



RESOURCE LIST

Tricky Chats Parenting Course

www.trickychatparenting.com

Your step-by-step guide for talking about all thing's screens, safety & sexual wellbeing. For parents, this is an online video course with lifetime access to 17 video modules covering the following, and much more...

- Playdates & sleepovers
- How to talk about sex & puberty
- Principles of Consent
- Online grooming & exploitation
- How to talk about media & porn
- Navigating nudity & self-touch
- Apps & Filters
- Responding to abuse disclosures

Includes PDF resources and recommended books.

Jo TEDx “Why we need to talk about porn.”



<https://www.youtube.com/watch?v=TCY2dOf2eMs>

Parent Book Recommendations for kids 2-14

After reading dozens of books for children on consent, safety, sex and puberty I have established my favourites. I was surprised by the significant oversights in some books, while really pleased by the expertise shown in others.

<https://www.trickychatparenting.com/book-list>

Netsafe

Advice, support, and reporting function for all types of online harm. Manages the Harmful Digital Communications Act, to mediate between online platforms and New Zealand complainants, and harm that occurs between people.

netsafe

<https://netsafe.org.nz>

Take it Down

This service is one step you can take to help remove online nude, partially nude, or sexually explicit photos and videos taken before you were 18.

Take It Down

<https://takeitdown.ncmec.org>

The Light Project

www.thelightproject.co.nz

"Over the last 5 years, a whole new porn landscape for young people has emerged... so we've teamed up with experts and young people to put together this site for teens, their families, and youth professionals to learn more about porn and be part of the conversation."



In The Know – For teens 13+

www.intheknow.co.nz

"Got questions or concerns about porn, nudes, rough sex, choking, 'porn addiction' or online sexual experiences? You've come to the right place. This stuff can be tricky and there's no GPS or handbook on it. So, we've teamed up with some pros to do a full lowdown – with info, help and tips on all the tricky questions."



Safe Surfer

<https://safesurfer.io>



Complete customized protection for mobile and home devices.

Get the Safe Surfer app for on-the-go protection wherever they are, or install on a router for network-wide protection of your home, business, or school.

Screen Deep Podcast

<https://www.notthenorm.com.au>

“Host Kris Perry dives deep with a leading expert in each episode to explore how children and adolescents are affected mentally, physically, and developmentally by digital media use, bringing research and evidence-based perspectives to the essential questions on how to help children thrive today.”



Not the Norm

<https://www.notthenorm.com.au>

Supporting autistic young people and their communities to safely navigate pornography's influence



ADHD & Sex – a Blog for teens

<https://www.scarleteen.com/read/sex-sexuality/we-need-talk-about-sex-and-adhd>

Read through this article to gain insights into what some professionals recommend to teens, this can guide your conversations.

Navigating Online Safety for kids with ADHD

<https://www.thefunctionalfamily.com/podcasts/adhd-families-podcast/episodes/2148910827>

Podcast episode with Kristi McVee, ex child abuse detective.

