

# Parent Resource Sheet

## **TOP RESOURCE:**

<https://www.outspokeneducation.com/> - An extraordinary and comprehensive resource for parents in terms of sex and relationships education, including excellent 'Tips by Age' and 'Tips by Topic' in their 'Get Talking' section.

Worth signing up for their newsletter too!

## **PARENTAL CONTROL INFORMATION:**

- NSPCC website has lots of useful information and a helpline you can call that can talk you through how to set up parental controls on individual devices and across your home internet: 0808 800 5002
- [www.net-aware.org.uk](http://www.net-aware.org.uk) (here you can look up information about different apps and websites)
- [www.saferinternet.org.uk](http://www.saferinternet.org.uk) (advice about parental controls from different internet providers, resources for parents and advice about safety on social networks)
- [www.internetmatters.org](http://www.internetmatters.org) (provides age specific advice for your child, advice about specific issues that might be of concern and parental controls)
- [www.parentzone.org.uk](http://www.parentzone.org.uk) (includes access to a parent course, parents guides and help and advice for keeping your child safe online)

Specific mobile providers have their own parental controls you can activate, for information contact your specific provider or log in to your online account for options: O2, Vodafone, EE, and Three

## **RESOURCES**

You can use these to help start a conversation on the topic or point young people towards or for your own further research.

Websites:

[www.fightthenewdrug.org](http://www.fightthenewdrug.org) - This has very accessible articles and info-graphics about the effects of porn, a good place for information for you or your child.

[www.yourbrainonporn.com](http://www.yourbrainonporn.com) - This has a lot of science-based research, psychological studies and information, as well as some great documentary videos.

[www.culturereframed.org](http://www.culturereframed.org) - Has an entire section of learning resources including articles, videos and books to read on the topic of pornography and educating young people about its harms. They are also launching parents programs for parents of children and teens.

[www.fumblemag.com](http://www.fumblemag.com) - A brand new site for alternative sex education for young people.

[www.bishuk.com](http://www.bishuk.com) - Age appropriate, accurate sex education for teens, also on Instagram and Twitter.

<https://amaze.org/> - Age appropriate sex education videos

<https://www.raisingdigitalnatives.com/screenwise/> - Book for parents to read about raising 'screenwise' young people

<https://www.amazon.co.uk/Sexploitation-Cindy-Pierce/dp/1629560898> - Book with information about the impact of pornography on children and young people

<https://www.cyberwise.org/>

<https://www.scarleteen.com/> - Teen appropriate sex ed

<https://teaandintimacy.com/> - Six Minute Sex Ed Podcast - you can listen to them with your young person to help with discussions and to give you both great information.

#### Articles:

<http://www.feministcurrent.com/2016/12/14/impact-porn-culture-girls/>

<https://www.washingtonpost.com/posteverything/wp/2016/04/08/is-porn-immoral-that-doesnt-matter-its-a-public-health-crisis/>

<https://www.nytimes.com/2016/03/20/opinion/sunday/when-did-porn-become-sex-ed.html>

<http://www.independent.co.uk/voices/porn-talk-with-my-son-sex-education-parenting-dangers-health-children-a7986696.html>

<https://www.nytimes.com/2020/12/04/opinion/sunday/pornhub-rape-trafficking.html>

[https://fightthenewdrug.org/why-teen-boys-need-better-consent-education/?utm\\_source=email&utm\\_medium=organic&utm\\_campaign=themovement&utm\\_term=august](https://fightthenewdrug.org/why-teen-boys-need-better-consent-education/?utm_source=email&utm_medium=organic&utm_campaign=themovement&utm_term=august)

Videos:

TEDTalk: "Why I Stopped Watching Porn" - one man's personal account of why he stopped watching pornography.

[https://www.youtube.com/watch?v=gRJ\\_QfP2mhU](https://www.youtube.com/watch?v=gRJ_QfP2mhU)

TEDTalk: "The Great Porn Experiment" - a look at the science of addiction and the 'reboot' movement. <https://www.youtube.com/watch?v=wSF82AwSDiU>

TEDTalk: "The Porn Paradox" - examines the links between sex trafficking and pornography. [https://www.youtube.com/watch?v=VU9v8h\\_OwcY](https://www.youtube.com/watch?v=VU9v8h_OwcY)

TEDTalk: "Escaping Porn Addiction" - one man's story of moving from shame to healing in his journey with porn addiction.

<https://www.youtube.com/watch?v=dbYWKVAeu6Y>

A documentary made by Fight The New Drug on the impact of pornography:

<https://brainheartworld.org/>

TEDTalk: "How Porn Changes the Way Teens Think About Sex"

[https://www.ted.com/talks/emily\\_f\\_rothman\\_how\\_porn\\_changes\\_the\\_way\\_teens\\_think\\_about\\_sex/discussion#t-900540](https://www.ted.com/talks/emily_f_rothman_how_porn_changes_the_way_teens_think_about_sex/discussion#t-900540)

**You can find all the above on YouTube.**