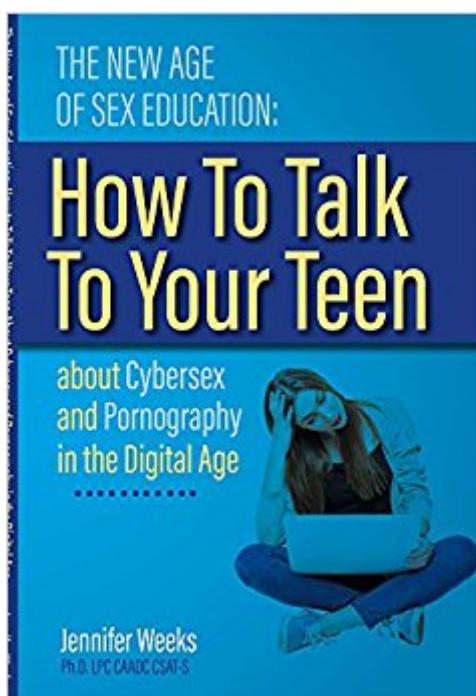


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# The New Age Of Sex Education:: How To Talk To Your Teen About Cybersex And Pornography In The Digital Age



## **Synopsis**

Raising children in today's always &#147;plugged-inâ" digital age can be overwhelming for many parents. Children today experience near constant exposure to online activities, making it difficult for parents to keep up with the content their children are exposed to, some of which they may not be prepared to handle. Talking to their children about sex and sexuality can be extremely difficult for parents, even more so when the digital world has created easier access to sexual content. In Dr. Jennifer Week's first prevention book, parents will learn how their teens are interacting online and how exposure to online sexuality can affect them. Parents will also learn how their own issues with sex and sexuality influence how they either do or do not talk to their children about sex. Finally, this book provides parents with practical tips on how to talk to their children about digital sexuality as well as how to ascertain if their child has a problem with pornography or other online sexual behaviors.

## **Book Information**

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## **Customer Reviews**

Dr. Jennifer Weeks is the Founder and Director of Sexual Addiction Treatment Services, an outpatient treatment program dedicated to the treatment of out of control sexual behavior, chemical addiction, impaired professionals, sexually addicted offenders and trauma and abuse. In addition to her clinical work, she has presented on topics related to addiction, sexual addiction and sexually addicted offenders nationally. Dr. Weeks also provides continuing education for clinicians on these topics. Her first book, *The New Age of Sex Education, How to talk to your teen about cybersex and*

pornography in the digital age, is the result of her desire to engage in prevention work.

This book is written by an esteemed expert in the field of sexuality, Dr. Jennifer Weeks, and yet it is written as if she's sitting across from you, offering a kind personal consultation. What I especially loved about this book:  
\*Helpful statistics clearly expressed about porn exposure for kids, impact of social media (what all parents and caregivers need to know)  
\*Types of pornography and how they can affect your teen  
\*Why parents don't talk to their kids about sex (compassionate, not scolding)  
\*How to start "the conversation" - real things to say  
\*Filtering apps and monitoring software  
\*Great resource list! I highly recommend this book - it's short, to the point, and covers all the basics and much more.

Wonderful and insightful reading

Excellent guide for parents as well as professionals.

Good to see a resource that actually helps parents know what to warn their kids about in terms of the risks of online porn overuse. The issues aren't just "consent" and "porn doesn't portray real sex accurately." Today's porn is altering youthful sexuality in unforeseen ways - due to its endless novelty (unending stimulation), ease of escalation to more extreme material during masturbation, and voyeur-role sexual training. Alarming percentages of viewers who started using it heavily early in their lives are discovering that when they get with real partners they experience bafflingly low arousal, difficulty sustaining erections with condoms, difficulty climaxing with partners and even stubborn erectile dysfunction. Even after unhooking from porn, these difficulties can take months to reverse. These problems are quite apart from viewers frequently developing porn-induced fetishes that are difficult to replicate with real partners, or which don't prepare them for intercourse with actual humans. Well done Dr. Weeks!

We have a 12yo girl and 14yo boy. With smartphones and computers there is so much to try and be aware of. Having "the talk" which both my wife and I have done. We worry about peer pressure and just teen curiosity. This book has given us much needed insight. Thank you Dr. Weeks

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