

Cindy Pierce

Speaker, Author & Comic Storyteller

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Recent Essays by Cindy Pierce: [Penis Panic](#), [Quitting Porn](#), [Why Porn What is Porn](#), [Vulva Shame](#), [Clitoral Orgasms](#) and [Partner Orgasms](#) (Some of these don't have the updated clitoris stats – working on it)

[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](#)

HUGELY recommend:

- [Jonathan Haidt author of Anxious Generation](#) Book info and online supplements from the book under resources

Sexuality and Pleasure Education:

- [Becoming Cliterate; Why Orgasm Equality Matters and How To Get It](#) by [Dr. Laurie Mintz, Ph.D.](#) author, therapist, speaker and emeritus professor whose life's work has been committed to helping people live more authentic, meaningful, joyful—and sexually satisfying—lives.
- [8 Sex Myths That Experts Wish Would Go Away](#) by Catherine Pearson
- [Emily Nagoski, Ph.D](#) author of *Come As You Are* and *Burnout*
- [The Principles of Pleasure](#) Watch the trailer [HERE](#)
- [What young women believe about their own sexual pleasure](#) by Peggy Orenstein TEDWomen 2016
- [Clitoris, Clitoris, Clitoris: It's Not a Dirty Word And I Think Kids Should Know What It Is](#) by Jackie Gillard
- [OMG Yes](#) Lifting the Veil on Women's Sexual Pleasure
- [According to New Research, this type of man gives the best orgasms](#) by Lachlan Brown
- [Guide to ORGASM](#) (Laci Green)
- [CLIT-ICAL THINKING](#) (Laci Green)
- [How To Help Her Orgasm](#) (Laci Green)
- [DIPSEA](#)
“An app for short & sexy audio stories designed to turn you on. We don't think women's desire is a problem to be solved. It's a fire to be stoked.” [Blog](#)
- [American Hookup: The New Culture of Sex on Campus](#) by [Lisa Wade](#)
- [Sex, Etc • Go Ask Alice • Okayso • O.School](#)

Internet Porn:

- [**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.”
- [**Laid Bare with Anonymous X**](#) podcast interview with former porn performer by Stephanie Boye
- [**The great porn experiment**](#) by Gary Wilson TEDxGlasgow and [an updated version](#) of his TEDx talk
- [**Your Brain On Porn**](#) by Gary Wilson (website and book)
- [**Why I Stopped Watching Porn**](#) by Ran Gavrieli
- [**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 with Stephanie Boye; Interview with a former porn actress
- [**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, Expert Witness

Wellbeing and Social Media:

- 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
- [**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
- [**Quit Social Media**](#) • Dr. Cal Newport • TEDxTysons
- [**Facebook & Rethinking Big Tech**](#) Tristan Harris interviewed by Trevor Noah on *The Daily Show*
- [**The Social Dilemma**](#) documentary film on Netflix

Girls and Young Women:

- [*What young women believe about their own sexual pleasure*](#) by Peggy Orenstein TEDWomen 2016
- [*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)
- [*Lisa Damour*](#), PhD, Author of *Under Pressure* and *Untangled* (great insights for young women)
- [*Dear Younger Me*](#) by Lauren Fleshman – Stanford Runner
- [*Beauty Sickness*](#) by Renee Engeln – TEDxUCONN
- [*The Gift of Fear: Survival Signals That Protect Us From Violence*](#) by Gavin de Becker (while this focuses on partner and stranger violence, it is also about trusting intuition)

Boys and Young Men:

- [*Why I am Done Being "Man Enough"*](#) TED talk by Justin Baldoni
- [*Tough: My Journey to True Power*](#) by Terry Crews
- [*Under the Hood Talk*](#) Encouraging conversations around male social norms. We strive to highlight the best of men and promote positive masculinity [#JointheMovement](#)
- [*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
- [*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
- [*Everyone is Going Through Something*](#) by Kevin Love

Gender-Diverse Young People:

- [*Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality*](#) by Sarah McBride
- [*What it's like to be a transgender dad*](#) • LB Hannahs • TEDxUF
- [*Understanding the Complexities of Gender*](#) • Sam Killermann's • TEDxUoflChicago
- [*The Pride Guide: The Guide to Sexual and Social Health for LGBTQ*](#) by [Joe Langford](#)
- [*Brain structure and function in gender dysphoria*](#) by Julie Bakker
- [*Becoming Nicole: The Transformation of an American Family*](#) by Amy Ellis Nutt