

Cindy Pierce - Ages 3-10

Resources for Parents, Educators, and Caregivers

Cindy's TEDx Presentation:

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

Book by Cindy:

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

Parenting and Anxiety:

- [Lynn Lyons](#), LICSW - Anxiety Expert, Speaker, Author, and Psychotherapist, [Flusterclux](#) podcast
- [An Interview with Cindy Pierce: Talking With Your Kids About Sex Like a Champ](#) on Flusterclux with Lynn Lyons, LICSW
- [Good Inside](#) with Dr. Becky Kennedy – [Podcast: Good Inside](#)
- [Parenting On Track videos with Vicki Hoefle](#)
- [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

Sexuality Education:

- [The Case for Sex Education in Kindergarten](#) - PBS Newshour [Article with videos](#)
- [Amaze.org](#) and [Amaze Jr.](#)(ages 4-9). More info. Less Weird. Amaze takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body, and relationships.
- [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](#)
- [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](#)

- Books by [Robie Harris](#): *It's So Amazing!*, *It's NOT the Stork*, and *It's Perfectly Normal*
- **[Talk to Me First: Everything You Need to Know to Become Your Kids' "GoTo" 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](#)
- **[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

Porn:

These resources are intended for parents, but some of them are appropriate for kids:

- **[Porn: Fact or Fiction](#)** Amaze.org
- **[How to talk to young kids about sex?](#)** Amaze.org
- **[Wise on the Web](#)** Amaze.org: Navigating the Internet Safely
- **[What to say when your kids ask, "Is playing doctor OK?"](#)** Amaze.org

For PARENTS and OLDER KIDS:

- **[Video about porn with Shafia Zaloom](#)** and additional resources: **[General Talking Points](#)**, **[Conversation Starters](#)**, and **[Key Message Scripts](#)**
- **[Porn Is Not Sex Ed](#)** Amaze.org
- **[Sexting](#)** Amaze.org

The following resources are NOT appropriate for younger kids:

- **[How Porn Skews Sexual Expectations](#)** By Cindy Pierce
TEDxKenmoreSquare
- **[Our Kids Online: Porn, Predators & How to keep them safe](#)** Rob Cope and ZareenSheikh-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, 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
- [**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:

- [**The Amazing Generation: How to Choose Fun and Freedom in a Screen-filled World**](#) by Jonathan Haidt & Catherine Price
- Jonathan Haidt, author of **Anxious Generation**, [**The Truth About Social Media & Your Children Interview with Rich Roll**](#)
- [**Children and Screens - Helping Children Lead Healthy Lives in a Digital World**](#) (All of their past webinars are available for free)
- [**Smartphones: Assessing Readiness**](#) Parenting Tip Sheet from [**Children and Screens: Institute of Digital Media and Child Development**](#) Part 1 of 3 – Jan, 2024
- [**Gen Z Tech Addiction Crisis with Oprah and Adam Alter**](#) The Oprah Podcast September 30, 2025
- [**Growing Up in Public: Coming of Age in a Digital World**](#) by Devorah Heitner, PhD
- [**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
- [***Body Sovereignty and Kids: How we can cultivate a culture of consent***](#)
Monica Rivera | TEDxCSU
- [***What Parents Can Do to Stop Sexual Harassment***](#) by Richard Weissbourd and Alison Cashin

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
- 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***](#)
- [***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
- [***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
- [***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:

- [Lisa Damour](#), PhD, Author of ***Under Pressure*** and ***Untangled***
- [*Underestimated: The Wisdom and Power of Teenage Girls*](#) by Chelsey Goodan (Published March 2024) [Interview with Chelsey on Talking to Teens](#)
- [*Over The Influence: Why Social Media is Toxic for Women and Girls – And How We Can Take It Back*](#) by Kara Alaimo
- [*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-Diverse 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
- [*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](#)