



BE BROKEN

RECOMMENDED RESOURCES FOR PARENTS

Foundation

- *Honest Talk: A New Perspective on Talking to Your Kids About Sex*, by John W Fort. Overviews how to have conversations that kids ages 5 - 18 connect to. The importance of discussing feelings, God's design for sex beyond reproduction, talking about sex at different ages, preparing for puberty beyond body changes, addressing masturbation, accountability with adolescents.

Resources for Preschool Kids

- *What am I Feeling?* by Dr. Josh & Christi Straub. An introduction to feelings and how to manage them
- *God Made Boys and Girls: Helping Children Understand the Gift of Gender*, by Marty Machowski. Introducing gender before culture influences children.
- *God Made All of Me*, by Justin S. Holcomb & Lindsey A. Holcomb. Introduces God as creator, names of body parts, keeping private parts private, how to say "no," even to unwanted hugs & kisses.
- *God Made Your Body*, by Jim Burns. Slightly more advanced information on body parts. Also introduces the concept of eggs and sperm.

Resources for Elementary Age Kids

- (Age 4-6) *How God Makes Babies*, by Jim Burns. This one could be used earlier for kids who ask a lot of questions. Takes up where "God Made Your Body" leaves off.
- (Age 7-8) *Good Pictures/Bad Pictures*, by Kristen Jenson. Protecting against porn.
- (Age 7-10) *The Talk: 7 Lessons to Introduce Your Child to Biblical Sexuality*, by Luke Gilkerson. Help kids know what sex is for, not only what it is not for.
- (Age 10-12) *Changes: 7 Biblical Lessons to Make Sense of Puberty*, by Luke Gilkerson. Preparing a child for body and emotional changes that come with puberty.
- (Age 5-12) *Emotional Resilience for Sexual Integrity*, by Be Broken. Interactive Online Course for parents and kids to do together. Activities for all ages of kids teaching emotional awareness and resilience.

Resources for Adolescents

- (Age 13-18) *Emotional Resilience for Sexual Integrity*, by Be Broken. Interactive Online Course for parents and teens to do together. Activities tie together the relationship between managing emotions and resisting sexual temptation.
- *A Family Game Plan for Tackling Porn Use*, by Be Broken. Interactive online course for parents and kids to do together. Addresses kids who have been caught up in pornography, but also a great resource to use with older kids to help them see why pornography can become so dangerous.
- *Relationships: 11 Lessons to Give Kids a Greater Understanding of Biblical Sexuality*, by Luke Gilkerson. Explains how sexual brokenness can occur and ways to deal with temptation and questions about sexuality.
- *TALK: A Practical Approach to Cyberparenting and Open Communication*, by Mandy Majors. Covers how to discuss issues such as social media, LGBTQ friends, and more.
- *Unashamed: Candid Conversations About Dating, Love, Nakedness & Faith*, by Tracy Levinson. For moms and teen girls to read together.
- *Meet Me in the Middle*, by Barrett & Jenifer Johnson. A book for dads and teen girls to read together.
- *Father-Son Accountability: Integrity Through Relationship*, by John Fort & Lucas Fort. For dads and adolescent sons to read together.

Internet Device & Access Management Help

- A Wisephone from techless.com is a new solution for younger kids. This gives them a phone, calculator, clock, camera, and the ability to text without any kind of internet access. A great first phone.
- Software from bark.us is our recommendation for protecting computers and devices that children use and for a teen's first smart phone. It has more ways to block unwanted content and monitor what children are doing and saying online.
- covenanteyes.com is recommended for older teens on smartphones, computers, and tablets. This does less blocking but more reporting on everything a teen sees on a computer, tablet, or device. This helps start conversations when a teenager has been straying into dangerous content.
- parentswhofight.com can help your family directly if you need help knowing how to set up your router to block and monitor internet access on all devices in the home, including game systems and smart TVs.

Websites to Helping Parents Keep Up

- defendyoungminds.com has frequent blogs and articles on all kinds of topic related to helping kids with pornography and other problematic sexual behaviors. Focuses mainly on young and pre-teen children.
- CovenantEyes.com and BeBroken.com both have blogs with dedicated parent sections.
- protectyoungeyes.com helps parents understand and navigate apps that teens will want to use on their devices.
- axis.org is a Christian site with webinars and resources to help parents talk about sex. They have a culture translator to help have conversations around the newest teen slang and other things to help parents keep up with teen culture.
- purelifeacademy.org is Be Broken's online training platform. There are sections for men, women, leaders, and families. New courses are continually being developed. IN addition to A Family Game Plan for Responding to Porn mentioned on the previous page, [Sex & Anxiety: Teen Edition](#), was designed for pre-teen and teens to go through with parents to discuss the aspects of sexuality that often makes adolescents anxious. New courses constantly in development.