

## Resources for parents to protect their children from sexual harm

- 1. Conversation guides to teach children about sexual integrity.** A few samples to illustrate:  
Preschool: private parts of the body, using correct names.  
Elementary: Pornography is dangerous. Sex outside of marriage is dangerous.  
Appropriate treatment of the opposite sex.  
Middle School: That's a good question; I'm glad you asked. (At any age).  
What does dating mean to you? ....  
High School: Help your teen to feel safe in talking to you. Accept that they are their own person and will make mistakes.  
  
– from <https://theparentcue.org/resources/sexual-integrity-conversation-guides/>  
Conversation guides also available for anxiety, health, faith, divorce, bullying, etc.
- 2. Pornography: How to Talk to Kids About Pornography: A Quick Start Guide for Proactive Parents.** Includes
  - Why all kids are vulnerable to the lure of pornography
  - 5 Ways Pornography harms kids. • 5 Reasons Why Sooner is Safer
  - 5 Tips to get more comfortable talking to kids about pornographyAlso: **11 Stats About Pornography Every Parent Should Know** both from: <https://www.protectyoungminds.org/resources/>
- 3. Sexually transmitted infections:** Statistics show that sexually active teens and young adults are at higher risk for STIs than adults, for a variety of behavioral, biological and cultural factors. STIs can rob them of their future fertility.  
<https://sexualintegrityinitiative.com/resources/fact-sheets/>
- 4. Reasons to delay sex and how to help your children remain pure:** *Hooked* (see below), *If You Really Loved Me* by Jason Evert, and other books listed at <https://abstinence.net/resources/>
- 5. Serious risks of hormonal contraception:** The brochure “The Pill Kills” list 5 ways the pill can kill: blood clots, greater risk of STIs, increased risk of breast and other types of cancer (estrogen is a class one carcinogen), greater likelihood of dying a violent death and greater likelihood of suicide.  
<https://www.bcpinstitute.org/resources---brochures.html>

### Recommended Reading:

*Hooked: The Brain Science on How Casual Sex Affects Human Development*

By Joe S. McIlhane, Jr. and Freda McKissic Bush

Hooked is about what's happening to your brain when you're having sex. With scientific data put in layman's terms, this book demonstrates that:

- Sexual activity releases chemicals in the brain, creating emotional bonds between partners. This is great news for marriages!
- Once formed, however, breaking these bonds can have damaging effects on the brain such as depression and difficulty bonding with someone else in the future.
- The continual forming and breaking of these bonds can have permanent effects on a person's brain.
- PLUS! New chapter about the effects of pornography on the brain.