



Mending Hearts  
Counseling

HOW TO SPEAK TO YOUR TEENS ABOUT PORN  
PARENT SEMINAR: RESOURCES

**Data Referenced in the Seminar:**

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3. Fight the New Drug. (2019, September 17). *John Foubert, Ph.D., Interview The Truth About Porn*. [Video]. YouTube. <https://www.youtube.com/watch?v=oPxmngOO06w&t=196s>
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10. Weiss, Robert. (2021, April 26). *Porn-Induced Erectile Dysfunction: Can Porn Impact Male Sexual Performance?* Psychology Today. <https://www.psychologytoday.com/intl/blog/love-and-sex-in-the-digital-age/202104/porn-induced-erectile-dysfunction?msclkid=79ec559fb4ec11ec8e0b83aca920c3da>
11. Fight the New Drug. (2019, January 17). *Discovering the Problem with Porn: Gabe Deem's True Story*. [Video]. YouTube. <https://www.youtube.com/watch?v=v2yhRA9xigl&t=9s>



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### Websites

CultureReframed.org (has resources for talking to teens and adolescents)

FightTheNewDrug.org: A Conversation Blueprint for speaking to your teens (<https://fightthenewdrug.org/lets-talk-about-porn/>)

PornHelp.org

YourBrainOnPorn.com

Google Safety Center for Families: <https://safety.google/families/>

### Internet-Filtering Software

Covenant Eyes

Net Nanny

Bark

Google SafeSearch

### Groups for Porn Addiction

Heart to Heart Counseling (Phone Groups); offers intensives for couples

Mending Hearts Counseling; HEART Groups (**H**elping **E**mpower **A**nd **R**eclaim **T**rust)

PureDesire.org (Christian-based Groups for Sex Addiction and Betrayal)

SAA-Recovery.org

SAnon.org

### Podcasts

Betrayal Trauma Recovery

Helping Couples Heal

Healing with Worth

PureDesire

Porn, Betrayal, Sex and the Experts

Restoring the Soul with Michael John Cusick

### Books

30 Days of Sex Talks for Ages 8-11: Empowering Your Child With Knowledge of Sexual Intimacy by Educate and Empower Kids

Good Pictures, Bad Pictures: Porn-Proofing Today's Young Kids by Kristen Jenson

Good Pictures, Bad Pictures, Jr: A Simple Plan to Protect Young Minds by Kristen Jenson

Every Young Man's Battle by Stephen Arterburn

Preparing Your Son for Every Man's Battle by Stephen Arterburn and Fred Stoeker

Who Moved the Goalpost? 7 Winning Strategies in Sexual Integrity Gameplan by Bob Gresh

Clean by Douglas Weiss

Courageous Love by Stefanie Carnes

Every Man's Battle by Stephen Arterburn

Healing Wounds of Sexual Addiction by Mark Laasar

Intimate Deception: Healing the Wounds of Sexual Betrayal by Dr. Sherri Keffer

Out of the Shadows by Patrick Carnes

Surfing for God: Discovering the Divine Desire Beneath Sexual Struggle by Michael John Cusick

The Porn Trap by Wendy Maltz

Treating Sexual Addiction by Dr. Kevin Skinner

Treating Trauma from Sexual Betrayal by Dr. Kevin Skinner

Worthy of Her Trust by Stephen Arterburn and Jason Martinkus

Your Brain on Porn by Gary Wilson