



## Reading List for Parents Raising Teens Who Respect Girls/Women

Compiled by PPS's Title IX Office

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This guide, compiled by PPS's Title IX Office, includes resources, activities, and recommendations to help parents who are struggling with how to address their teen or pre-teen's sexting, exchanging nudes, dating, and generally, how to respect boundaries and/or body autonomy. The guide includes resources and education aimed at helping parents understand the vast difference between their experience as teens and what today's teens are struggling with, and may not feel comfortable asking their parents (or other trusted adult) for help.

| Resources for PARENTS                                       | Description  |
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| <a href="#">Helping Boys Stand Firm in Respecting Girls</a> | What if your son's friends started comparing notes on female schoolmates, ranking the girls according to their attractiveness? How would your son respond? What if the discussion were darker? What if peers were urging your son to join in a contest to harass one of the girls in their year, hoping to be the first to convince her to send a nude selfie? |
| <a href="#">Your Teen is Sexting</a>                        | Consensual teen sexting is on the rise. A shame-free talk about safe sexting can protect your teen from legal and reputational harm.   |

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| <a href="#">Masterminds &amp; Wingmen</a><br>d what's lurking under the surface. | A follow-up to her popular <a href="#">Queen Bees and Wannabes</a> , an exploration of Girl World, in this book Wiseman – herself the mother of sons – delves into Boy World, a place where boys hide their real feelings behind gruff answers like “I’m fine.” Some of them, it seems, really isn’t fine, and it behooves parents and teachers of boys to understand what’s lurking beneath the surface.  |
| <a href="#">Sexting &amp; Teenagers</a>  | Practical steps for problem situations   |
| <a href="#">What Parents Should Know about Teen Sexting</a>                      | According to a study by <a href="#">JAMA Pediatrics</a> , 15% of teens have sent a ‘sext’ and 27% have received one. The journal’s analysis of a number of studies found that sexting behaviors are increasing in groups of young people with incidences becoming more common as teens get older.  |
| <a href="#">Social media: Guide for Parents</a>                                  | Compiled by PPS from the National Center for Child Exploitation  |
| <a href="#">Sextortion Prevention &amp; Response</a> (Thorn)                     | Sextortion is when someone blackmails/threatens to expose a sexual image in order to make a person do something they don’t want to do, like send more photos or send money. <a href="#">Learning about how sextortion happens</a> and what to do to protect your child is an important step in guiding a dialogue to prevent it from occurring in the first place. Need help now? Visit our <a href="#">help page</a> to find resources and information. |

*Next page - resources for boys/families*

| Resources for TEEN BOYS  | Description  |
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| <a href="#"><u>Respect – Everything A Guy Needs to Know About Sex, Love, and Consent</u></a> | The world has changed, and the revelations of the #MeToo movement have raised serious questions about how men are raised to understand consent and their own sexuality. Respect is the first guide to sexual health and relationships built around consent. Inti Chavez Perez draws on his vast experience as a sex educator to lay out how to build positive, respectful relationships with friends and partners, and how consent factors in at every stage from introducing yourself to having healthy sexual relationships with others, all with the same frankness that guys have talking about sex with their friends. From gender identity and sexual orientation to body image and sexual health and more, Respect tells you everything you should know, and everything you would want to know—a book for guys to learn from and then go back to. |
| <a href="#"><u>A Dummies Guide for Teenage Boys in How to Respect Girls</u></a>              |  |
| <a href="#"><u>The Mask You Live In</u></a> (movie available on Netflix)                     | The Mask You Live In follows boys and young men as they struggle to stay true to themselves while negotiating America’s narrow definition of masculinity.<br>Pressured by the media, their peer group, and even the adults in their lives, our protagonists confront messages encouraging them to disconnect from  |

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|   | <p>their emotions, devalue authentic friendships, objectify and degrade women, and resolve conflicts through violence. These gender stereotypes interconnect with race, class, and circumstance, creating a maze of identity issues boys and young men must navigate to become “real” men. Experts in neuroscience, psychology, sociology, sports, education, and media also weigh in, offering empirical evidence of the “boy crisis” and tactics to combat it.</p> <p>The Mask You Live In ultimately illustrates how we, as a society, can raise a healthier generation of boys and young men.</p> |
| <a href="#">Sexting: Advice for Teens</a> |   |