Overexposed & Under Prepared
Recommended Resources for Parents

Talking with your children about pornography and 'sexting' can be confronting
Below are some helpful resources to get the conversations started.

Books, DVDs & YouTube:

- **Sexts Texts and Selfies:** by Susan McLean
- **The Porn Factor:** David Corlett & Maree Crabbe (DVD)
- **Too Sexy Too Soon:** Melinda Tankard Reist (DVD)
- **Good Pictures Bad Pictures Jr:** Porn proofing your kids today by Kristin Jenson (age 3-7)
- **Good Pictures Bad Pictures:** Porn proofing your kids today by Kristin Jenson (age 9-12)
- **Hayden-Reist Learns What To Do if Children See Private Pictures or Private Movies** by Holly-ann Martin (age 5-10)
- **Not for Kids!: protecting kids online** by Liz Walker (age 5-10)

The 4 books listed above are reviewed by Cath Hakanson on YouTube + on her website **https://sexedrescue.com** (Cath Hakanson) on YouTube

- **The best books for talking to your kids about cybersafety** 1.29 minutes
- **For kids today, it is harder to avoid online porn than it is to find it** 1.53 minutes
- **5 steps to protecting your child from pornography** 1.54 minutes
- **Kids and porn: How to use books to talk about pornography with kids** 5.46 minutes

Useful Websites

- **It's Time We Talked:** Provides resources for young people, schools, parents and community organisations in relation to online pornography. It includes great parenting tip sheets.
  http://www.itstimewetalked.com.au/resources/parent-tip-sheets
  http://www.itstimewetalked.com.au/resources/in-the-picture

- **The Line**: You can help your kids have healthy, happy and respectful relationships, and avoid behaviours that frighten, intimidate or diminish others.
  http://www.theline.org.au/parents

- **Cyber Safety Solutions- Susan McLean**: How to keep your children safe in the digital space.
  http://www.cybersafetysolutions.com.au/for-parents.shtml

- **eSafety for Parents:** Grappling with the day to day workings of your child's online world? Not sure what the basics are, how to use parental controls or how hashtags work? Our experts give you the rundown on everything you need to know.
  https://www.esafety.gov.au/education-resources/iparent

- **Think U Know:** Parental controls are useful when young children have access to mobile phones, tablets and computers. They can allow you to restrict what content can be accessed on these devices. Placing parental controls on devices can ensure that your children are only able to access age-appropriate material and, in some cases, requires your approval before the child can access additional material.
  http://www.thinkuknow.org.au/site/parental-control-guides

- **Learn about the internet:** understanding how young people use the internet and what they enjoy doing will help you to recognise any suspicious or inappropriate behaviour. It will also help you to talk with your child about their online activities if they think you understand the online environment.
  http://www.thinkuknow.org.au/site/factsheets

- **Media Smarts'** research has shown that kids with household rules about Internet use are less likely to do things like post their contact information, visit gambling sites, seek out online pornography and talk to strangers online. Having a family agreement or set of rules for using the Internet is also a great way for parents and kids to work together on how to be safe, wise and responsible online.
  http://mediasmarts.ca/tipsheet/family-online-rules-tip-sheet
  http://mediasmarts.ca/sites/mediasmarts/files/pdfs/tipsheet/Are-you-web-aware-checklist-parents.pdf