

Cindy Pierce - Ages 10-18

Resources for Parents, Educators, and Caregivers

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*](#)

Wellbeing:

- [Lynn Lyons](#), LICSW - Anxiety Expert, Speaker, Author, and Psychotherapist
- [Flusterclux](#) podcast with Lynn Lyons
- Lynn Lyons, LICSW – Flusterclux - [An Interview with Cindy Pierce: Talking With Your Kids About Sex Like a Champ](#)
- [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
- [Never Enough: When Achievement Culture Becomes Toxic – and What We Can Do About It](#) by Jennifer Breheny Wallace
- *Parenting On Track* [videos with Vicki Hoefle](#)

Sexuality Education:

- [Getting Real About Sex Ed: What Today's Students Need](#) and [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](#)
- [Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-to" Person about Sex](#) by Deborah Roffman
- *Stop Sweating & Start Talking: How to Make SEX Chats with Your Kids Easier than You Think* by [Andrea Brand](#)
- [Cory Silverberg](#) has written four books, including [What Makes a Baby](#), [Sex is a Funny Word](#), [The Ultimate Guide to Sex and Disability](#) and [You Know, Sex](#)

- [**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**](#)
- [**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**](#) • [**okayso**](#) • [**Go Ask Alice**](#) • [**Scarleteen**](#) • [**Ask Roo**](#)

Porn:

- [**How Porn Skews Sexual Expectations**](#) By Cindy Pierce TEDxKenmoreSquare
- [**QUITTR**](#) “QUITTR is the #1 porn quitting app in the world. Join 1,000,000+ others on a mission to be the best person they can be.”
- [**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
- [***The Crisis of Men and Boys – with Jonathan Haidt and Richard Reeves – Prof G Conversations***](#)
- [***Gen Z Tech Addiction Crisis with Oprah and Adam Alter***](#) The Oprah Podcast September 30, 2025
- [***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
- [***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, [*How To Be an Antiracist*](#) with Ibram X. Kendi

Gender-Diverse Youth:

- [*Tomorrow Will Be Different: Love, Loss, and the Fight for Trans Equality*](#) by Sarah McBride
- [*The Pride Guide: The Guide to Sexual and Social Health for LGBTQ*](#) by [Joe Langford](#)
- [*What it's like to be a transgender dad*](#) • LB Hannahs • TEDxUF
- [*Understanding the Complexities of Gender*](#) • Sam Killermann's • TEDxUoflChicago
- [*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

Boys and Young Men:

- [*The Crisis of Men and Boys – with Jonathan Haidt and Richard Reeves – Prof G Conversations*](#)
- Niobe Way, author of [*Rebels With A Cause; The Revolution of Curiosity and Connection*](#) with Niobe Way on PodTalk with Henry Muggia; TEDMED [*Why “boys will be boys” is a myth - and a harmful one at that*](#)

- [**Under the Hood Talk:**](#) Encouraging conversations around male social norms. We strive to highlight the best of men and promote positive masculinity
[**#JointheMovement**](#)
- [**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
- [**Of Boys and Men: Why the Modern Male Is Struggling, Why It Matters, and What to Do About It**](#) by Richard Reeves
- [**Tough: My Journey to True Power**](#) by Terry Crews
- [**Are Men OK?**](#) By Eamon Whalen for *The Nation*
- [**The Men – and Boys – Are Not Alright • The Ezra Klein Show**](#) March 2023 – Interview with Richard Reeves
- [**Masculinity Debate: Are Dating Apps Creating A Generation Of Incels?! Lonely Men Are More Dangerous Than Ever!**](#) THE DIARY OF A CEO with Steven Bartlett
- [**The Real Reason Boys and Men Are Quietly Giving Up & What They Need to Hear**](#) Jason Wilson interviewed by Mel Robbins
- [**Tate-Pilled: What a generation of boys have found in Andrew Tate's extreme male gospel**](#) by Lisa Miller
- [**Boys and Sex: Young Men on Hookups, Love, Porn, Consent, and Navigating the New Masculinity**](#) by Peggy Orenstein
- [**Everyone is Going Through Something**](#) by Kevin Love

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
- [**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

Alcohol and Teens:

- [The Addiction Inoculation: Raising Healthy Kids in a Culture of 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