**ESSENTIAL EIGHT**

1. My website, [www.stephanieboye.com](http://www.stephanieboye.com) and facebook page @factslaidbare.

Here you can find TED talks, articles, books, videos and many other

items important to understand today’s sexual culture. The blog has

articles, interviews, talks and lists my speaking events.

1. Peggy Orenstein’s books “Girls & Sex” / “Boys & Sex”

If you have a daughter or a son I highly recommend both books. It is

important to understand both perspectives and Peggy has done her

research. These books contain not only facts but anecdotal stories.

AND “Talk To Me First” by Deborah Roffman

1. “Sex, Teens and Everything in Between” Shafia Zaloom

Shafia is a leading expert on consent education. This book is ESSENTIAL and life changing. It will give you SO many amazing scenarios to discuss with your teenager.

1. Informational websites for parents and teens: **SCARLETEEN** (website for sexuality and relationships education media providing sex and relationships information and support for young people worldwide) **GO ASK ALICE!** website is supported by a team of Columbia University health care providers with excellent sexual health information. **AMAZE.org** (offers a collection of videos that educate and support parents and kids in their mission whichenvisions a world that recognizes child and adolescent sexual development as natural and healthy, a world in which young people everywhere are supported and affirmed and the adults in their lives communicate openly and honestly with them about puberty, reproduction, relationships, sex and sexuality.)
2. CULTURE REFRAME: Great website that has a ton of information and a parents learning module. It will walk you step by step to greater understanding.
3. “Brain, Heart, World” three part documentary by Fight The New Drug, about how porn impacts our brain/body, our heart/relationships, and the community at large. Excellent for middle school and up.
4. Websites chock full of research: Your Brain On Porn, Fight The New Drug, and Love is Respect, sexpositivefamilies.com, sexandu.ca, plannedparenthood.org/learn/parents
5. Essential TED talk Collection: Al Vernacchio, Peggy Orenstein, Justin Baldoni, Stephanie Boye, Jo Robertson, Cindy Pierce, Gail Dines, Gary Wilson, Ran Gavrielli

Talking to your daughter about porn…

<https://www.youtube.com/watch?v=Av-ritHHw1w&t=14s>