

Resource Guide

to help individuals of all ages navigate a sexualised world...



Reach Out Australia

ReachOut is the most accessed online mental health service for young people and their parents in Australia. Information found on Reach Out Australia can help individuals understand their own body, and help them feel happy and healthy in their own skin.



The Office of the eSafety Commissioner

The eSafety Commissioner operates a complaints scheme to tackle serious cyberbullying affecting an Australian child. Working with social media companies, they have powers to assist the rapid removal of material when it is seriously threatening, seriously humiliating, seriously harassing, or seriously intimidating.



Fight the New Drug

Provides individuals the opportunity to make informed decisions regarding pornography by raising awareness on its harmful effects through science, research, and personal accounts. Especially popular with young people.



Fortify – Quit Porn for Good

A science-based mobile app for support in achieving lasting healing from sexual compulsivity.



Collective Shout

Collective Shout is a grassroots campaigns movement against the objectification of women and the sexualisation of girls.

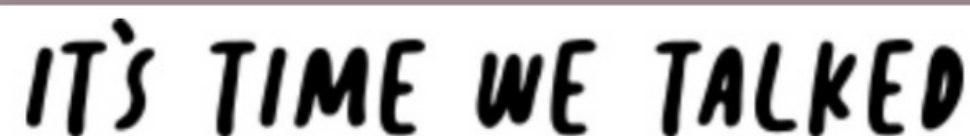
Collective Shout is for anyone concerned about the increasing pornification of culture and the way its messages have become entrenched in mainstream society, presenting distorted and dishonest ideas about women and girls, sexuality and relationships.



Beauty Redefined

Beauty Redefined and More Than a Body teach people how to develop body image resilience through their unique, research-backed framework.

Since 2009, they have reached millions of people through online education, social media activism, speaking events, and their book, *More Than a Body* (Houghton Mifflin Harcourt, 2020).



It's Time We Talked

The website of several programs including a prevention project, DVD resource and film that supports young people, parents, schools, government and the community sector to understand and address the influence of pornography.



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THE LIGHT PROJECT



The Light Project

The Light Project was set up in response to the changing online porn landscape and the absence of any information, support or resources for young people in NZ. The project aims to help equip youth, their whānau and communities to build porn literacy and positively navigate the new porn landscape through workforce training, resource development and providing technical assistance to services working with youth.

headspace



Headspace

Headspace is the National Youth Mental Health Foundation providing early intervention mental health services to 12-25 year olds. headspace can help young people with mental health, physical health (including sexual health) alcohol and other drug services, and work and study support.

betterhelp



Better Help

Affordable, private online counselling
Talk with a licensed, professional therapist online. BetterHelp offers access to licensed, trained, experienced, and accredited psychologists, marriage and family therapists, clinical social workers, and board licensed professional counsellors.

World Without Exploitation



Youth Coalition

The fight to create a world where no one is bought, sold or exploited is a fight for the future - and creating an exploitation-free future is what the World Without Exploitation Youth Coalition is all about.

World Without Exploitation's new, national, youth-led network is made up of young people, ages 15 to 28—is using advocacy, educational, and awareness raising initiatives to create change while supporting a culture of inclusion and diversity. Young survivor leaders, students, professionals, activists, artists and allies are all encouraged to be a part of our efforts.

blue knot foundation

National Centre of Excellence for Complex Trauma



The Blue Knot Foundation

If you have experienced childhood trauma, you can speak with a Blue Knot Helpline trauma counsellor including for support and applications around national redress

kidshelpline

Anytime | Any Reason



Kids Helpline

Kids Helpline is Australia's only free (even from a mobile), confidential 24/7 online and phone counselling service for young people aged 5 to 25.