutt
- [**There’s a very simple way to seriously help transgender youth, according to this study**](#) by Karen Fratti
- [**The Gender Spectrum: Move beyond the pink/blue binary to support students who don’t conform to narrow gender norms**](#) by Carrie Kilman
- [**The Pride Guide: The Guide to Sexual and Social Health for LGBTQ**](#) by [Joe Langford](#)

Alcohol and Teens:

(Note from Cindy: This seems so far away for many of you, but it is worth getting tuned in before your kids get to middle school)

- [**The Addiction Inoculation: Raising Healthy Kids in a Culture of Dependence**](#) by Jessica Lahey
 - **Dependence** by Jessica Lahey
- [**Just How Does Drinking Affect the Teenage Brain**](#) from McLean, Harvard
 - **Medical School Affiliate**
- [**Parents Teaching Teens “Responsible Drinking” is a Myth**](#) from
 - **Partnership to End Addiction**
- [**Educating Children About Responsible Alcohol Use**](#) from American
 - **Addiction Centers, Alcohol.org**