**Recommended Reading:**

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

By Joe S. McIlhaney, 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.
- 2019 Edition contains a chapter about the effects of pornography on the brain.

## Christian Voices for Life

*Our purpose is to educate the community, particularly people of faith, on life issues, and to encourage prayer, action, and ministry to build a culture that respects the sanctity of human life.*

www.ChristianVoicesforLife.org

For additional resources from CVL see : https://christianvoicesforlife.org/searchable-database/

Christian Voices for Life

935 Eldridge Rd #1007
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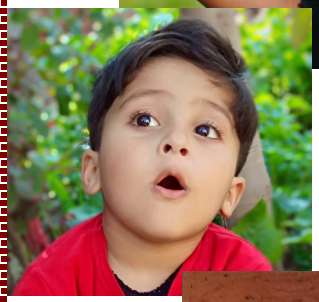
# Protect
## Your Children
### from Sexual Harm

## Parent Resource Guide

Updated 2026



## Protect Your Children from Sexual Abuse and Pornography.

*Child sexual abuse is common and does NOT usually come from strangers.*

**From:** www.defendyoungminds.com/guides

- **How to Protect Kids from Sexual Abuse: The Body Safety Toolkit:** $4.97
- **FREE: How to Talk to Kids About Pornography: Quick Start Guide**
  - Why all kids are vulnerable to the lure of pornography
  - 5 Ways Pornography harms kids.
  - 5 Tips to get more comfortable talking to kids about pornography
  - 5 Reasons Why Sooner is Safer
- **FREE: Digital Safety Planner**

This site has several other resources such as *Good Pictures, Bad Pictures*, a read aloud story book, and help to set up parental controls on TV, tablets & phones.

**From Children's Assessment Center**
https://CACHouston.org/prevention/child-safety-information **ALL FREE**

- **CAC Tip Card**
  - 10 signs of child abuse
  - Dos and Don'ts
- **2022 Child Abuse Prevention Guide**
- **Internet Safety Handout**

**From** www.covenanteyes.com/e-books/

- **Equipped: Raising Godly Digital Natives**
  Help to guide your children through a pornified world. (and more free resources)

## Teach Your Children & Keep Lines of Communication Open

*Don't let feelings of awkwardness stop you from helping you children with an aspect of their lives that has potential for serious harm.*

## Conversation Guides to Teach Children about Sexual Integrity

- **Preschool:** Private parts of the body; reasons for using correct names.
- **Elementary:** Sex is private. It's always OK to tell someone "No" if you don't want them to touch you.
- **Middle School:** "You don't need to wear something like that to get attention."
- **High School:** Help your teen to feel safe in talking to you.

Free from https://theparentcue.org/sex-conversations-through-the phases/

**Book:**

**Made This Way—How to Prepare Kids to Face Today's Tough Moral Issues**
by Leila Miller and Trent Horn
new and used copies available at Amazon

Most resources listed can be downloaded at NO COST.

## Protect Your Children from Early Sex

**Free from:**
www.sexualintegrityinitiative.com/resources/fact-sheets/

- **Teen Sexual Activity and STDs/STIs**

  Statistics show that sexually active teens and young adults are at higher risk for sexually transmitted infections (STIs) than older adults, because of behavioral, biological and cultural factors. STIs can rob them of their future fertility.

- **What the Media's Teaching Our Children About Sex and Its Impact**

  Heavy exposure to sexually oriented television content increases acceptance of non-marital sex.

**From** www.abstinence.net/resources/

- ***If You Really Loved Me***
  by Jason Evert.

  This book will give parents and educators new insights to help teens know the difference between love and lust.

  Many other books also available

**From** www.BCPInstitute.org/resources. Click on brochures.

- **Free: The Pill Kills**
  Be aware of the serious health risks of hormonal contraception: blood clots (which can cause strokes) greater risk of STIs, increased risk of cancer. Birth control pills are also associated with greater risk of a violent death or suicide.