



# Four Pillars of Pornography Prevention

*A Proactive Plan for Protecting Kids*

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POWER OF LOVE	NOTES
<ul style="list-style-type: none"> <li>❑ <a href="#">Love Kills Porn! Advice from a Mom Who Cares for One Million Kids</a></li> <li>❑ <a href="#">6 Mistakes Parents Make When They Learn Their Kid Is Watching Porn</a></li> <li>❑ <a href="#">What 10 Parents Learned When Their Child Was Caught in a Porn Trap [Part 1]</a></li> <li>❑ <a href="#">Helping the Kid Who Doesn't Want Help</a></li> </ul>	
SEXUAL INTEGRITY	
<ul style="list-style-type: none"> <li>❑ <a href="#">7 Things Your Seven-Year-Old Should Know about Love and Sex</a></li> <li>❑ <a href="#">Let's Talk About Sex: 8 Books to Read Together</a></li> <li>❑ <a href="#">What is Sexual Integrity? (and Why Your Kids Need to Know Today!)</a></li> <li>❑ <a href="#">Healthy Sex vs. Porn Sex: 7 Crucial Comparisons to Teach Your Kid (Before XXX Hijacks Their Future)</a></li> <li>❑ <a href="#">7 Ways Porn Kills Marriage—Plus Tips for Talking to Your Teens</a></li> </ul>	
EMOTIONAL RESILIENCE	
<ul style="list-style-type: none"> <li>❑ <a href="#">Feelings 101: A Simple Exercise to Build Emotional Wellness in Kids</a></li> <li>❑ <a href="#">4 Ways to Help Kids Deal with Discomfort: Life Skills that Build Emotional Resilience</a></li> <li>❑ <a href="#">Prevent Porn Problems with 2 Parenting Practices: Teaching Emotional Resilience and Creating Secure Attachment</a></li> <li>❑ <a href="#">Does My Child Need Counseling? Reassuring Advice from a Porn Addiction Therapist</a></li> <li>❑ <a href="#">Block Porn Interest: A Proactive Parenting Plan</a></li> </ul> <p>Go to <a href="https://defendyoungminds.com/guides">defendyoungminds.com/guides</a> to download our guide <b>Building Emotional Resilience in Kids: 4 Easy Tools</b> to get your Emotional Care Tags!</p>	

TECH ACCOUNTABILITY	NOTES
<ul style="list-style-type: none"> <li>❑ <a href="#">What is Screen Time Really Doing to your Kid's Brain?</a></li> <li>❑ <a href="#">When Should Kids Have Cell Phones? Savvy Parents Reveal Best Strategies</a></li> <li>❑ <a href="#">5 Reasons Why Social Media is Not Smart for Middle School Kids</a></li> <li>❑ <a href="#">5 Easy Tricks to Manage Screen Time and Get a Happier Family, Too</a></li> <li>❑ <a href="#">Screen Time and the Brain: Expert Advice on Electronic Addiction and Teaching Kids Healthy Tech Habits</a></li> </ul> <p>Go to <a href="https://defendyoungminds.com/guides">defendyoungminds.com/guides</a> to download our guide <b>Is My Child Ready for a Smartphone?</b></p>	
BRAIN & BODY SAFETY	
<ul style="list-style-type: none"> <li>❑ <a href="#">It's Awkward, and It's OK: You CAN Talk to Your Kids About Pornography</a></li> <li>❑ <a href="#">Kids Hurting Kids! 3 Ways Parents Can Reduce the Risk of Child-on-Child Harmful Sexual Behavior</a></li> <li>❑ <a href="#">How Porn Hijacks Young Brains and 3 Effective Ways to Defend Your Kids [Part 1]</a></li> <li>❑ <a href="#">The 3 Big Red Flags of Sexual Abuse</a></li> <li>❑ <a href="#">5 Body Safety Rules Every 5-Year-Old Should Know</a></li> </ul> <p>Go to <a href="https://defendyoungminds.com/guides">defendyoungminds.com/guides</a> to download our <b>Body Safety Toolkit</b>.</p>	
PREVENTION SCIENCE	
<ul style="list-style-type: none"> <li>❑ The <a href="#">Good Pictures Bad Pictures</a> series of read-aloud books</li> <li>❑ <a href="#">Brain Defense: Digital Safety</a> curriculum</li> <li>❑ Go to <a href="https://defendyoungminds.com/guides">defendyoungminds.com/guides</a> to download our guide <b>How to Talk to Kids about Pornography: Quick Start Guide</b></li> <li>❑ Go to <a href="https://defendyoungminds.com/guides">defendyoungminds.com/guides</a> to download our guidebook <b>My Kid Saw Porn! Now What? A SMART Plan for Parents</b></li> <li>❑ <a href="#">Porn Addiction and Kids—Neuropsychologist Reveals Who Is Most Vulnerable: An Interview with Dr. Gola</a></li> </ul>	



Visit us at [defendyoungminds.com](https://defendyoungminds.com) to learn more about our practical resources for teaching kids to reject pornography.