



EDUCATING OURSELVES.
EDUCATING OUR KIDS.

Two videos that I recommend:

- [Your Brain on Porn](#)
- [The Science of Pornography Addiction](#)

Recommended websites for accurate sexual health information:

- <https://amaze.org/>
- <https://www.optionsforsexualhealth.org/>
- <https://www.scarleteen.com/>

Organizations who focus on educating about the harms of pornography:

- <https://www.culturereframed.org/>
- <https://fightthenewdrug.org/>
- <https://www.ourkidsonline.info/>

Free resources including comparison chart you can do with your teen:

- <https://www.powerupeducation.com/free-resources>

Questions? Comments? Feedback? Please email me at kerri@powerupeducation.com