

## Pornography specific options

- Teens, young adults & adults

- Fortify Program: series of psychoeducational videos to support teens struggling with porn use. Free for under 20. Available for adults at a small cost. <https://fortifyprogram.org>
- Reboot Nation – online support forum - <http://www.rebootnation.org/>
- NoFap – online support forum - <https://www.nofap.com/>
- Specialist Psychologist in Internet Porn Addiction: Dr Phil Watts (based in Perth) <http://www.drphil.com.au/>

- Children

- Australian Childhood Foundation <http://www.childhood.org.au/>
- Childwise: Managing children with sexualised behaviours <http://www.childwise.org.au/page/24/managing-children-with-sexualised-behaviours>

- Parents

- Complaints and Reporting of offensive material and information. [www.esafety.gov.au](http://www.esafety.gov.au)
- Free eBook by Liz Walker to assist parents – Parenting one click ahead of porn. [www.lizwalkerpresents.com/free-e-book](http://www.lizwalkerpresents.com/free-e-book)
- Books and resources for parents to talk with children: [www.notforkids.info](http://www.notforkids.info)
- Safe Surfer: Supporting Online Safety with Home Internet Filtering. [www.safesurfer.co.nz](http://www.safesurfer.co.nz)
- Parents, Tweens, Sex: An app to assist with approaching a wide range of topics on sexuality for parents of tweens. Learn more at [www.ptsapp.com.au](http://www.ptsapp.com.au)
- Porn Harms Kids: addressing the harms of online pornography on children and young people. [www.pornharmkids.org.au](http://www.pornharmkids.org.au)

## Research Links

- Adolescents' Sexual Media Use and Willingness to Engage in Casual Sex: Differential Relations and Underlying Processes  
<http://onlinelibrary.wiley.com/wol1/doi/10.1111/hcre.12098/abstract>
- The effects of sexually explicit material use on romantic relationship dynamics  
<https://www.ncbi.nlm.nih.gov/pubmed/27784182>
- Pornography and the male sexual script  
<http://link.springer.com/article/10.1007/s10508-014-0391-2>
- Who has seen what when? Pornography's contribution to the social construction of sexuality during childhood and adolescence  
<http://scholars.wlu.ca/etd/1044/>
- Studies linking porn use or porn/sex addiction to sexual dysfunctions, lower arousal to sexual stimuli, and lower sexual satisfaction  
<http://www.yourbrainonporn.com/studies-reported-relationships-between-porn-use-or-porn-addictionsex-addiction-and-sexual>
- Youth Wellbeing Project's submission to the Senate Inquiry into the Harm being done to Australian children through access to pornography on the Internet.  
<http://www.lizwalkerpresents.com/wpcontent/uploads/2016/03/sub131.pdf>

## Best Practice Link for children and adolescents with sexualised behaviours

- Children with Sexualised Behaviours  
<https://aifs.gov.au/cfca/bibliography/children-sexualised-behaviours>
- Children With Problem Sexual Behaviours And Their Families: Best Interests Case Practice Model: Specialist Practice Resource  
[http://www.dhs.vic.gov.au/\\_\\_data/assets/pdf\\_file/0003/644772/children-problem-sexual-behaviours-families-specialist-practice-resource-2012.pdf](http://www.dhs.vic.gov.au/__data/assets/pdf_file/0003/644772/children-problem-sexual-behaviours-families-specialist-practice-resource-2012.pdf)
- Adolescents with sexually abusive behaviours and their families: Best Interests Case Practice Model Specialist Practice Resource  
[http://www.dhs.vic.gov.au/\\_\\_data/assets/pdf\\_file/0005/589721/adolescents-sexually-abusive-behaviours-families-specialist-practice-resource-2012.pdf](http://www.dhs.vic.gov.au/__data/assets/pdf_file/0005/589721/adolescents-sexually-abusive-behaviours-families-specialist-practice-resource-2012.pdf)