



KRISTEN JENSON

**AUTHOR, SPEAKER
FOUNDER, DEFEND YOUNG MINDS**

Kristen A. Jenson, MA is the founder of Defend Young Minds and the #1 bestselling author of *Good Pictures Bad Pictures* and *Good Pictures Bad Pictures Jr.*, with nearly 400,000 copies sold worldwide. Her newest title, *Good Pictures Bad Pictures Guide for Girls: How I Stay Safe, Smart & Confident*, helps parents equip daughters to reject objectification and grow in safety, confidence and mental well-being.

Through books, curriculum, guides and articles, Kristen and her team have helped millions of parents raise empowered, resilient, screen-smart kids. A trusted media guest, she speaks with authority on how parents can prepare children before exposure instead of reacting after harm has already occurred. Her work has been quoted and referenced by *The Wall Street Journal*, *Fortune*, *The New Yorker*, *The Epoch Times* and others and she has testified before the Washington State Senate Law and Justice Committee on the public health crisis of pornography. She lives in Washington State with her husband and family nearby.

CREDENTIALS

- Founder of Defend Young Minds, a global platform helping parents raise empowered, resilient, screen-smart kids
- Bestselling author of the *Good Pictures Bad Pictures* series with 400,000 copies sold
- Books translated into more than a dozen languages
- Expert on the harms of pornography on children, prevention practices and healing-informed interventions
- Speaker at major conferences including the United Nations Civil Societies Conference, the American Association of Christian Counselors and the National Center on Sexual Exploitation Global Summit
- Testified before the Washington State Senate Law and Justice Committee and supported legislation to better protect kids online
- M.A. in Organizational Communication, B.A. in English Literature

AVAILABILITY

- Based in Washington state
- Available by phone, Zoom
- Weekdays, preferably 9am-12pm PT

EXPERTISE

- **Child protection in the digital age:** helping parents prepare children for online sexual harms before exposure happens
- **Pornography prevention for kids:** age-appropriate ways to define pornography, explain its harms and give children a response plan
- **Screen-smart parenting:** practical tools for raising resilient children in a media-saturated culture
- **Protecting girls from objectification:** helping daughters build confidence, boundaries and emotional health
- **Family communication:** how to start calm, proactive conversations about sensitive topics without fear or shame
- **Prevention and early intervention:** what parents, therapists and educators can do to reduce vulnerability and support healing

DOWNLOADS

- [Headshot](#)
- [Book cover](#)
- [Manuscript PDF](#)

ONLINE



MEDIA

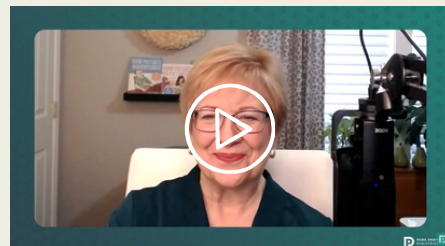
In this video, Kristen describes three age appropriate ways to discuss pornography with your children.



Kristen on the Ending Sexploitation Podcast, episode titled, "Protecting Children from Pornography Harms"



Kristen with Pure Desire Ministries' podcast, episode titled, "Parenting In A Digital Age"



TO BOOK AN INTERVIEW, CONTACT:

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ABOUT THE BOOK

- Published February 18, 2026
- \$22.99
- 64 pages
- Glen Cove Press LLC
- ISBN: 0997318783
- [Click to learn more](#)



We can't protect girls by leaving them out of the conversation.

Good Pictures Bad Pictures Guide for Girls is a beautifully illustrated read-aloud book designed to do something no major resource has done before: speak directly to the unique vulnerability of girls in today's digital world. Many experts confirm that girls are often more vulnerable to pornography than boys — yet they're routinely left out of the conversation, protected by the false assumption that they aren't curious about or affected by pornography. This book changes that.

With warm, shame-free dialogue and age-appropriate language, *Guide for Girls* walks parents and daughters through what pornography is, why it's harmful, how the brain responds to it, and how girls can protect themselves. The "Let's Talk" prompts built into the book turn a difficult discussion into a trust-building moment between parent and child. Backed by research and tested by real families, this is a resource parents can pick up, read together with their daughter, and return to again and again.

Upon release, *Guide for Girls* earned Amazon #1 Bestseller and Top New Release status in its category — and achieved an Amazon Best Sellers Rank of #937 out of more than 40 million titles. All of this without a mainstream publisher behind it.

WHY IS IT RELEVANT?

- **Girls who view porn are at an increased risk:** Research links teen girls' pornography exposure—especially violent or degrading content—with greater acceptance of coercion and aggression as 'normal' in relationships, and with higher risk for dating behaviors like threats and intimidation.
- **Studies link pornography exposure (especially violent porn) to teen dating violence outcomes:** [The Association Between Exposure to Violent Pornography and Teen Dating Violence in Grade 10 High School Students](#)
- **Pornography and links to child on child problematic sexual behavior:** 1 in 10 children experience Child Sexual Abuse and Assault nationally, reported by [Darkness to Light](#). A large portion of offenses are committed by other juveniles and acquaintances. More than 70% of children who are sexually abused are abused by a peer
- **Childhood exposure to pornography is associated with poor mental health:** Self-objectification, body shame & dissatisfaction, depression & anxiety, eating-disorder risk, lower self-esteem, more loneliness, and higher risk of suicide.

WHO IS IT FOR?

- Parents of daughters ages 7–12
- Parents navigating digital culture
- Educators and school counselors
- Child therapists and mental health professionals
- Homeschooling families
- Women's ministry leaders
- Foster and adoptive parents
- Grandparents raising grandchildren

SUGGESTED QUESTIONS

- What inspired the creation of *Good Pictures Bad Pictures Guide for Girls*?
- How would you describe the core purpose of this book to someone hearing about it for the first time?
- What do you hope young readers walk away feeling after reading it?
- What are some common ways children are exposed to inappropriate content without seeking it out?
- Why do you think so many parents hesitate to start this discussion?
- How do you explain the difference between “good pictures” and “bad pictures” in a way kids can understand?
- What's the most important message you want girls to internalize from the book?
- How does the book help kids feel empowered rather than afraid?
- How do you simplify brain science so it's accessible and meaningful for children?
- Why is it important for kids to understand how their brain reacts to certain images?
- How does this approach reduce shame or secrecy around the topic?
- How can girls learn to respect and protect their bodies while making choices based on healthy media values?
- What strategies does the CAN DO plan provide to help girls respond safely to harmful messages and materials?
- How does this research-backed tool empower girls to reject toxic cultural messages and build lifelong self-respect?
- What unique challenges do girls face that make a girl-focused guide important?
- How does the book speak directly to girls' experiences in today's culture?
- In what ways does it support confidence and healthy boundaries?
- What new topics or complexities are introduced in the girls' version that aren't present in the original?
- Are there any other new additions or bonuses that parents should know about?



CHAPTER 2: MY BODY IS NOT AN OBJECT pg. 7-10

Later in the afternoon, my sister and I were in the backyard practicing our soccer skills. After a while, Mom brought us some cold drinks to sip in the shade. Suddenly, she grabbed the ball. “Hey, I want to teach you something about your bodies.”

“With a soccer ball?” I asked, confused.

“Yep!” Mom held it up. “See this ball? It is an *object*. It’s not alive and it doesn’t have feelings. When you kick it, it is not going to cry, right?”

“Of course not, Mom!” my sister answered.

Mom tossed the ball into the yard and she ran off to practice again. “Would you like to be treated like that ball?” Mom asked me.

“No way,” I said.

“Me neither,” Mom agreed. “There’s a new word I want to teach you. It’s called **objectification**.” Mom started typing into her phone and then read the definition: “*Ob-jec-ti-fi-ca-tion*: treating people like tools or toys, as if they had no feelings, opinions, or rights of their own.”

Mom asked me to read the sample sentence: “Pornography is often an example of the *ob-jec-ti-fi-ca-tion* of women.”

Then Mom explained, “When you *objectify* a person, you see their body as a *thing* instead of a whole *person*. You don’t think about what’s inside.”

“Like their liver?” I joked.

Mom laughed. “Ha! I mean their thoughts and feelings, what they like or don’t like. Their personality and their character. Makes sense?”

“Yeah, I get that.”

“Think about it – if you see someone as an object, you wouldn’t worry about how you treat them or how they feel inside, right?”

“Hmm... I guess you could even hurt them and not care – like kicking that ball.”

“True!” Mom said. “Have you ever seen someone teased for how they look?”

I told mom about a bully at school who made fun of a special ed student because he uses crutches.

Mom frowned. “That’s unkind. They’re only seeing the crutches, not the person.”

“Is that *ob-jec-ti-fi-ca-tion*?” I asked.

“Yes, it is.” Mom replied. “And it’s wrong.” Then she added, “Here’s a different example. Let’s imagine a girl who wears all the latest styles.” Mom stood up and did a goofy model walk. We both laughed!

When she sat down, Mom asked, “What if you only wanted to be friends with Miss Fashionista because of her cool clothes, and not for the person she is *inside*? Would that be using her like an object, so you could be more popular?”

“Yeah, I guess so,” I said.

“But you know what’s worse? It’s when girls see *themselves* as objects and lose their self-confidence! What if you spent all your time worried about how you look?”

I stopped to think. “I’d be missing out on a lot. Like how I love taking pictures! Or playing soccer with my friends. Or finding fun books to read!”

“Right! Your true confidence comes from all the positive things about you on the inside. You’re funny, kind and creative! Your body is just one part of the amazing girl you’re becoming.”

“Thanks, Mom!”

Mom smiled, but then got serious. “Earlier we talked about pornography. Did you know that pornography teaches girls to see themselves as *objects*?”

“Objects? Like... a toy or something?”

“Yes, it’s true! Pornography pressures young women to see their bodies as objects. And maybe even want to artificially change their bodies.”

“Really?”

“Yes. You need to know that your body is *not* a decoration for other people to stare at or use.”

“OK. I get that.”

“Good.” Mom continued, “Sadly, it gets worse. In pornography, women are treated very badly. People call them awful names and even hurt them.”

“That’s so wrong!”

“I know. But if a girl thinks she’s just an *object*, she might believe it’s okay for others to treat her badly.”

“No way! Girls should be treated with respect.”

“You’re right! That’s why pornography is so harmful to girls. It messes with the brain by teaching that girls are objects to use instead of people to love and respect, which can absolutely destroy a girl’s self-confidence.” Mom looked away for a minute, watching my little sister kick the soccer ball.

She turned back and then smiled. “It’s so important to protect your heart and mind from the damaging messages of pornography. The good news is that we can choose to avoid porn! Whether it’s in videos or stories or songs. We can reject pornography so that it doesn’t hurt the way we see and treat other people... or *ourselves*!”

ENDORSEMENTS



"This book is such a gift for parents. It takes a heavy, intimidating topic and makes it simple, gentle, and completely doable. I love how it shows that more small conversations are far more powerful than one big one — which eases a mama's heart for sure!"

- **Shannon Tripp, Pediatric ER nurse and mom of six**

"Images and videos are coming at our kids left and right, and our girls are being targeted with pornography and objectification younger than ever before. *Good Pictures Bad Pictures Guide for Girls* takes the shame out of this conversation and makes it actually approachable. There's nothing else like this out there—it's an essential guide for parents committed to protecting their daughters' emotional and mental well-being."

- **Andrea Davis, founder of Better Screen Time**

"In a digital ecosystem where girls are routinely targeted and commodified, *Good Pictures Bad Pictures Guide for Girls* offers parents a critically needed roadmap. It provides clear, compassionate language to help girls recognize harmful content and protect their developing sense of identity."

- **Melissa McKay, President of Digital Childhood Institute**

"In the *Good Pictures Bad Pictures Guide for Girls*, Kristen Jenson takes away the pressure and uncertainty parents likely feel in talking to their daughters about a sensitive topic. You owe it to your daughter to talk to her about pornography, because our culture definitely will. Kristen helps you handle these conversations like a pro!"

- **Sam Black, Covenant Eyes Director of Recovery Education**

"*Good Pictures Bad Pictures Guide for Girls* is a much-needed resource that talks to girls about pornography with clarity, compassion, and zero shame. Parents will appreciate how safe, warm, and judgement-free every chapter feels, while girls will feel seen, supported, and capable."

- **Heidi Olson, SANE-P Nurse, CPN, President of Paradigm Shift Training**