



Resources for Preventing & Overcoming Pornography and Sexual Addiction

Catholic Teaching

- *Catechism of the Catholic Church*, nos. 2337-2359 and nos. 2514-2533.
- “Create in Me a Clean Heart” pastoral letter from the USCCB, 2015: www.usccb.org/cleanheart
- “Bought With A Price” pastoral letter by Bp. Paul Loverde: tinyurl.com/Loverde-antiporn
- “Blessed are the Pure in Heart” pastoral letter by Bp. Robert Finn: tinyurl.com/Finn-Purity

Natural Family Planning

- Couple to Couple League: www.ccli.org
- Creighton model of NFP: www.fertilitycare.org
- NFP International: nfpandmore.org

Youth Education and Parenting

- *Good Pictures Bad Pictures Jr.* (ages 3-6) (book) by Kristen Jenson, MA
- *Good Pictures Bad Pictures* (ages 7-12) (book) by Kristen Jenson & Gail Poyner, Ph.D.
- *Wonderfully Made! Babies: A Catholic Perspective...* (ages 9 & up) (book) by Ellen Giangiordano
- *The Joyful Mysteries of Life* (book) by Catherine and Bernard Scherrer.
- *Beyond the Birds and the Bees* (book) by Greg and Lisa Popcak
- *Made this Way* (book) by Leila Miller & Trent Horn
- CMG Connect (cmgparent.org): Online video-based training for Parents, Churches, & Schools on how to keep kids safe from pornography and respond when it has been discovered.
- Covenant Eye’s “Unfiltered” program (vimeo.com/184409312): 30-min. video to equip parents.
- DefendYoungMinds.org: Great resources on how to talk to kids about pornography before & after.
- LoveEd (www.respect4u.com): Catholic program for parents and children (ages 2-14) to learn about sexuality using faith and science with separate tracks for boys and girls.
- PureHope.net: Christian organizations with resources for parents to talk with their children about sex
- Ruah Woods K-12 Theology of the Body Curriculum from RuahWoodsPress.com, 513-407-8672.
- The Sex Talk: multimedia training course developed by Covenant Eyes; Christian experts prepare parents to talk about sex with their kids www.thesextalk.com.

Guidelines for Technology & Internet Safety

- Enough.org: Great information, guidelines, technology pledges, etc.
- National Center for Missing & Exploited Children: www.missingkids.org/netsmartz/resources
- Safe Families: www.safefamilies.org/safetypledge.php

Web Filtering & Accountability

- ***Protect Young Eyes (www.ProtectYoungEyes.com)***
 - Comprehensive guide to the best filters and accountability apps for any device or platform, complete with how-to-guides.
- TopTenReviews.com/best-internet-filter-software for a comparison of different software packages.
- Clean Browsing (cleanbrowsing.org) and OpenDNS (www.opendns.com)
 - These services route your Internet traffic through pre-filtered servers. Free options available.
- Canopy (<https://canopy.us>): Excellent filtering (including Google images), sexting prevention, accountability, and more kids, teens, & adults. Requires monthly subscription.
- Covenant Eyes (www.covenanteyes.com): Filtering & accountability software. Requires a subscription fee.

- Qustodio (www.qustodio.com): Filtering & accountability software.
 - Has a robust free version and an even more robust premium version.
- NetNanny (www.netnanny.com): A robust software package for filtering, monitoring, & parental controls.
- Microsoft Family Safety: Free for Windows users. Involves filtering and some parental controls.

Alternatives to Smart Phones

- Bark phone: www.bark.us/bark-phone
- Gabb Phone: <https://gabb.com>
- PinWheel phone: www.pinwheel.com
- Wise phone: techless.com (best option for adults)

Other Tech / Media Resources

- AdGuard, AdBlock, AdBlock Plus, uBlock, etc.: these free apps block website advertisements (e.g., banners, sidebars, pop-ups), whether images or videos, even those embedded in YouTube videos.
- Disable Internet Searching in the Start menu in Windows: tinyurl.com/Disable-Bing-in-Start.
- IncognitoGone.com: permanently removes “incognito” and “private” modes from Internet browsers.
- Family Safe Media (familysafe.com): gadgets & guidance to keep porn off Internet, TV, video games, etc.
- VidAngel (www.vidangel.com): online service that allows you to view mainline movies while allowing the user to choose what content to filter out.
- ClearPlay (www.clearplay.com): service that filters popular movies and streaming.
- PluggedIn (www.pluggedin.com): Christian reviews of movies, print media, music, TV, and games.

Additional Websites and Organizations

- Catholic Answers (Catholic.com): a variety of apologetic materials including those pertaining chastity.
- Chastity Project (Chastity.com): a wealth of youth-oriented resources in support of Catholic teaching.
- Covenant Eye’s Blog (www.covenanteyes.com/blog): a wealth of information, free e-Books, etc.
- FightTheNewDrug.org: Extensive scientific information about the effects of pornography.
- IntegrityRestored.com: Catholic organization dedicated to helping those effected by pornography.
- National Center on Sexual Exploitation: EndSexualExploitation.org
- National Human Trafficking Hotline: HumanTraffickingHotline.org. 888-373-7888.
- SexHelp.com: Online tests, treatment referrals, information, etc.
- Strive (www.strive21.com): ministry that accompanies men as they try to quit porn
- Stop Demand (www.stopdemand.org): Anti-porn advocacy and anti-trafficking resources.
- YourBrainOnPorn.com: Extensive scientific information about the effects of pornography.

Getting Help and Support

- “Clean of Heart” local Catholic men’s support group: 513-202-6747, cincinnatiCLEANOFHEART.org
- Catholic in Recovery: Catholic 12-step fellowship, <https://catholicinrecovery.com>
- Sexaholics Anonymous: www.sa.org
- Sex Addicts Anonymous: saa-recovery.org
- Courage (support group for Catholic adults with same-sex attraction): couragec.org
- Encourage (support for Catholic family members of those with SSA or gender issues): couragec.org
- Outpatient Therapy
 - Ruah Woods Psychological Services (www.RWpsych.org, 513-407-8878, Cincinnati, Dayton, etc.)
 - Counseling Alliance: Local Christian sex addiction therapists: www.counselingalliance.com, 513-376-9757
 - CatholicTherapists.com
 - Catholic Psychotherapy Association (www.catholicpsychotherapy.org)
 - For certified sex addiction therapists see also www.sexhelp.com
- My House Initiative: centerforhealingkc.com/myhouse/my-house-initiative
 - Catholic ministry that provides “intensive” weekend workshops for those seeking healing.
- For inpatient centers: see www.sexhelp.com