

PARENT GUIDE

Parenting With Power

Becoming the Hero in Your Child's Story

Welcome!

This series was created so that no parent has to face these conversations alone. Over eight sessions, you'll hear real stories, learn how trauma shapes a child's brain and behavior, and walk away with practical, loving ways to protect and reconnect with your child.

This guide isn't a curriculum to master — it's a simple companion to help you get the most out of each session, whether you're watching on your own or with a group of other parents.

How to Use This Guide

Each of the eight sessions comes with a short set of discussion questions and a few "Take Aways" — practical next steps you can put into action right away. You can move through the series at whatever pace feels right, but we recommend no more than one session per week. This is heavy material, and it deserves time to sit with, not rush through.

Watching on Your Own

If you're going through the series individually, here's a simple rhythm that works well:

- Watch or listen to one session (many parents find it works well as a podcast-style listen during a commute or quiet moment).
- Afterward, open your journal and slowly work through that session's discussion questions. Write freely — this isn't about getting the "right" answer, it's about noticing what comes up for you.
- Sit with the Take Aways. Is there one small, concrete step you can take this week?
- Give yourself permission to pause, revisit a question, or process with a trusted friend, spouse, or counselor before moving to the next session.

Watching as a Group

Groups are powerful because they remind parents they are not alone — and everyone brings tools and insight that help the whole room. Here's a simple week-by-week structure:

- Pick a weekly meeting time and stick with it for all eight weeks — consistency helps trust build.
- Watch that week's session together as a group (or ask everyone to watch beforehand and come ready to discuss).

- Work through the discussion questions together. There's no need to get through every question — let the conversation breathe, and let people share only what they're comfortable sharing.
- Close each session by naming one Take Away each person wants to try that week.
- Consider a light facilitator or host each week just to keep time and gently guide the conversation — no special training required, just a caring presence.

A Few Notes Before You Begin

- This material covers difficult topics, including abuse, trauma, and exposure to pornography. It's normal for emotions — grief, guilt, anger — to surface. Be gentle with yourself and others.
- This series is a support and education tool, not a replacement for professional counseling. If a conversation opens a wound that needs deeper care, please encourage one another to seek out a therapist or counselor.
- Confidentiality matters. If you're in a group, agree up front that what's shared in the room stays in the room.
- There is no perfect parent in this room or on this screen. The goal isn't guilt — it's growth, connection, and hope.

Session Overview

Session 1: How Did We Get Here?

Session 2: You Are The Prevention Tool

Session 3: Understanding Trauma

Session 4: The Amygdala, Survival & Pornography

Session 5: Connecting After Trauma

Session 6: Parent To Protect

Session 7: Parent Through Crisis

Session 8: Parent To Win Through Love

A Closing Word

Every day is a do-over. There's no easy button, and healing is rarely a straight line — but it is possible, and it starts with showing up. Whether you're on this journey alone tonight or shoulder-to-shoulder with a room full of parents who understand, you are not alone, and neither is your child.

You are the hero your child needs. Let's get started.