



**Online Safety and  
Media Sobriety Manual  
for Parents, Pastors, and  
Ministry Leaders**

[www.safefamilies.org](http://www.safefamilies.org)

## **About this Manual, TechMission, and Safe Families**

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Safe Families is a program of TechMission, Inc. that was formed to assist parents in protecting their children from pornography and other dangers on the Internet. TechMission started in 2000 with its first program, the Association of Christian Community Computer Centers (AC4) with the goal addressing the digital divide, which is the gap between those who have access and training with computers and those without. AC4 is the largest association of faith-based community computer centers in the world with over 500 member serving over 50,000 individuals each year. As AC4 assisted in getting people across the digital divide, it became clear that it was one thing to get people across the digital divide, but it was another thing to get them across safely. Our vision for AC4 is "Computer Skills to Make a Living—A Spiritual Foundation to Make a Life." With many low-income families buying their first computer second-hand for \$50, it is not reasonable to expect them to pay another \$50 for Internet filtering software. Because of this, Safe Families has committed to distributing over 100,000 copies of free Internet filtering software in the next year.

As we move into the information age, society is experiencing changes unlike ever before. We believe that it is important for all individuals to take an active role in addressing the social issues of the information age (like the digital divide) as well as the moral issues (like online safety and media sobriety). For those who have not crossed the digital divide, we believe it is a social and moral imperative that they cross the divide, so that they can adequately protect their children online and compete in the information economy. For those who have become information and computer literate, we believe that it is a moral and social imperative that they set an example of media sobriety to protect their children from second-hand smut and dangers online.

**You are free to edit, copy and redistribute this manual as long as you credit TechMission by leaving the footers on the edited pages at the bottom of the page.**

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# Information and Resources for Parents and Caregivers

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## The Importance of Online Safety

Dr. James Dobson of *Focus on the Family* calls Internet Pornography the “New Crack Cocaine.” Just as with cigarettes, alcohol and drugs, many adult addicts of pornography started their addiction as young children exposed to pornography at an early age. To assist parents in protecting their children online, we provide free Internet filtering software. We realize that for parents, just having software is not enough, because parents need to be trained on all strategies for protecting their kids online.


The widespread exposure of youth to graphic pornography at an early age is unlike ever before in history. 9 out of 10 children aged between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally (London School of Economics January 2002). The adult industry says traffic is 20-30% children (NRC Report 2002, 3.3). Youth with significant exposure to sexuality in the media were shown to be 2.2 times more likely to have had intercourse at ages 14 to 16 (Report in Pediatrics, April, 2006). Another major danger is online predators in that 1 in 5 children who use chat rooms have been approached by a pedophile online (Telegraph.co.uk. 1/02). The solution is not to keep children from the Internet, but instead to make sure that they use the Internet safely.

Just as many recent anti-drug and anti-smoking strategies have called on adults to take increased responsibility with their children, we believe adults can take increased responsibility for maintaining their own media sobriety to set an example for children. Nearly all adults addicted to pornography, had their first exposure to pornography through second-hand smut. Second-hand smut from adults is like second-hand smoke-when smut is around everywhere, it affects everyone around it including children. A recent study showed that children with high-access to second hand smut were 2.2 times more likely to have sex between the ages of 14 and 16 than other children. Because of the damaging effect of second-hand smut, we believe that society needs to start treating second-hand smut like they do second-hand smoke. Adults need to take responsibility for protecting their children from second-hand smut online, in the home and elsewhere. Because of this, we provide adults with a media sobriety covenant and recovery resources to help serve as a positive role model with children. We believe that adults suffering form pornography or media addiction should enter a recovery process just as with other addictions.

### ***What are the dangers?***

The primary dangers are: exposure to pornography, contact with sexual predators (pedophiles). Other dangers include: exposure to undesirable content such as hate sites, violence and gore, drug abuse promotion, profanity, and the occult; cyber-bullying (being harassed, threatened, or talked about negatively by people online); file sharing risks (downloading illegal or obscene material); objectionable communication (through email, chat rooms, instant messages). For more information, see the “Statistics” section in this manual under “Resources.”

## Steps to Implement an Online Safety Program in Your Family

1. **Install an Internet filter** (see our Internet filtering recommendations in this manual under “Software Tools for the Home”). If the software allows for different settings for each user, we recommend blocking all chat rooms for children under 16. We also strongly recommend blocking file sharing programs like Kazaa, Limewire, and BearShare completely.
2. **Place computer in the family room or another open area** of your home such that the screen is easily visible when passing by.
3. **Publish the Family Safety Pledge** (found in this manual); post it by all computers. Review it with each child and have them sign it.
4. **Know what your children are doing online by:**
  - a) Reviewing Internet browsing history. For most Web browsers, you can assess this by holding down Ctrl and pressing “H” at the same time or clicking on the History button on the web that looks like this: . Also, most Internet filters have a feature that lets you know what sites have been visited, and cannot be erased by tech savvy children like History in Web browsers.
  - b) Checking the “recent documents” for files transferred or accessed on disks.
  - c) Surfing together especially with younger children to learn how they use the web. Get to know the sites they enjoy and how they interact online.
  - d) Changing your child's homepage. For instructions, go to the “Changing Your Child’s Homepage” section of this manual.
5. **Educate yourself around issues of online safety.** Read TechMission’s Internet Safety Manual, view our Internet Safety Course for Parents (*coming soon*) and keep up-to-date on news and other resources on the TechMission Safe Families website at [www.safefamilies.org](http://www.safefamilies.org).
6. **Lead by example. Your children are watching you.** Many kids' first pornography exposure is their parents' material. Just as second hand cigarette smoke is harmful to those exposed, your media choices can effect your children. We recommend that adults consider signing a Media Sobriety Covenant for Adults (shown elsewhere in this manual). It is your responsibility to keep them from being exposed to pornographic or sexually provocative material. This includes:
  - Television and radio
  - Internet use
  - Magazines and books
  - Videos
  - Cell phone graphics

## Family Internet Safety Pledge

*(This is provided as a sample for you to use. If you wish to modify it, you may download a copy from [www.safefamilies.org/safetypledge.php](http://www.safefamilies.org/safetypledge.php).)*

- 1) I will not look at, download, or copy inappropriate or questionable material; if I'm not sure that something is OK, I'll ask first. If I see something inappropriate or if I experience anything online that upsets me, I will tell my parents. I will not keep online secrets from my parents.
- 2) I will not give any personal information (like my real name, address, age, phone number, school, passwords, or appearance) to anyone online or fill in online forms about myself without my parents' or guardians' permission. I will never send pictures without specific permission.
- 3) I will not arrange to meet anyone in person that I find out about online without getting my parents' permission and bringing an adult with me to a public place. I will not arrange to have a phone conversation with someone I meet online without my parents' permission. I understand that people may not be who they say they are online.
- 4) I will always be courteous in how I communicate to others; I will not use bad language, insult people, or be rude. I will respect the privacy of my friends and family.
- 5) I will not purchase products or services online without my parents' approval and help.
- 6) I will not respond to email or an instant message from someone I do not know.
- 7) I will follow my parents' or guardians' guidelines for when I can use the computer, for how long and what programs and games I may or may not use.
- 8) If I am under the age of 16, I will not use chat rooms and I will only use instant messengers programs to communicate with those my parents or guardians have approved of.
- 9) I will not install software programs without getting permission. I understand that peer-to-peer file sharing programs like Kazaa, Limewire or BearShare are not allowed.
- 10) I will not use the computer to do anything illegal including illegal downloading of software, music or movies.
- 11) These rules apply wherever I am (at home, a friend's house, school, or the library).
- 12) I understand that violating this pledge may result in loss of computer access, and I will accept these consequences.

We agree to the above.

Children sign below

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Parent(s) sign below

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## Social Networking Site Guidelines

These guidelines apply to the use of social networking sites (such as MySpace).

### Parent Recommendations

- Recommended minimum age of at least 16
- Monitor/read your child's account (require that they show it to you) and their online friends.
- Know your children's passwords, screen names and account information.
- Remove online privileges if it becomes a problem.
- Consider installing keystroke capturing software on your family computer from [www.getnetwise.org](http://www.getnetwise.org)

### Recommendations to Children

- Never post personal information (phone number, E-mail or address) on the web.
- Be aware that information you post could put you at risk of victimization.
- Never meet with anyone you first "met" online and tell your parent if anyone requests a meeting.
- Only add people as friends if you know them in real life. Set privacy settings so that you have to approve people to be added as a friend.

## Software Tools for the Home

We strongly recommend the use of internet filters or monitoring software on all computers, especially those used by children. **Internet filters** are computer programs that make undesirable content unavailable to the computer user. **Monitoring software** simply reports on Internet usage to someone you have chosen to receive the detailed report of the computer's usage. Use this chart to determine what solution is best for your family.

Type of Internet Service?	Who to Protect?	Recommended Free Option	Recommended Pay Option	Advanced User Option
Major Dial-up ( <i>like AOL, MSN, or Earthlink</i> ) or Pre-filtered ISP	Kids	<b>Filtering from ISP</b>	<b>Not Needed</b>	<b>Not Needed</b>
Dial-up (Other Provider)	Kids	<b>Safe Families Software</b>	<b>Client Software</b>	<b>Not Needed</b>
Dial-up	Adults	<b>X3Watch</b>	<b>Accountability Software</b>	<b>Accountability Software</b>
Broadband (DSL or Cable)	Kids	<b>We-Blocker</b>	<b>Client Software</b>	<b>Filtering Router</b>
Broadband (DSL or Cable)	Adults	<b>X3Watch</b>	<b>Accountability Software</b>	<b>Accountability Software</b>

## Filtering From ISP

### ***Built-in Parental Controls***

Most major ISP's (Internet Service Provider) like America Online, MSN or Earthlink, provide parental controls that allow you to adjust the nature of content available to each screen name. This means each family member can have customized access to the Internet based on age at no additional charge. The following are links that explain how to use parental controls with **EARTHLINK** ([www.earthlink.net/software/free/parentalcontrols](http://www.earthlink.net/software/free/parentalcontrols)), **AMERICA ONLINE** ([site.aol.com/product/parcon.adp](http://site.aol.com/product/parcon.adp)), and **MSN** ([join.msn.com](http://join.msn.com)).

### ***Filtered ISPs***

A more aggressive option for filtering is a filtered or a “family-friendly” ISP. With a filtered ISP, content filtering is not an option you select and set up; it is built-in and automatic for all users. It cannot be bypassed or overridden. Here are two “family-friendly” ISP’s.



For more information on ISP-based filtering, go to [kids.getnetwise.org/tools/ispoptions](http://kids.getnetwise.org/tools/ispoptions). For a sampling of more filtering ISP’s, go to [www.google.com/Top/Computers/Internet/Access\\_Providers/Filtered/](http://www.google.com/Top/Computers/Internet/Access_Providers/Filtered/). For families using an ISP without the parental control feature, filtering software is recommended (see below).

## Filtering Software

### *We-Blocker*

TechMission provides free Internet Filtering Software and Parental Controls to help protect children online. It is fairly simple to use and is available for downloading by going to [www.safefamilies.org/download.php](http://www.safefamilies.org/download.php). Currently, it is only available for Windows Operating systems and requires special instructions for Windows XP systems. For Macs, see Client Software.

## Client Software

*(Purchased and installed on your computer[s])*

Here is a chart of some of the leading software products available. The ratings have been calculated based on several comparative reviews.

Product	Rating	Cost	Time Manager	Mac	Email	IM/Chat	p2p	Keyword
<b>Content Protect</b> <a href="http://contentwatch.com">contentwatch.com</a>	8.1	\$30	✓			✓	✓	✓
<b>SafeEyes</b> <a href="http://safeeyes.com">safeeyes.com</a>	7.9	\$50	✓	✓	✓	✓	✓	✓
<b>Cyber Patrol</b> <a href="http://cyberpatrol.com">cyberpatrol.com</a>	7.5	\$40	✓		✓	✓		✓
<b>CyberSitter</b> <a href="http://cybersitter.com">cybersitter.com</a>	7.3	\$40	✓		✓	✓	✓	✓
<b>Norton Internet Security</b> <a href="http://norton.com">norton.com</a>	7.1	\$70; \$50/yr		✓	✓	✓	✓	
<b>Net Nanny</b> <a href="http://netnanny.com">netnanny.com</a>	7.1	\$40	✓		✓	✓	✓	✓
<b>McAfee Internet Security Suite</b> <a href="http://us.mcafee.com">us.mcafee.com</a>	6.7	\$35; \$35/yr				✓		
<b>SafeFamilies Software</b> <a href="http://www.safefamilies.org">www.safefamilies.org</a>	N/A	Free						✓

There are many commercially available products. Some filtering products, like Symantec and McAfee, are part of a package of software tools that also includes virus protection, popup blockers, and other security features. The advantage: with one purchase, you can take care of several important concerns. The catch: these products typically cost more than



a stand-alone internet filtering product and have annual subscriptions. The following links below provide additional information about commercially available internet filters.

**Software4Parents** ([www.software4parents.com/filtercompare.html](http://www.software4parents.com/filtercompare.html))

**FamilyInternet** ([familyinternet.about.com/cs/internetfiltering/a/aafilteringsoft\\_2.htm](http://familyinternet.about.com/cs/internetfiltering/a/aafilteringsoft_2.htm))

**Internet Filter Review** ([internet-filter-review.toptenreviews.com](http://internet-filter-review.toptenreviews.com))

**Getnetwise Tools** ([kids.getnetwise.org/tools](http://kids.getnetwise.org/tools))

**FilterReview.com** ([www.filterreview.com/main.asp](http://www.filterreview.com/main.asp))

## Filtering Router

For advanced users, commercial filtering may work for you if you meet these three conditions:

- 1) Your household has more than one computer
- 2) They are or will be networked (“talking” to each other)
- 3) You have a fast Internet connection (not dial-up)

The option is router-based filtering. A router is a piece of equipment that connects your computers to the Internet and to each other. Some come with options to filter content which means the filtering you set up will be applied to all computers in your network. Router-based filtering can be more complex to set up, but is also more difficult to bypass. There is an initial purchase cost, plus an annual subscription fee. Three reasonably-priced examples are listed below.

Zyxel HS-100 HomeSafe Router

*\$50.00; \$34.99/year for Cerberian subscription*

Belkin Wireless G Router (F5D7231-4)



*\$60.00; \$19.99/year for Cerberian subscription after 6 month trial*




Linksys Parental Control Router (WRT54GS)

*\$75.00; \$39.95/year to etopia subscription*

## Accountability Software

Unlike filtering, accountability software simply reports on Internet usage. No blocking occurs. In setting it up, you decide who will receive the detailed report of the computer’s usage. Web sites that are deemed inappropriate, based on the options you’ve chosen, will be red-flagged. Because monitoring software is of value only “after the fact”, we do not recommend this as a solution for families with children. However, it can be an effective aid in personal accountability for adults. There are several available products out there. Here are several:

 <p><b>X3watch</b> <a href="http://www.x3watch.com">www.x3watch.com</a></p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Ministry of xxxchurch (<a href="http://www.xxxchurch.com">www.xxxchurch.com</a>)</li> <li>• Regularly sends list of questionable web visits to selected recipients</li> <li>• Best <i>free</i> monitoring software</li> <li>• Most widely used monitoring software</li> <li>• X3watchPro version available for \$14.95; includes tech support</li> </ul>
 <p><b>Covenant Eyes</b> <a href="http://www.covenanteyes.com">www.covenanteyes.com</a></p>	<ul style="list-style-type: none"> <li>• Through a <b>special Safe Families discount, Covenant Eyes is available for \$4.99 /month</b> (regularly \$74.99/year): <a href="https://secure.cvnt.net/newaccount/?promocode=safefamilies">https://secure.cvnt.net/newaccount/?promocode=safefamilies</a></li> <li>• Pricing for households/ministry staff/business</li> <li>• Regularly sends list of ALL web visits to selected recipients, with objectionable sites highlighted</li> <li>• Mac compatible</li> </ul>

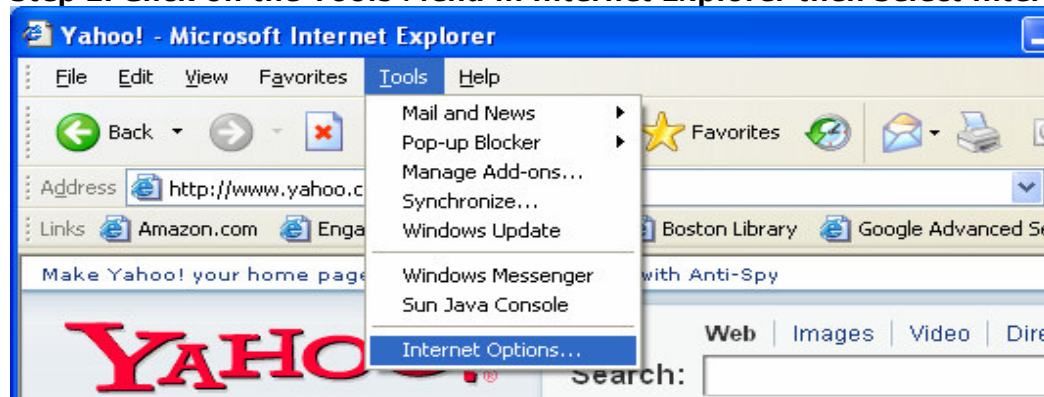
 <p><b>ComputerCOP</b>  <a href="http://www.computercop.com/homeprods.html">www.computercop.com/homeprods.html</a></p>	<ul style="list-style-type: none"> <li>• \$19.95 for download</li> <li>• Scans computer files and Internet history for potentially offensive material</li> <li>• Deluxe version (\$39.95 + S&amp;H): includes keystroke monitoring, scans chats and emails, expanded dictionary of key words</li> </ul>
<p><b>Parents CyberAlert</b>  <a href="http://www.itcompany.com/cyberalert.htm">www.itcompany.com/cyberalert.htm</a></p>	<ul style="list-style-type: none"> <li>• \$39.95 for download</li> <li>• Free trial</li> <li>• Records email, IM, websites, keystrokes, file access, screen snapshots</li> <li>• Website, email, chat, IM blocking</li> <li>• Games &amp; applications alerts &amp; blocking</li> </ul>
 <p><b>Guardian Monitor</b>  <a href="http://www.guardiansoftware.com">www.guardiansoftware.com</a></p>	<ul style="list-style-type: none"> <li>• \$39.95</li> <li>• Monitors websites, email, chat, IM, p2p applications</li> <li>• Records keystrokes &amp; downloads</li> <li>• Website blocking</li> </ul>
 <p><b>Chat Checker</b>  <a href="http://www.chatchecker.com">www.chatchecker.com</a></p>	<ul style="list-style-type: none"> <li>• Free</li> <li>• Records instant message (IM) conversations</li> <li>• Login online to review IM conversations from within the last 24 hours</li> <li>• Receive daily usage summary via email</li> <li>• Receive alerts to dangerous conversations or watch-words via email</li> </ul>

## Changing Your Child's Homepage

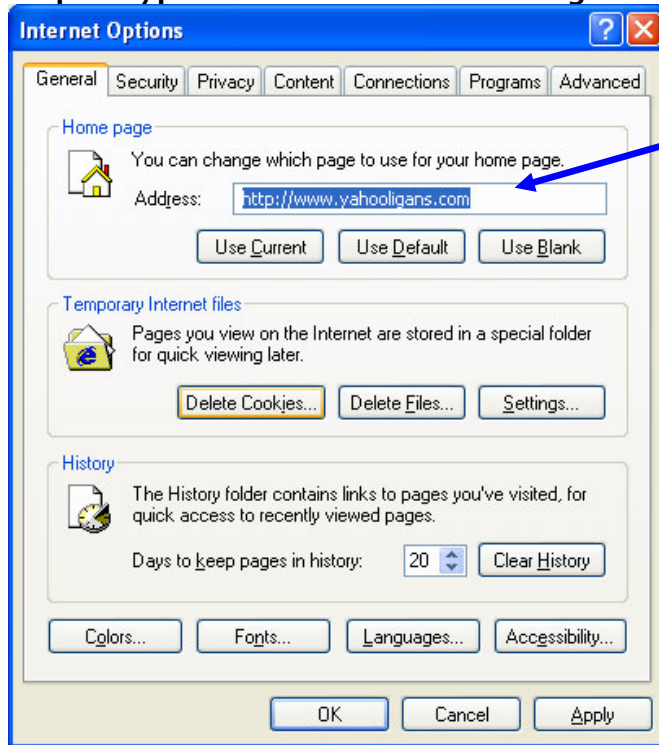
### Step 1. Pick a Child Safe Search Engine

- Ask Jeeves for Kids: [www.ajkids.com](http://www.ajkids.com)  
 Yahoo!igans: [www.yahooligans.com](http://www.yahooligans.com)  
 OneKey: [www.onekey.com](http://www.onekey.com)  
 Kids Click: [www.kidsclick.org](http://www.kidsclick.org)  
 Education World: [www.education-world.com](http://www.education-world.com)

### Step 2. Click on the Tools Menu in Internet Explorer then Select Internet Options



**Step 3. Type in a child safe search engine next to “Address”**



# Information and Resources for Pastors and Ministry Leaders

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## Pornography and Media Addiction: The New Epidemic

Pornography is a new epidemic in the church. James Dobson of Focus on the Family calls it the new Crack Cocaine. 57% of pastors say that addiction to pornography is the most sexually damaging issue to their congregation. A 1996 Promise Keepers survey at one of their stadium events revealed that over 50% of the men in attendance were involved with pornography within one week of attending the event. 51% of pastors say cyber-porn is a possible temptation and 37% say it is a current struggle. Over half of evangelical pastors admits viewing pornography last year. Of those who had visited a porn site, 53% had visited such sites “a few times” in the past year, and 18% visit sexually explicit sites between a couple of times a month and more than once a week.

It is also having a devastating effect on families. 47% percent of families said pornography is a problem in their home. The Internet was a significant factor in 2 out of 3 divorces. 34% of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn in a recent poll and 1 out of every 6 women, including Christians, struggles with an addiction to pornography. 29% of born again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior. (For more information on Internet dangers, see the “Statistics” section of this manual.) Churches must respond both by providing support to those with an addiction and in implementing a church-wide strategy. Included in this section is a list of steps of how to do this.

## Steps for Church Strategy

We recommend using the following strategy to address the issue of online safety and media sobriety churchwide.

1. [Staff and Leadership Team Meeting](#)
2. [Men's Group Meeting](#)
3. [Church-based Accountability Groups](#)
4. [Churchwide Online Safety Initiative](#)
5. [Sermons and Special Events](#)

### **Step 1: Staff and Leadership Team Meeting**

We recommend that you start by meeting with the church staff and leadership team. Your meeting(s) should accomplish the following objectives.

#### **Establish Accountability**

- Establish accountable relationships (25-80% of pastors have no close friends).
- Get accountability/monitoring software (listed under "Software Tools for the Home").
- If your church has computers, establish a Usage Policy. You can find a sample under in the Non-profit section of this manual as "Sample Staff Policies for Computer Use.")

#### **Share with them the significance of the issues**

- Use suggested resources.

#### **Develop a strategy for your church**

- One size doesn't fit all.

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### **Step 2: Men's Group Meeting**

Next, we suggest the following strategy for addressing the issue of online safety and media sobriety in men's groups.

- Make copies of manual for men.
- Show *The Call to Freedom* video (available to order soon).
- Discuss [Media Sobriety Covenant](#) (found in this manual under "Steps for Helping Someone in Addiction").
- Provide CD's or [web links](#) for accountability and filtering software (listed under "Software Tools for the Home").
- Review other steps church will take.

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### **Step 3: Church-based Accountability Groups**

The ability to be honest, open, and accountable with a group of brothers and sisters is invaluable. We suggest that accountability groups:

- Meet for 6-12 weeks, 2 hours/week.
- Read through suggested books or work through recovery kit (see below)

#### **Suggested Kits for Accountability Groups**

##### ***Strength in Numbers Groups from Blazing Grace***

Blazing Grace is a Biblically-based website and ministry addressing the epidemic of pornography use; providing help for those who struggle and support for those affected by pornography users.

([blazinggrace.org](http://blazinggrace.org))

##### ***Celebrate Recovery Kit***

Celebrate Recovery is a ministry of Saddleback Church. Celebrate Recovery's purpose is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles", promoting freedom from our addictive, compulsive, and dysfunctional behaviors. ([www.celebraterecovery.com](http://www.celebraterecovery.com))

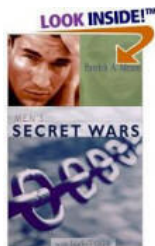
#### **Suggested Books for Reading in Accountability Groups**



##### ***Every Man's Battle***

by Stephen Arterburn, Fred Stoeker, Mike Yorkey

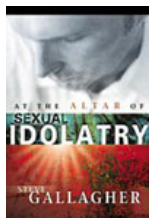
For the challenge every man faces...the fight every man can win, this book shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity.



### ***Men's Secret Wars***

by Patrick A. Means

This book helps readers recognize the "at-risk" factors that precede the development of a secret life which can include workaholism, sexual addiction, substance abuse, pornography, and extramarital affairs. The author provides tested strategies for defeating the habits and secrets that threaten men's private lives.



### ***At the Altar of Sexual Idolatry***

by Steve Gallagher

Sexual temptation is undeniably the greatest struggle Christian men face. Here's a book that digs deep and has the answers men are looking for—the kind that actually work.

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#### ***Step 4: Churchwide Online Safety Initiative***

Start a churchwide initiative to focus on online safety throughout various ministries.

- **Sunday School:** Address online safety in Sunday School.
- **Youth Group:** Talk about online safety with the youth.
- **Women's Group:** Address online safety and media sobriety as it relates to women's experiences.
- **Info Tables and Posters:** Promote awareness of the issues and provide information and other resources.
- **Software Distribution** to all members
  - Order CD's from *Safe Families* for \$1 each (coming soon)
  - Give web links to download software at [www.safefamilies.org](http://www.safefamilies.org)
  - Make your own copies of CD for free

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#### ***Step 5: Sermons and Special Events***

Below we've listed several resources and ideas for sermons or special events addressing online safety and media sobriety at your church.

- We recommend the "Just Lust" toolkit; by Creative Pastors (see the "Resources" section of this manual). This is a source for tools to help churches creatively communicate Biblical truths with today's culture in a relevant and compelling manner. The toolkit has sermons (video, audio, and text with outlines), worship service plans, media files, and a dramatic presentation (video and script) all dealing with the issue of lust. One message is specifically about pornography.
- Use Focus on the Family's sermon outline. (See "Battle Plan against Pornography" in this manual.)
- Adapt SafeFamilies "Overcoming Temptation" Talk [www.safefamilies.org/webcasts/temptation](http://www.safefamilies.org/webcasts/temptation)
  - 44% of churchgoers want to hear more scriptural teaching from their pastors on the subject of sex (March 2005 Christianity Today "Christians and Sex" study)
- Have a special service to show "The Call to Freedom" (available to order from [www.safefamilies.org](http://www.safefamilies.org) soon).
- Invite special speaker(s) to share.
- Show "Beating the Bunny" to your youth group. ([beatingthebunny.com](http://beatingthebunny.com))
- For more suggested multimedia resources, see the "Resources" section of this manual.

## Men's Ministry Survey

1. How many close male friends do you have ("close" meaning you can expose your weaknesses?)

0 \_\_\_\_\_ 1 \_\_\_\_\_ 2 or more \_\_\_\_\_

2. How many often do you meet with another male friend and talk on a deeper level?

Once a week \_\_\_\_\_ Several times a month \_\_\_\_\_

Once a month \_\_\_\_\_ Rarely \_\_\_\_\_ Never \_\_\_\_\_

3. When you're struggling with an issue in life (job, home life, marriage, temptation) how do you deal with it? (Check all that apply)

Talk to a close friend \_\_\_\_\_

Ask a friend to pray for me \_\_\_\_\_

Pray and/or read the Bible \_\_\_\_\_

Handle it the best I can on my own \_\_\_\_\_

4. When is the last time you looked at pornography?

Never \_\_\_\_\_ Within the past year \_\_\_\_\_ Within the past 6 months \_\_\_\_\_

Within the past 3 months \_\_\_\_\_ This month \_\_\_\_\_ This week \_\_\_\_\_

5. On a scale of 1 - 10, 10 being best, rate the following in your life:

Walk with God \_\_\_\_\_

Marriage \_\_\_\_\_

Job \_\_\_\_\_

How you do as a father \_\_\_\_\_

Overall satisfaction with life \_\_\_\_\_

Personal integrity \_\_\_\_\_

7. I'm interested in developing relationships that go beyond "job, sports, and money" with other Christian men \_\_\_\_\_

8. I'd like someone to contact me; I need someone to talk to \_\_\_\_\_

9. I'm struggling with lust and would like someone I can talk to \_\_\_\_\_

Name (optional unless 7-9 are filled out) \_\_\_\_\_

Phone no. \_\_\_\_\_

## Church Bulletin Insert Samples

In early 2000, The National Coalition for the Protection of Children and Families surveyed students at 5 Christian colleges regarding pornography: 48% of the males admitted to current porn use.

At a Christian men's retreat in Idaho the men who were struggling with pornography were asked to stand up – and half of the men in the room came to their feet.

In March of 2002 Rick Warren's Pastors.com website conducted a survey on porn use of 1,351 pastors. 54% had viewed Internet pornography within the last year, with 30% admitting they visited a porn site within the last 30 days.

In a poll Focus on the Family took October of 2003, 47% of families said pornography is a problem in their home.

Most men who struggle with pornography or various types of sex addiction (promiscuity, adultery, adult clubs, chat rooms, etc.) suffer silently while it destroys their life. They think that "there's no way I can tell anyone about this – especially in the church" and so they sit in church week after week withering in secret shame. Porn use is addictive and progressive, and it destroys men and their families. The sad part is that most wait until they get caught and the consequences catch up to them (a marriage is destroyed, they are arrested, lose their job, or get an STD) before reaching out for help.

In the battle against lust, isolation is death.

Keeping the problem inside only keeps the man trapped in bondage. The only way to move toward freedom is to "confess our sins to one another so that we may be healed." (James 5:16). We need others to help us in the battle.

If you are struggling with this problem, we have a safe place for you to meet with other men who struggle with the same issues.

*Strength in Numbers* is a group for men who struggle with porn and/or sex addiction. Call XXXX at XXX-XXX-XXXX for more information, or by email at



# PROTECTION FROM INTERNET PORN



Download free Internet Filtering Software at [SafeFamilies.org](http://SafeFamilies.org)

## THEY ARE TARGETING

### Our Children & Families

- The adult industry says traffic is 20-30% children
- 9 out of 10 children between ages 8 and 16 have viewed pornography on the Internet, in most cases unintentionally
- 1 in 5 children has received unwanted sexual solicitations online
- 10% of adults admit to Internet porn addiction – 28% of those are women
- Pornography is a \$10 billion business – bigger than the NFL, NBA and Major League baseball combined
- The Internet is a significant factor in 2 out of 3 divorces
- 100,000 websites offer illegal child pornography
- Approximately 20% of all Internet porn involves children

## TOOLKITS FOR

### Parents, Pastors & Ministry Leaders

- Learn how to protect your children online
- Get free Internet filtering software to protect your children
- Get tips and tools for addressing this issue in your congregation or small group
- Learn to set up accountability groups for men and women
- Get recovery resources for those dealing with pornography addiction

[www.safefamilies.org](http://www.safefamilies.org)

# Battle Plan against Pornography

## ***Sermon Outline***

Pornography is big business. According to U.S. News and World Report, the industry grossed an estimated \$8 billion in 1997. That figure represents an expenditure of about \$30 per person in the United States. That's more than is spent annually on gambling!

Many men, Christians included, are caught in the deadly attraction to pornography. Barna says that as many as one in six pastors struggle with or are addicted to pornography. We can conclude, therefore, that in each of our churches a sizeable percentage of men in our pews on a Sunday morning are in the heat of battle concerning this malady. Not to mention the untold victims, wives, children, friends who are greatly affected by pornography. Bookstores, sex shops, TV, movies and now the internet are the primary vehicles for the filth that comes into our culture. Virtually everyone is affected by this evil.

Therefore, Christians must become involved in the battle against pornography (in whatever way God leads) in order to protect themselves and fulfill God's call to be "salt and light." Only then will we be able to protect the children and other people we love from what Chuck Colson calls a "pornographic culture."

We are in the midst of a battle. Indeed, this is spiritual warfare. We must have a battle plan to fight pornography. Our battle plan must include our recognizing pornography for what it is, who the victims are and how to bring healing to them and strategies to turn the tide regarding the devastating influence of pornography in our country.

### ***I. What is pornography?***

#### **A. Pornography is a perversion that attacks everything God cherishes.**

Man is made in God's image. Therefore, the theological foundation against pornography begins with the premise that every human life has dignity and is sacred (Genesis 1:27).

#### **B. Pornography is destroying the innocence of children (Mark 9:42).**

It has been estimated that approximately 1 in 3 girls and 1 in 7 boys will be sexually molested before the age of 18. The relationship of pornography to child sexual abuse is compelling. Seventy-seven percent of those who molested boys and 87 percent of those who molested girls said they were regular users of hard-core pornography. (See Information Sheet for more statistics and testimonies).

#### **C. Pornography is a lie.**

Pornography says the best sex is outside of marriage. Pornography promises what it cannot deliver. Proverbs 9:17 tells us that "stolen waters are sweet..." However, Proverbs 14:12 tells us, "There is a way which seemeth right unto a man but the end thereof are the ways of death."

### ***II. Who are the victims and how can we bring healing to them?***

#### **A. Those who are addicted to pornography are victims.**

There is such a thing as the "pleasure of sin for a season" (Hebrews 11:25). However, according to James 1:13-15, sin in its fullest form brings forth death. Death to our self-esteem, to meaningful relationships, to moral absolutes.

#### **B. Those who have been harmed are victims.**

Families, wives and children, are directly affected. Women who have been raped and sexually abused are impacted forever. Babies are born with sexually transmitted diseases. Young people are scarred for life. Marriages are broken beyond repair. The dignity of women is degraded.

### ***III. What action can we as believers take to turn the tide of pornography in our country?***

#### **A. We are to take a stand on our knees.**

Since this is a spiritual battle the war must be waged through prayer first and foremost (Ephesians 6:10-18).

#### **B. The parable of the Good Samaritan provides our marching orders.**

We need to be the ones who minister the healing balm in the lives of pornography victims (Luke 10:27-37).

#### **C. We need to be salt and light in our culture (Matthew 5:13-14).**

We need to help promote legislation and other activities that will help eliminate pornography from our land. It is our responsibility to be informed and take action as is appropriate toward the goal of ridding our land of this evil. (See Information Sheet for action steps that can be taken in your community.)

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## **Fact Sheet**

### **Pornography's Permeation in a Sexually-Saturated Society**

Focus on the Family would like to thank the National Coalition for the Protection of Families and Children for providing the majority of resources and information below.

Consider the story of Brian Thompson. This 12-year-old boy spent two hours in his pastor's study one day in the summer of 1987, repeatedly calling 976 dial-a-porn message services. He was exposed to a variety of sexual activities, including intercourse between fathers and daughters and sexual activities between children. Two weeks after listening to dial-a-porn, Brian assaulted a four-year-old girl.

Unfortunately, this is all too common. Such stories raise the fundamental question of "Why is pornography so readily available?" Today, pornography continues to teach an entire generation of young men distorted values about their sexuality, healthy relationships with women and respect.<sup>2</sup> This is both sobering and tragic.

#### **I. Pornography's Profile**

A. Pornography is a broad general term which can be defined as "all sexually oriented material intended primarily to arouse the reader, viewer or listener."

B. Pornography has permeated our society.

- In 1996, Americans spent more than \$8 billion on hard-core videos, peep shows, live sex acts, adult cable programming, sexual devices, computer porn, and sex magazines -- and amount much larger than Hollywood's domestic box office receipts and larger than all the revenues generated by rock and country music recordings. Americans now spend more money at strip clubs than at Broadway, off-Broadway, regional, and nonprofit theaters; at the opera, the ballet, and jazz and classical music performances -- combined.<sup>3</sup>
- Most of the profits being generated by porn today are being earned by businesses not traditionally associated with the sex industry -- by mom and pop video stores; long-distance carriers like AT&T; by cable companies like Time Warner and Tele-Communications Inc; and by hotel chains like Marriott, Hyatt, and Holiday Inn that now reportedly earn millions of dollars each year by supplying adult films to their guests.<sup>4</sup>
- Despite having some of the toughest restrictions on sexually explicit materials of any Western industrialized nation, the United States is now by far the world's leading producer of porn, churning out hard-core videos at the astonishing rate of about 150 new titles a week.<sup>5</sup>
- In 1996, Americans spent more than \$150 million ordering adult movies on pay-per-view.<sup>6</sup>
- According to Paul Fishbein, editor of Adult Video News, there are approximately 25,000 video stores that rent and sell hard-core films -- almost 20 times the number of adult bookstores.<sup>7</sup>
- Since 1991, the number of hard-core titles released each year has increased by 500 percent.<sup>8</sup>
- Playboy's Web site, which offers free glimpses of its playmates, now averages about five million hits a day.<sup>9</sup>
- Telephone sex -- considered simply one more form of "audiotext" by executives in the trade -- became a huge business in the 1980s despite government efforts at regulation. Every night, between the peak hours of 9 p.m. and 1 a.m., perhaps a quarter of a million Americans pick up the phone and dial a number for commercial phone sex.<sup>10</sup>
- In 1996, Americans spent between \$750 million and \$1 billion on telephone sex. AT&T is one of the biggest carriers of phone sex.<sup>11</sup>
- There are now more outlets for hard-core pornography in the United States than McDonald's restaurants.<sup>12</sup>
- The introduction of pornography to the information highway has made home computers the fastest growing and primary mode of distribution of illegal pornography.
- A study by Nielsen Media Research indicated heavy traffic into the Penthouse Web site from corporate networks. Use of this Web site did not taper off at all during office hours. In just one month, employees from IBM, Apple and AT&T visited the site 12,823 times.<sup>13</sup>
- Compaq Computer dismissed approximately 20 employees, each of whom had accessed sex-related Web sites more than 1,000 times.<sup>14</sup>

#### **II. Pornography and Children**

A. Many people are shocked to learn that it has been estimated that approximately 1 in 3 girls and 1 in 7 boys will be sexually molested before age 18. The typical serial child molester will abuse more than 360 victims over the course of his lifetime. He is able to abuse 30-60 children before he is even caught for the first time.<sup>15</sup> This abuse has affected millions of American families.

B. The relationship of pornography to child sexual abuse is compelling. In a study of convicted child molesters, 77 percent of those who molested boys said they were regular users of hard-core pornography. And 87 percent of those who molested girls said they were regular users of hard-core pornography.<sup>16</sup>

- C. UNICEF reports that one million children each year are forced into prostitution and used to make pornography.
- D. Diane's Story: "My name is Diane. I've always felt that pornography was bad, that it was harmful. But I felt that it didn't affect me personally. No members of my family ever read pornography. My husband's family didn't read pornography. We live in a small, close knit community. Pornography is not an issue there. I basically felt immune to its effects.

A year ago in April, my world was shattered by the effects of pornography. My three-year-old daughter was raped and violated in every manner you can imagine by a twelve-year-old boy. When they arrested the young man, we were told that they would surely find sexual abuse in his background. And that this is the reason he did it on my daughter. After a thorough psycho-sexual evaluation, they came to one conclusion. There was a single motivating factor in what he did to my baby. He was exposed to pornography at a very vulnerable time in his life.

What he saw on those pages not only gave him the ideas of what to do and how to do it, but it gave him the permission to treat females in a degrading and debasing manner. Since he was only twelve years old, he needed to look for a female who was younger than him, who wouldn't fight back. And so he raped and molested my daughter.

I've heard it said that pornography is a victimless crime. I'm standing here before you a victim of pornography. My little girl is a victim of pornography. My husband is a victim of pornography. Even my four other children are victims. How do you explain to a fourteen-year-old boy that his favorite little sister has been raped and violated in such a heinous manner?

But I am also standing here before you, and from my heart I can tell you, that this young man was a victim. He came from a good family. This wasn't a boy who was in a gang. He'd never been in trouble with the law. He came from an intact family in a small community where everybody knows everybody. His parents sent him to a youth camp thinking that they were going to enrich his life with these two weeks in a summer youth camp. At that point, he was exposed to pornography.

He is a victim. His family is a victim. His mother loves him as much as I love my little girl. And his mother is as shattered as I am. Something is seriously wrong in this country when we protect the rights of a handful of men to make billions at the expense of women and children."

### **III. Pornography and Sexually Transmitted Diseases**

- A. In many sex-shops there are booths, referred to in the pornography industry as "glory holes." These are holes sawed between adjoining booths so that patrons can perform anonymous sexual acts on one another from different booths as they fantasize to the videos. As Dr. Stephen Joseph, former Health Commissioner of New York City noted when he had one of the establishments raided and shut down, "The proprietors are essentially operating an AIDS breeding ground, with profit being the driving force."<sup>17</sup>

### **IV. Pornography, Sexual Abusers and Addicts**

*"I have lived in prison a long time now and I've met a lot of men who were motivated to violence just like me. And without exception, every one of them was deeply involved in pornography, without a question, deeply influenced and consumed by an addiction to pornography."*<sup>18</sup>

-- Ted Bundy, convicted killer (hours before his execution)

- A. The National Victim Center now estimates that at least one woman is raped in the U.S. every 46 seconds.
- B. A study by Dr. Marshall of adult sex offenders found that 86 percent of convicted rapists said they were regular users of pornography, with 57 percent admitting direct imitation of pornographic scenes they enjoyed in the commission of their rapes.<sup>19</sup>
- C. In Oklahoma City, as they eliminated over 150 sexually oriented businesses, the rape rate declined over 27 percent in the five-year period. During that same time, rape in the rest of the state continued to rise over 19 percent.<sup>20</sup>
- D. A 1979 study in Phoenix, Arizona, found that neighborhoods with a pornography business experienced 40 percent more property crime and 500 percent more sexual offenses than similar neighborhoods without a pornography outlet.<sup>21</sup>

*"It is not pornography that causes men to see women as sexual objects; it is a man's natural tendency to regard women as sexual objects that causes pornography. Again, our desire to see human nature as innocent and pure, we blame outside forces when inside forces actually cause the problem. But pornography can exacerbate this unfortunate tendency."*<sup>22</sup>

-- Dennis Prager, radio personality

### **V. Pornography in Marriage**

*"Is it really possible that viewing hundreds of thousands of perfect looking naked women has no effect on the way a man sees his wife or girlfriend, or women generally?"*

-- Dennis Prager, radio personality

*"Pornography has been a part of my husband's life since he was a teenager...I have begged and pleaded for him to understand how his interest in everyone else's body and sex life is ruining our marriage...how can a woman close her eyes to the fact that a man prefers to watch a flick than be with her."*

--A woman in Texas in a letter to the National Coalition

One woman's story:

"My husband began using porn as a teenager. What was once an adolescent hobby, became the 'other woman' in our marriage. At first it was our intimacy that suffered. Then, his pastime grew into an addiction which then started to include more serious forms of 'adultery.' He was going to strip bars and sleeping with prostitutes. He was often late, with poor excuses. I noticed our money disappearing and never suspected he was spending nearly \$500 a week to feed his addiction.

Me? I felt responsible, ugly, ashamed, alone and hopeless. Why would he look at another woman unless I wasn't pretty or sexy enough? Friends rejected my idea that his porn use was ruining our relationship. They told me to be sexier, more sexually responsive and available so that he wouldn't look elsewhere. I tried all these things only to find they didn't work. I ended up feeling like a failure, as a wife and a lover. Now I know it wasn't me.

When we got help I found out his pornography use began before our marriage, as far back as his youth. Not only was it not my fault -- it had nothing to do with me at all. After much counseling, we both understand he entered our marriage thinking I would cure all his sex problems. No wonder he was so disappointed and angry.

We're still together. We are living proof that a pornography or sex addiction does not have to mean the end of your relationship."

#### **VI. Pornography and the First Amendment**

A. Some argue that the First Amendment refers to freedom of speech, not "freedom of speech for obscenity, pornography, or indecency." However, one could apply the same logic to consumer fraud, conspiracy, libel, slander or false shouting "fire" in a crowded theatre. None of these are protected by the First Amendment.

B. In 1973, the US Supreme Court ruled in Miller vs. California that "this much has been categorically settled by the court, that obscene material is unprotected by the First Amendment."

#### **VII. The Theological Foundation Against Pornography**

The theological foundation against pornography begins with the premise that every human life has dignity and is sacred (Genesis 1:27). Thus, to be against pornography is to be pro-life. With this premise, therefore, illegal pornography should be opposed because:

A. It exploits and degrades people

B. It undermines families.

C. It distorts personal and social relationships.

D. It reduces the gift of sexuality to a level that lacks personal dignity, human tenderness, mutual love and ethical commitment which are part of God's plan.

*"Pornography ... is against the divine image within us, against the soul -- of the model, of the user, of the society. But a society that does not believe in a soul cannot make that argument."*<sup>23</sup>

-- Dennis Prager, radio personality

#### **IX. Four Practical Ways You Can Fight Pornography**

A. Become knowledgeable about the issues concerning pornography. For example, read the report by the Attorney General's Commission on Pornography or order video and audio tapes from the National Coalition for the Protection of Children and Families.

B. Write or call elected government officials of local media expressing your views against pornography.

C. Speak with store managers who display pornographic materials and ask the materials to be moved out of sight.

D. Join others in your efforts. Call the organizations below to offer information and resources to you.

#### **IX. Resources**

##### **Organizations**

**Enough is Enough**  
Roger and Dee Jepsen  
P.O. Box 888  
Fairfax, VA 22030  
Phone: (703) 278-8384

Monique Nelson  
P.O. Box 30117  
Santa Ana, CA 92705  
Phone: (714) 435-9056

Web site: [www.enough.org](http://www.enough.org)

##### **Morality and Media**

Robert W. Peters, President  
475 Riverside Dr., Ste. 239  
New York, NY 10115  
Phone: (212) 870-3222  
Fax: (212) 870-2765

E-mail: [mimnyc@ix.netcom.com](mailto:mimnyc@ix.netcom.com)  
Web site: [www.netcom.com/~mimnyc](http://www.netcom.com/~mimnyc)

**National Coalition for the Protection of Children and Families**  
800 Compton Rd., Ste. 9224

Cincinnati, OH 45231

Phone: (531) 521-6227

Fax: (531) 521-6337

Web site: [www.nationalcoalition.org](http://www.nationalcoalition.org)

##### **Helpful Hot Line Numbers**

##### **Victim Referral Hot Line Number**

National Center for Missing and Exploited Children: (800) 823-7653

##### **Sexual Addiction Information**

American Family Association Hot Line: (800) 366-8387

Minirith Meier National Counseling Hot Line: (800) 639-5433

**Endnotes:**

1. Both national Commissions to study pornography agreed that among the largest consumer groups of pornography are 12-17 year old adolescent males.
2. [www.enough.org](http://www.enough.org)
3. Eric Schlosser, "The Business of Pornography," US News and World Report, February 10, 1997.
4. Ibid.
5. Ibid.
6. Ibid.
7. Ibid.
8. Ibid.
9. Ibid.
10. Ibid.
11. Ibid.
12. [www.enough.org](http://www.enough.org)
13. Pornography in the workplace, National Coalition for the Protection of Children and Families.
14. Ibid.
15. Dr. Gene Abel, Emory University.
16. W. Marshall, Report on the Use of Pornography by Sexual Offenders, Report to the Federal Department of Justice, Ottawa, Canada. 1983.
17. The New York Times, 1988.
18. [www.enough.org](http://www.enough.org)
19. W. Marshall, "Use of Sexually Explicit Stimuli by Rapists, Child Molesters and Non-Offenders," 25 Journal of Sex Research 267, 1988.
20. Uniform Crime Report, 1990.
21. U.S. Department of Justice, "Child Pornography, Obscenity and Organized Crime," February 1988.
22. Dennis Prager, "Pornography: We are asking the wrong question," Ultimate Issues, Spring 1988, p. 4.
23. Ibid.

## Steps for Recovery from Pornography or Media Addiction

Safe Families recommends the following steps for pastors and ministry leaders when helping someone recover from a pornography or online addiction. You can find resources for each of these steps by clicking on the links below.

1. [Immediate Emergency Response](#)
2. [Church-based Accountability Partner](#)
3. [Media Sobriety Covenant](#)
4. [Online Safety & Media Sobriety Manual](#)
5. [Family Support](#)
6. [Peer Support Groups](#)
7. [Professional Counseling](#)

### **Step 1: Immediate Emergency Response**

These are steps to take immediately to ensure physical safety and provide support for recovery:

- a. Designate point persons for addict, spouse, children
- b. Divestment of ministry responsibilities for the addict
- c. STD testing if physical boundaries were crossed
- d. Getting support for children during stressful family time
- e. Other emergency measures as needed (relocation, legal or financial support)

*All these steps should be undertaken with compassion and respect for privacy, yet with the awareness that an addict cannot be trusted to be completely honest.*

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### **Step 2: Church-based Accountability Partner**

An effective accountability partner is important for someone struggling with addiction. See below for suggested qualities to look for in an accountability partner and links to valuable tools for the accountability partner.

#### **Qualifications of Accountability Partner**

- same sex
- is experiencing victory and healing
- is willing to be "not so nice," to ask difficult questions
- is not easily fooled
- can keep confidence
- is available for daily check in by phone or email
- will meet for regular face-to-face meetings (2-4/month)
- is willing to be "on call" for times of stress and temptation
- will monitor your internet usage

**Accountability Software** :: Monitoring software can be an effective aid in personal accountability for adults. No blocking occurs. It simply reports on Internet usage. In setting it up, you decide who will receive the detailed report of the computer's usage. Web sites that are deemed inappropriate, based on the options you've chosen, will be red-flagged. More information about monitoring software can be found in this manual under the section titled "Information and Resources for Parents and Caregivers."

### **Sample Accountability Questions**

For those in recovery from pornography or other media addiction, we suggest developing 1-3 regular accountability partners that you check in at least once or twice a week if not daily. The following is a list of suggested questions; feel free to modify as appropriate for your situation.

1. Have you viewed any pornographic image since we last spoke, intentionally or not? Have you acted out in any way since we last spoke? If so, how and what steps will you take to avoid doing so in the future?
2. Have you done anything since we last spoke that you are ashamed of? If your wife (or husband) knew what you've done today, would she (or he) be pleased? If not, why not?

3. Have you been monitoring when you become Hungry, Angry, Lonely or Tired (HALT)? Have you dealt with those needs before they could become triggers?
4. Are you willing to do whatever is necessary to protect your sobriety for the next 24 hours, including:
  - rigorous honesty
  - physical care of your body
  - praying to God
  - calling on others (especially calling a lifeline during intense temptation)
  - forgiving all resentments
  - refusing all lust opportunities as toxic
  - reading literature
  - going to meetings
  - setting boundaries
  - maintaining an attitude of gratitude
5. How has your spiritual life been? Have you prayed, sincerely? Is there anything you need prayer for?
6. Are you keeping the commitments from your Media Sobriety and Recovery covenant?  
*Adapted, in part, from Tom Buford's accountability questions and other sources.*

### ***Links to Other Lists of Accountability Questions***

#### **Fires of Darkness (Tom Buford)**

[firesofdarkness.com/accountability.htm](http://firesofdarkness.com/accountability.htm)

#### **Character Building Questions for Life Transformation Groups**

Extensive lists from *Church Multiplication Associates*

[www.takethejourney.org/ltg/questions.htm](http://www.takethejourney.org/ltg/questions.htm)

#### **Daily Sobriety Renewal**

Used by one of the *12-Step* groups for addicts

[sasandiego.org/daily\\_sobriety\\_renewal.htm](http://sasandiego.org/daily_sobriety_renewal.htm)

- 1) Are you willing to admit you are powerless over lust and sexual acting out, just for today?
- 2) Do you desire sobriety for the next 24 hours: freedom from sexual obsession and acting out, freedom from fear, resentment, shame, and isolation?
- 3) Are you willing to do whatever is necessary to protect this desire including spiritual reading, reaching out and calling others, prayer and meditation, physical care of your body, setting appropriate boundaries, and refusing all lust hits as toxic?
- 4) Do you realize that at the end of these 24 hours, you are free to continue with sobriety or to go another way?
- 5) Do you understand that this renewal does not keep you sober (God does), but it does make you aware of yourself and accountable to others?
- 6) And, just for today, are you willing with me to hand over your will and the care of your life to the One Who kept you sober yesterday and has protected you from the full consequences of your lust in the past?  
*God,*  
*Grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference. Thy will, not mine, be done.*
- 7) Have you done anything in the last 24 hours that you're ashamed of? Are you planning to do something you will be ashamed of?
- 8) Exchange at least one gratitude.



## Daily Reflection Sample Sheet

This sheet can be used as a daily reflection and accountability tool among accountability partners. Some benefits of keeping a list like this are: 1) awareness of self, 2) having others aware of how you're doing (transparency, vulnerability) 3) awareness of others and the opportunity to care for others.

There are four parts to the Daily Reflection Sheet.

- 1) "Gratitudes" are kept as an important documentation and remembrance of what God has done and is doing for you.
- 2) "Fears" and other stressors that are listed specifically lose their power and you can give them to God.
- 3) "To Practice" is a list of priorities to keep in mind.
- 4) "To Flee" is a list of things that you decide that you don't want to do today because they are destructive or interfere with who God has made you to be.

### Gratitudes

- 1) Client has additional work for me
- 2) Karen did a great job on her grad speech
- 3) Actually able to get up in time to have a few minutes with God!
- 4) Another year of life for Ma
- 5) Thought I'd bounced a check - but didn't
- 6) It's not raining
- 7) Significant conversation with Chris; hard but important
- 8) Found a new chord
- 9)
- 10)

### To Practice

- 1) Take time to hear from God
- 2) Journal this weekend
- 3) Schedule appt with Financial Planner!!!
- 4) Do something just for fun soon
- 5) Schedule time for lunch with each of my kids
- 6) Give positive feedback to family
- 7)
- 8)
- 9)
- 10)

### Fears, etc.

- 1) Really stressed - workshops, church message, family stuff
- 2) Downtime urgently needed
- 3) Unexpected roof expense
- 4) May have accidentally offended my co-worker
- 5) Francis and Bob - their marriage is at risk
- 6) Bad sore throat better today
- 7)
- 8)
- 9)
- 10)

### To Flee

- 1) Lust-based Decisions
- 2) Staying up late
- 3) Focusing on others' weaknesses
- 4) Overeating - especially lunch
- 5) Too much time on the internet.
- 6) Being overly critical of my wife
- 7)
- 8)
- 9)
- 10)

### ***Step 3: Eight Commitments of Media Sobriety Covenant for Adults***

We recommend that all adults that wish to keep their family safe online and with media consider making the following commitment. While we do not believe it is helpful to be legalistic or too rigid, we do believe that there is power to making and signing covenants. The goal of this covenant is to establish boundaries to help keep a family safe in the information age.

1. **Commitment to Media Sobriety:** avoiding all forms of media addiction, including avoiding pornography, gaming addiction, chat addiction, television addiction or any form of online or media addiction that is damaging to relationships.
2. **Commitment to Protect Children Online:** including installing Internet filtering software, requiring children to use and taking additional steps for online safety including having all children in the family sign an online safety covenant.
3. **Commitment to Protect Children from All Second Hand Smut:** keeping any movies, games, channels, magazines, books and music that you use that may be inappropriate for children out of their reach. This may include locking these materials in a safe place if necessary.
4. **Commitment to Get Educated on Online and Media Safety:** become knowledgeable about media and online safety issues and aware of new challenges that may emerge as technology and popular culture change.
5. **Commitment to Appropriate Communication:** including maintaining appropriate boundaries in communication with others online whether through e-mail, chat, instant message, talk, video, blogs or any other form of media. A good guideline is, if something would be inappropriate in communication with someone in person, then it is inappropriate online.
6. **Commitment to Avoid Online Affairs:** commit to avoid online affairs. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair is still an affair.
7. **Commitment to Recovery:** to enter recovery and sign the *Media Sobriety Covenant for Adults in Recovery* if I am not able to maintain these commitments and maintain media sobriety.
8. **Commitment to Supporting Others in Recovery:** If I am in relationship with someone who is in recovery from pornography or other media addiction, I am committed to not making decisions that might expose them to second-hand smut; specifically, I will keep any potentially triggering movies, channels, games, magazines or other media out of reach of the person in recovery. If I show a pattern of enabling my partner in their addiction, I will seek individual and/or couples counseling to deal with my part in any family patterns.

We agree to follow the above commitments.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ***Eight Additional Commitments of Media Sobriety Covenant for Adults in Recovery for Pornography or Media Addiction***

While rigid boundaries and guidelines may not be needed for all adults, for adults that are unable to maintain ongoing media sobriety, rigidity is often needed and very helpful. The following is a suggested covenant for those who have had an ongoing issue with pornography or media addiction. It is recommended that adults in recovery sign both this recovery covenant and the [Eight Commitments of Media Sobriety Covenant for Adults](#).

1. **Commitment to Have Accountability Partner:** for accountability to be effective, it is helpful to communicate with your partner at least once or twice a week if not daily. See list of suggested accountability questions.
2. **Commitment to Have Accountability Software:** installed on all computers you use at home, work (if possible) and other locations. (See the "Software Tools for the Home" section of this manual.)
3. **Commitment to Recovery Groups:** enter support groups, recovery groups and/or counseling if the issue persists. If there are family patterns that may be enabling your addiction, seek couples or family counseling also.
4. **Commitment to Close Entry Points:** cancel any subscriptions, memberships, channels, access to 900" phone numbers or other points of entry. Commitment to dispose of any media or magazines that are a trigger or to make sure they are beyond reach.
5. **Commitment to Learn about Recovery:** investigate and pursue resources to learn more about recovery (see the steps listed in this manual).
6. **Commitment to Have Transparency with Spouse:** be transparent on where you are in recovery in general (being honest on general frequency and severity of acting out), but do not use him/her as your accountability partner.
7. **Commitment to End Online Affairs:** any online relationship that either could be considered an online affair or is significantly damaging to your marriage. A good guideline is if you would not go to a level of emotional depth and intimacy in communication with someone face-to-face in person, then you should not go to that level of depth online - an online affair is still an affair.
8. **Commitment to Avoid Hiding:** Commitment to allow accountability partner (and/or spouse) to review phone bills, credit card purchases, or other applicable records if the issue persists, to avoid hiding the severity of the issue.

I agree to follow the above commitments.

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#### **Step 4: Online Safety & Media Sobriety Manual**

You can provide a copy of this manual to the person in recovery and use it to refer the person to books, videos, talks, and websites about recovering from pornography or online addiction. You can make unlimited paper copies of the materials in this manual.

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#### **Step 5: Family Support**

It is important to provide support to the families of addicts, as sexual addiction does not just affect the addict - it also affects those close to him/her. Below are suggested steps and resources for helping parents of addicted children and spouses of addicts.

##### **For Parents of Addicted Children:**

Steps to take to equip the parents of addicted children:

- Refer to [online safety strategies](#) to protect children (included in this manual under the section “Information and Resources for Parents and Caregivers”).
- Encourage parents to take the issue seriously.
- Get the child to meet with an adult recovering addict, if possible.

##### **For Spouses:**

Web Resources:

##### **Love Your Sister** ([www.loveyoursister.com](http://www.loveyoursister.com))

The web site of a gifted woman whose mission is to recognize the beauty of women of all ages, races and cultures. Having experienced the pain of living with a spouse who struggles with sexual addiction, her desire is to inspire women through this website to take an active role in edifying, serving and praying for other women, so they might be restored to God’s original design for their lives.

##### **S-Anon** ([www.sanon.org](http://www.sanon.org))

A secular fellowship of the relatives and friends of sexually addicted people who share their experiences, strength and hope in order to solve their common problems.

##### **A Woman's Healing Journey** ([www.awomanshealingjourney.com](http://www.awomanshealingjourney.com))

Marsha Means, M.A., is a Christian counselor and writer, and the former wife of a sex addict. Out of her own experience, and her work with others impacted by sexual addiction, has grown a community of women who share a common bond; each has been hurt by her partner’s sexual addiction or acting out behavior.

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#### **Step 6: Peer Support Groups**

Another key to long-term recovery is connecting the addict with peer support group(s).

##### **Guidelines for Church-based Peer Support Groups**

Like a 12-step group, a church-based peer support group should have no designated leader. Talk with the church’s pastor and enlist support for starting the peer support group. Try meeting weekly or bi-weekly to read through a book. (For a list of recommended books about sexual addiction and recovery, go to the Resources section of this manual.)

##### **Group Rules for Safety**

- Same-sex small groups
- No crosstalk: don’t comment on what others share

- Do not give advice
- Avoid giving “advice prayer” or consider using pre-written prayers
- Sign confidentiality agreement (see Sample Confidentiality Form in this manual)

**Here is a list of other suggested groups:**

***12-Step National Resources***

**Sexaholics Anonymous**

International Central Office  
 P.O. Box 3565  
 Brentwood, TN 37024  
 Email: [saico@sa.org](mailto:saico@sa.org)  
 Phone: (615) 370-6062  
 Toll-free: (866) 424-8777  
 Fax: (615) 370-0882  
[sa.org/index.php](http://sa.org/index.php)

**Sexual Recovery Anonymous**

SCA  
 P.O. Box 1585  
 Old Chelsea Station  
 New York, NY 10011  
 Phone: (800) 977-HEAL  
[www.sca-recovery.org](http://www.sca-recovery.org)

**Sexual Recovery Anonymous**

Email: [info@sexualrecovery.org](mailto:info@sexualrecovery.org)  
 regional contact information displayed on  
 website  
[sexualrecovery.org](http://sexualrecovery.org)

***Living Waters***

(A comprehensive Christ-centered program of Desert Streams Ministries, usually taught over a 25-30 week period, which ministers to people dealing with various kinds of sexual and relational brokenness.)

Desert Stream Ministries  
 PO Box 9999  
 Kansas City, MO 64134  
 Email: [info@desertstream.org](mailto:info@desertstream.org)  
 Phone: (866) 359-0500  
[desertstream.org](http://desertstream.org)

***Online Resources***

**Setting Captives Free**

Christian recovery site, which offers an online 60-day course for addicts of pornography, masturbation, and sexual immorality, as well as resources for recovery from other addictions.  
[www.settingcaptivesfree.com](http://www.settingcaptivesfree.com)

**Christians in Recovery**

A group of recovering Christians dedicated to personal one-on-one sharing of faith, strength and hope as we live each day in recovery.

[www.christians-in-recovery.com](http://www.christians-in-recovery.com)

**Sex Addicts Anonymous**

ISO of SAA  
 PO Box 70949  
 Houston, TX 77270  
 Email: [info@saa-recovery.org](mailto:info@saa-recovery.org)  
 Phone: (800) 477-8191  
[www.saa-recovery.org](http://www.saa-recovery.org)

**Sex and Love Addicts Anonymous**

Fellowship-Wide Services  
 1550 NE Loop 410, Ste 118  
 San Antonio, TX 78209  
 Email: [info@slaafws.org](mailto:info@slaafws.org)  
 Phone: (210) 828-7900  
 Fax (001) 210-828-7922

**S-Anon**

(for those close to a sex addict)  
 S-Anon International Family Groups  
 P.O. Box 111242  
 Nashville, TN 37222-1242  
 E-mail: [sanon@sanon.org](mailto:sanon@sanon.org)  
 Phone: (800) 210-8141  
 or (615) 833-3152  
[www.sanon.org](http://www.sanon.org)

### ***Telephonic Recovery Groups***

#### **Healing for the Soul** ([www.healingforthesoul.org](http://www.healingforthesoul.org))

The private practice of Jayson Graves, a sexual addiction recovery therapist and recovering addict, Healing for the Soul has pioneered the use of telephonic recovery groups in which men from the world over find weekly support, accountability, freedom and vision via teleconference.

### ***Online Recovery Groups***

#### **Christians in Recovery**

Christians in Recovery is a group of recovering Christians dedicated to mutual sharing of faith, strength and hope as we live each day in recovery. We work to regain and maintain balance and order in our lives through active discussion of the Bible and experiences in our own recovery from abuse, family dysfunction, depression, anxiety, grief, relationships and/or addictions of alcohol, drugs, food, pornography, sexual addiction, etc.

[www.christians-in-recovery.com](http://www.christians-in-recovery.com)

#### **Residential Programs**

(may be necessary in severe cases)

#### **Pure Life Ministries** ([www.purelifeministries.org](http://www.purelifeministries.org))

Pure Life Ministries exists to serve Christian individuals and organizations dealing with sexual sin throughout the world by providing biblically-based counseling, teaching materials and a public speaking ministry with the goal of leading Christians to victory over sexual sin and a deeper life in God.

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## ***Step 7: Professional Counseling***

Professional therapy can be a helpful tool for those struggling with addiction. A list of counselors and recovery groups can be found in the section of this manual titled “Resources.”

### **Questions to Ask When Finding a Counselor for Sexual Addiction**

1. How much experience do you have working with sexual addiction?
2. How much of your practice is related to sexual addiction?
3. Are you a recovering person who has worked the steps yourself?
4. Do you have specialized training, certification, or licensure in addictions?
5. What books have you read related to sexual addiction?
6. Do you have specific training dealing with sexual abuse issues?

The other important factors are finding a therapist that will give a specific plan and who is willing to work themselves out of a job, re-evaluating frequency regularly and tapering off—in effect, releasing the client into the “recovery community” they’ve helped them create for themselves. Professional therapy can be a helpful tool for those struggling with addiction. Listed below are suggested resources for connecting with professional counselors in different settings - individual therapy, teleconference, and residential programs.

#### **American Association of Christian Counselors**

Search for one of 50,000 counselors who are members of the “Christian Care Network.”

[aacc.net/resources/find-a-counselor/](http://aacc.net/resources/find-a-counselor/)

#### **Black African-American Christian Counselors**

Does not contain a search engine, but does have board contact information.

[markcrear.com/BAACC/Baaccnew.htm](http://markcrear.com/BAACC/Baaccnew.htm)

[aacc.net/divisions/baacc/](http://aacc.net/divisions/baacc/)

#### **BlackCounselors.com**

Search for African American counselors in 9 states.

[blackcounselors.com/](http://blackcounselors.com/)

#### **CrossSearch’s List of Counselors**

A list of other Christian counseling sites by area of focus.

[www.crosssearch.com/Health/Counseling/](http://www.crosssearch.com/Health/Counseling/)

#### **Find-a-Therapist**

Large listing of therapists located nationwide, and some internationally.

[find-a-therapist.com/](http://find-a-therapist.com/)

**Focus on the Family Counseling Services**

You can email them to get a referral list of Christian counselors in your area.

[www.pureintimacy.org/gr/getting\\_started/a0000149.cfm](http://www.pureintimacy.org/gr/getting_started/a0000149.cfm)

**New Life Ministries**

A network of 650 Christian counselors nationwide.

[www.newlife.com/nlm/counseling.asp](http://www.newlife.com/nlm/counseling.asp)

**TherapistFinder**

Search for therapists in 6 states by location or area of focus.

[www.therapistfinder.net/](http://www.therapistfinder.net/)

If sex addiction is a main issue, make sure the therapist specializes in sex addiction and believes healing is possible.

# Sample Confidentiality Form for Church-based Peer Support Groups

[Program Name]/[Ministry Name]

## Confidentiality Policy

[Program Name] leadership will hold as confidential all disclosures made in the context of the [Program Name] program with these three exceptions:

- 1) All small group leaders reserve the right to discuss matters disclosed by group members for the purpose of receiving supervision and oversight. This oversight will occur in group supervision meetings held by the group coordinator and attended by other small group leaders, and in supervision sessions held between the ministry director and an outside supervisor.
  
- 2) Any [Program Name] group member who discloses intentions to take harmful, dangerous, or criminal action against another human being or against themselves will necessitate [Ministry Name], [Program Name] leadership to warn appropriate individuals of such intentions. Suspected acts of child abuse or neglect will be reported. Those warned may include a variety of such persons as:
  - the person or family of the person who is likely to suffer the results of harmful behavior;
  - the family of the group member who intends to harm him/herself or someone else;
  - associates or friends of those threatened or making threats, and;
  - law enforcement officials or child protection services.
  
- 3) [Ministry Name], [Program Name] operates under the pastoral oversight of [Church Name]. [Program Name] leadership reserves the right to disclose general information to the pastors of [Church Name] for the purpose of pastoral oversight.

I have read and understand this confidentiality policy, including its exceptions.

-----  
Name (printed)

-----  
Signature

-----  
Date



## Am I a Sex Addict?

This test was developed by Jason Graves, M. MFT. He also recommends the following books: [Sex, Men, and God](#); [The Final Freedom](#); and [101 Freedom Exercises](#). For more help and information, visit his website [www.healingforthesoul.org](http://www.healingforthesoul.org) or call 1-877-590-SOUL.

1. Have you engaged in sexual behaviors that you wish you could stop?
2. Do you feel abnormally driven by your sexual drive?
3. Have you been in relationships just for sex?
4. Has masturbation been ongoing even after marriage?
5. Have you continued to use pornography after entering a long term committed sexual relationship?
6. Does your sexuality seem to be dragging down your personal potential?
7. Do you find that you spend a significant amount of time viewing pornography or grooming others for sexual encounters?
8. Have you experienced an unwanted sexual encounter during childhood or adolescence?
9. Has monogamous sex grown to be boring?

*To score yourself give yourself one point for each yes and read the recommendations below*

1-3 points: It does not seem that you are presently an active sexual addict. If your concern continues, we recommend that you get more information from the recommended books ([www.safefamilies.org/books.php](http://www.safefamilies.org/books.php)), media ([www.safefamilies.org/media.php](http://www.safefamilies.org/media.php)), and organization links ([www.safefamilies.org/links.php](http://www.safefamilies.org/links.php)) on the Safe Families site.

4-6 points: It seems that you may be struggling in the area of sexual addiction. Your first step would be to gather further information. Get books from our recommendations at [www.safefamilies.org/books.php](http://www.safefamilies.org/books.php). If you want more practical techniques for your behavior, listen to and view our webcast "Overcoming Temptation" at <http://safefamilies.org/webcasts/temptation/index.html>. If your behavior continues, consider going to a 12 Step Support group ([www.safefamilies.org/12steps.php](http://www.safefamilies.org/12steps.php)). If you feel that you need to discuss this with a Therapist, call Jayson Graves, M. MFT, for a telephone appointment at (719) 590-SOUL (7685) or go to [www.safefamilies.org/pastorindividualstep7.php](http://www.safefamilies.org/pastorindividualstep7.php) for counseling resources.

7-9 points: You are probably sexually addicted. It's recommended that you:

- a) Gather more information from our recommended books page, [www.safefamilies.org/books.php](http://www.safefamilies.org/books.php).
- b) Start going to a recovery group (more info at [www.safefamilies.org/pastorindividualstep6.php](http://www.safefamilies.org/pastorindividualstep6.php)).
- c) Seek professional help; go to [www.safefamilies.org/pastorindividualstep7.php](http://www.safefamilies.org/pastorindividualstep7.php) for counseling resources.

## The Twelve Steps of Sexaholics Anonymous

1. We admitted that we were powerless over lust -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

The Twelve Steps are adapted with permission of Alcoholics Anonymous World Services, Inc. ("AAWS"). Permission to adapt and reprint the Twelve Steps does not mean that AAWS has approved the contents, of this publication, nor that AAWS agrees with the views expressed herein. AA is a program of recovery from alcoholism only. Use of the Twelve Steps in connection with programs which are patterned after AA, but which address other problems, or in any other non-AA context, does not imply otherwise.

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# Strategies Against Temptation

## Prime Directives

Memorize these four prime directives and keep them in mind at all times.

- **Off the Fence**  
Don't be ambivalent. Decide in your mind between right and wrong (sin), and decide exactly what you do or do not want to do.
- **Shut the Door**  
If you are struggling with a particular temptation, close off the entry points for temptation. (For example, if you have problems with TV-watching, you might need to cut off your cable. If you have problems with the internet, you may have to set strong boundaries to define what you can and cannot do.)
- **Plug it In**  
The practical tips on this sheet only work if you actually do them. Just like a TV that doesn't work if it's not plugged in, these tools won't work if you don't do them.
- **Stay on Board**  
Recovery is a journey and a process. If you try these things and your life doesn't immediately change, give it time – not just a week or two, but even 6 months. Hang in there and apply them seriously and diligently before deciding that they don't work for you.

## Resistance Academy

The following points will help you put structures in place and lay the groundwork and direction for your recovery.

- **Identify exactly what you want to change; settle it.** This goes along with getting OFF THE FENCE. Precisely name what you want to do, what is out of bounds, and what you don't want to be involved in anymore. As a start, we recommend signing the Media Sobriety Covenant in this manual and sharing it with an accountability partner.
- **Clear the decks, make time and space.** It takes a lot of effort and work to recover and heal from an addiction. Being in serious recovery will make you tired. If you are especially busy or involved in ministry, make time by releasing responsibility, etc. No one with life-threatening cancer would say s/he didn't have time for chemotherapy; they would make the time. If you're busy and trying to heal from a besetting addiction, you need to make priority shifts. Sobriety, right standing with God, and deliverance from oppressive addiction are more important than any ministry.
- **Get support (mentors and a "study group").** Get back-up - people to stand with you and walk with you through the recovery process.
- **Document the benefits of not yielding to temptation; memorize.** Write down all the reasons why giving in to addiction is a bad idea for yourself and others and why you don't want to do it. Carry the list around to counteract the built-in-forgetter that most people have. (For example, you might find yourself doing something horrible on a Friday, then swearing to yourself in guilt, shame, and all sincerity that you'll never do that thing again. But by Monday afternoon, you can't remember why it was so bad after all.) Carry your list with you and read it when tempted.
- **Study your vulnerability; learn from others.** Learn about the struggles of recovery and the impact addiction and recovery can have on one's life.
- **Start working on major underlying issues.** Other things caused or supported the besetting sin you're struggling with and allowed it to become a place of vulnerability. Think about what set you up to use the addiction as a way of escape. Are there things you're trying to avoid?

**Routine Maintenance:** These are the ongoing habits necessary to maintain a new lifestyle.

- **Acknowledge powerlessness and dependence daily.** Admit every day that you need God; there is no help (or "Plan B") outside of God.
- **Deliberately connect with God.** Intentionally recognize that you are in God's presence and watch-care.
- **Make a decision daily, verbally.** Decide specifically on the thing(s) that you are not going to do, and make up your mind. If you do that thing, you've changed your mind. Don't wait until the moment of temptation comes; start your day with those decisions.
- **Practice ongoing routines of accountability.** Do these regularly, whether you feel you need to or not. Consider accountability partners and structures. Have people willing to ask you hard questions who will check in with you daily, weekly and monthly, monitoring software, recovery groups. See the Recovery pages in this manual or [www.safefamilies.org](http://www.safefamilies.org) for sample accountability questions, Daily Renewal questions and worksheet, group listings, and accountability software suggestions.
- **Disown ambivalence or gray areas.** There are no fudge factors or conditions on what you can and cannot do.

- **Set boundaries and safeguards; frequently review.** Set boundaries and annually and informally have a “State of the Addict Address” to review what boundaries work and which ones need to be more stringent or adjusted. (For example: If going into a bookstore may become an area of temptation, never go in to a bookstore just to browse; if you must go at all, bring someone in with you, go in for your purchase and leave immediately.)
- **Be aware of times of internal vulnerability, when you are Hungry, Angry, Lonely, or Tired (H.A.L.T.).** Be aware of yourself at these times, as increased vulnerability can make it difficult to resist temptation.
- **Anticipate challenging, dangerous external situations.** For example, if your spouse is going out of town and this can become a place of temptation or acting out, plan ahead! – “On Tuesday, I’ll hang out with Bill, Wednesday I’m going to group”, etc. Anticipate challenging situations in advance and proactively find solutions.
- **Stay mindful and grateful for past victories.** Remember what God has done for you. This is an essential part of healing.

**Code Red:** When temptation is strong or things are very stressful, do something to resist! Be ready! Have a plan! Pull out all the stops!

- **Know when you’re in trouble; don’t minimize.** Acknowledge when you’re in trouble or stressed, or when temptation is very strong.
- **Cry out to God for help, feel the feelings.** Tell God you need Him and are in trouble. Look at the Psalms.
- **Call for help;** sound the alarm. Email, call, etc. others for advice prayer, etc. Have others backing you up. It’s better to sound the alarm and have a false alarm than mess up. Don’t be too arrogant to call for help – even late at night; a friend would want the gifts of being used by God, just as you would.
- **Do something positive; anything.** Help someone else. For example, pick up trash on your street.
- **Choose to stop at all levels;** if possible run. Don’t be polite, just get out of whatever bad situation that’s causing temptation. (For example, if you’re in the TV room and it’s causing problems, leave.) Remember how Joseph ran away when he was being propositioned by his master’s wife.
- **Raise your Ebenezer;** stop and name up to 10 things you’re grateful for. Tagline: Stop, drop and give me 10. Recognize and remember what God has done in the past and be grateful; thank God out loud. This can ruin your desire to sin and ability to enjoy sinning, as it is difficult to thank Jesus and then turn your back on Him.
- **Look for underlying cause;** address it. What’s really bothering me? For example, did you have a bounced check that you’re concerned about?
- **Check for loose connections (relational breakdowns) that might be bothering you.** Review the status of your relationships with your children, etc. Broken relationships can be related to vulnerability to temptation.

**Damage Control:** This is the assessment that comes after any battle or difficult time, whether it was handled successfully or not.

- **Full confession to God, including setup.** If you’ve fallen, give it to God – not just what you did – but where the place of decision, compromise, and ambivalence was, where you started to move away from God.
- **Know God’s sorrow, wrath, and love.** Have a place of grieving over your sin.
- **Accept forgiveness;** forgive yourself. Accept God’s forgiveness and give yourself the same grace that God has given. Believe God and know that He gives it. Allow yourself to be forgiven.
- **Disclose to another person immediately.** Tagline: “We’re as sick as our secrets.” Vulnerability is higher when no one else knows. Don’t let sin sit in the grass and take root; the things we don’t tell can hurt us the most.
- **Seek underlying needs.** What was going on? What was really needed?
- **Empty hidden bottles;** what am I still trying to get away with? This in reference to those struggling with alcohol addiction who might keep a bottle of alcohol around “Just in case.” If there’s anything you haven’t fully surrendered, put it in the light and give it up.
- **Trace back to the decision/non-decision point.** Ask yourself where you stopped walking in real honesty, transparency, and wholeness. You may find that it wasn’t at the moment of temptation but it may have been several minutes or hours beforehand.
- **Learn from mistakes, and redraw boundaries.** Maybe you can’t watch certain kinds of movies, be alone with a certain person late at night, or talk to a certain person. Look at your mistakes and learn from them by redrawing your boundaries.
- **Get back in the game.** Don’t quit. It’s easy to get discouraged, but get right back in the game and try again.

# Information and Resources for Nonprofit Organizations

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Many nonprofit organizations provide free computer access and training to at-risk communities (see [www.ac4.org](http://www.ac4.org)). Computer centers provide computer access to a wide audience of clientele. The high traffic and user turnover that your centers experience, whether you cater to youth or adults, can present unique challenges in regard to online safety. This section includes resources that you can use to establish guidelines for computer usage and provide training about online safety. For more information on Internet dangers, see the “Statistics” section of this manual. The following is a sample policy to use in a computer center.

## Sample Acceptable Use Policy

1. All users must sign in before sitting down to work. No food or drink at or near the computers!
2. If the application you are using has sound, please turn it off or use headphones.
3. Users of the center are asked to remain in the labs, the hall ways connecting the labs and the restrooms to avoid disturbing other classes.
4. No Rollerblades (or other skates) in the labs.
5. The computer labs are only open for public access during posted hours. If you arrive before public access hours begin, please wait in the front hall. When asked to finish up because it's closing time, please be considerate and do so. The Center staff and volunteers reserve the right to ask anyone to leave the Center at any time for any reason.
6. Be polite. Do not get abusive or threatening in your messages to or about others.
7. Use appropriate language in conversation and online. Do not swear or use vulgar words.
8. Chat rooms like BlackPlanet and file sharing services like Kazaa are not allowed.
9. Obscene or sexually explicit material cannot be used in the Center.
10. No illegal activity online or on the Center's premises.
11. Copyrighted material may not be used without owner's permission. This includes piracy of computer software.
12. Only Center staff members are permitted to load software on computers.
13. Attempting to harm others' data, computer equipment, or network performance is prohibited. This includes computer viruses.

I understand and will abide by this Acceptable Use Policy. I further understand that any violation of the regulations above may cause my access privileges to be revoked and may result in appropriate legal action against me.

User's Full Name: \_\_\_\_\_

User Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Sample Online Safety Curricula (Orientation)

*(TechMission is in the process of developing presentation templates for computer centers to use in introducing their participants to online safety issues and practices. It will cover the points of the Acceptable Use Policy and other relevant issues.)*

### **Orientation for Adults ----- 30 minute session**

*Need: LCD projector; Online Safety Presentation; copies of the AUP*

1. Present the online safety presentation and allow for questions or comments 25 minutes
2. Pass out AUP, briefly review (material should have been covered in the presentation), and have participants sign it. 5 minutes

### **Orientation for Middle and High Schoolers----- 45 minute session**

*Need: LCD projector connected to web-enabled computer and sound; Online Safety Presentation; copies of the AUP*

1. Present the online safety presentation and allow for questions or comments 25 minutes
2. From NetSmartz: play Teen PSA: "Promises" followed by "Amy's Choice", soliciting feedback (these clips are found at [www.netsmartz.org./netteens.htm](http://www.netsmartz.org./netteens.htm)). 15minutes
3. Pass out AUP, briefly review (material should have been covered in the presentation), and have participants sign it. Make sure the consequences for violations have been clearly reiterated. 5 minutes

*Bonus: Have students work their way through the **websafecrackerz** site ([www.websafecrackerz.com](http://www.websafecrackerz.com)), offering a reward to the first student or any students reaching the various checkpoints in the game.*

**Orientation for Late Elementary (gr. 3 – 6) ----- Two 1-hour sessions**  
(recommend the sessions on different days)

*Need: LCD projector connected to web-enabled computer and sound; Online Safety Presentation; copies of the AUP; enough computers for each child to play games themselves (Note: the games are noisy; headphones would be advised).*

**Session 1**

1. From NetSmartz., play "Meet the WizzyWigs" ([www.netsmartzkids.org/activities/nsrules/meetww.htm](http://www.netsmartzkids.org/activities/nsrules/meetww.htm)). 5 minutes
2. Review the WizzyWig characters by using their pictures cut out from [www.netsmartz.org/pdf/34whichw1.pdf](http://www.netsmartz.org/pdf/34whichw1.pdf) 5 minutes
3. Have the kids play "WizzyWig Guessing Game I" and "WizzyWig Guessing Game II" ([netsmartzkids.org/activities/nsrules/wwguess1.htm](http://netsmartzkids.org/activities/nsrules/wwguess1.htm), [netsmartzkids.org/activities/nsrules/wwguess2.htm](http://netsmartzkids.org/activities/nsrules/wwguess2.htm)) 15 minutes
4. From the projector, play "Who's Your Friend on the Internet?" ([www.netsmartzkids.org/activities/nsrules/whofriend.htm](http://www.netsmartzkids.org/activities/nsrules/whofriend.htm)), letting the majority call out their choices. Make sure they've gotten the point of the game: that people may not be what they seem online. 5 minutes
5. Present the online safety presentation, making age-appropriate clarifications and allow for questions or comments 20 minutes

**Session 2**

6. Again, review the WizzyWig characters by using their pictures cut out from [www.netsmartz.org/pdf/34whichw1.pdf](http://www.netsmartz.org/pdf/34whichw1.pdf) 5 minutes
7. At their computers, have the kids play "Which WizzyWig is Which?" ([www.netsmartzkids.org/activities/nsrules/whichww.htm](http://www.netsmartzkids.org/activities/nsrules/whichww.htm)) 10 minutes
8. Pass out AUP, review it thoroughly and have participants sign it. Make sure the consequences for violations have been clearly reiterated. 15 minutes
9. For younger children (or less advanced readers), do the activity detailed in [www.netsmartz.org/pdf/34whichw1.pdf](http://www.netsmartz.org/pdf/34whichw1.pdf) to finish up with the WizzyWigs or let them explore the Netsmartz site on their own. 25 minutes

**OR**

**or**

For good readers, play the game opened by clicking the "BONUS.COM" button on the left of the screen at [www.wiredkids.org/kids/index.html](http://www.wiredkids.org/kids/index.html). 10 minutes  
Have one of the students read the introduction and let them play independently.

**Orientation for Early Elementary (gr. K – 2)----- Two 45-minute sessions**  
(recommend the sessions on different days)

*Need: LCD projector connected to web-enabled computer and sound; outlaw cutout pictures from [www.netsmartz.org/pdf/k2weboutlaws1.pdf](http://www.netsmartz.org/pdf/k2weboutlaws1.pdf) (copies of a children's version of the AUP; enough computers for each child to play games themselves (Note: the games are noisy; headphones would be advised).*

**Session 1**

1. From the projector, play Netsmartz: "The Webville Outlaws" ([www.netsmartzkids.org/activities/clwebworld/outlaws.htm](http://www.netsmartzkids.org/activities/clwebworld/outlaws.htm)). Call on children to choose which outlaw to select. Review the Outlaw characters by using their pictures cut out from [www.netsmartz.org/pdf/k2weboutlaws1.pdf](http://www.netsmartz.org/pdf/k2weboutlaws1.pdf). 15 minutes
2. Have the kids play "Clicky's Challenge" ([www.netsmartzkids.org/activities/clwebworld/clchalng.htm](http://www.netsmartzkids.org/activities/clwebworld/clchalng.htm)) 10 minutes
3. For the rest of the session, children can explore the Netsmartzkids.org site or decorate pages from the downloadable coloring book ([netsmartz.org/pdf/Coloringbook.pdf](http://netsmartz.org/pdf/Coloringbook.pdf)) 20 minutes

**Session 2**

4. Again, review the Outlaw characters by using their pictures 5 minutes
5. Have the kids play "Clicky's Challenge" again 5 minutes
6. Present an age-appropriate online safety presentation, if available 5 minutes
7. If children are able to read and write their names, pass out AUP for children; review and have them sign. 10 minutes
8. Have the children listen to the tunes on the Netsmartz website ([www.netsmartzkids.org/tunes/index.htm](http://www.netsmartzkids.org/tunes/index.htm)). To end, call on several to tell which was their favorite, why, and what it taught them (tell them that this will be asked as they begin to listen). 15 minutes



## Checklist for Implementing an Online Safety Program in Your Computer Center

- 1. Install Internet Filtering Software on all lab computers or install a server/router to filter all computers. (Free download available at [www.safefamilies.org](http://www.safefamilies.org))
- 2. Determine types of activities that will not be allowed due to content **or** function.
  - a) For content, banned sites should include all pornography and sexually explicit material; it could also include sites that are violent, gory, or that promote illegal drug use or hate.
  - b) Regarding function, we recommend that chat rooms, instant messaging, and file sharing not be permitted. You should consider this for so-called “online communities” such as BlackPlanet or MySpace, as well. We’d suggest that popular web sites of these activities be posted conspicuously on a “banned site list”.
- 3. Develop and post Acceptable Use Policy for Computer Center.
- 4. Develop online safety orientation with presentations and activities for each age group. Present it to all regular lab users.
- 5. After training, all participants should sign a copy of the Acceptable Use Policy; keep their signed copy on file.
- 6. Always have a lab monitor trained in enforcing the rules in the room with participants.
- 7. Keep computers in a public area with screen easily visible to staff.
- 8. For computers or user names mainly used by children, set the homepage to be a kid-friendly search engine.
- 9. Outline rules for staff and volunteers as well.

(Organizations are vulnerable to sexual harassment or hostile workplace lawsuits for allowing employees to view and download pornography and can be liable to copyright owners if employees download files without owners’ permission.)

# Sample Staff Policies for Computer Use

## Preamble

The use of computer equipment and access to the internet is a privilege. With that privilege comes a responsibility for the ethical and appropriate use of these resources. The following details this more fully.

## Contexts for Use

Computer equipment, access to the organization's network and an internet connection will be used in the performance of your job for legitimate business. All users have a responsibility to use these computer resources and the Internet in a professional, lawful and ethical manner. Occasional limited appropriate personal use of the computer is permitted if such use does not interfere with the user's or any other employee's job performance; have an undue effect on the computer or organization network's performance; or violate any other policies, provisions, guidelines or standards of this or any other agreement of the organization.

## Inappropriate Activities

The following list is not exhaustive but gives examples of inappropriate computer-based activities:

- Using tech resources to create, view or share offensive, pornographic, discriminatory or demeaning media
- Using technology resources without appropriate permission or access
- Intentionally damaging, degrading or wasting any technology resources
- Using technology resources to harass, insult or attack others
- Invading a person's privacy by tampering with or destroying his/her work (passwords, accounts, folders, files)
- Sharing or copying another's work without his/her consent
- Violating copyright laws or other legal contracts
- Playing of PC games during work time
- Installing unauthorized software on organization's equipment

## Consequences

Failure to comply with these policies will be taken seriously. Any inappropriate use of the computer or the internet technologies is grounds for disciplinary action and/or termination.

## Disclaimer

The organization recognizes that it is difficult to avoid at least some contact with objectionable material while using the internet. Even innocuous search requests may lead to sites with highly offensive content. Additionally, having an e-mail address on the internet may lead to receipt of unsolicited e-mail containing offensive content. Users accessing the internet do so at their own risk; the organization is not responsible for material viewed or downloaded by users from the internet. Employees will not be held accountable for inappropriate material sent to them or inadvertently viewed. All inappropriate material received should be deleted immediately.

## Lack of Privacy/Organization's Rights

The user expressly waives any right of privacy in anything they create, store, send or receive using the organization's computer equipment or internet access. User consents to allow the organization's personnel access to and review of all materials created, stored, sent or received by user through any organization network or internet connection. The organization has the right to monitor and log any and all aspects of its computer system including, but not limited to, monitoring internet sites visited by users, monitoring chat and newsgroups, monitoring file downloads, and all communications sent and received by users. Employees should have no expectation of privacy in anything they create, store, send or receive using the organization's computer equipment.

The organization has the right to utilize software that makes it possible to identify and block access to internet sites containing sexually explicit or other material deemed inappropriate in the workplace.

## Personal Accountability

It is recommended that all users consider installing an accountability program like Covenant Eyes or X3Watch. The organization grants permission to install such software on all equipment with internet access. For an employee who has been cited for inappropriate internet use, the organization may require that such software be installed.

## Links to Safe Families Documents

### Manuals

- Online Safety and Media Sobriety Manual for Non-Profits  
[www.safefamilies.org/docs/manual\\_nonprofits.doc](http://www.safefamilies.org/docs/manual_nonprofits.doc),  
pdf: [www.safefamilies.org/docs/manual\\_nonprofits.pdf](http://www.safefamilies.org/docs/manual_nonprofits.pdf)
- Online Safety and Media Sobriety Manual for Parents  
[www.safefamilies.org/docs/manual\\_parents.doc](http://www.safefamilies.org/docs/manual_parents.doc),  
pdf: [www.safefamilies.org/docs/manual\\_parents.pdf](http://www.safefamilies.org/docs/manual_parents.pdf)
- Online Safety and Media Sobriety Manual for Pastors  
[www.safefamilies.org/docs/manual\\_pastors.doc](http://www.safefamilies.org/docs/manual_pastors.doc),  
pdf: [www.safefamilies.org/docs/manual\\_pastors.pdf](http://www.safefamilies.org/docs/manual_pastors.pdf)
- Online Safety and Media Sobriety Manual for Recovery  
[www.safefamilies.org/docs/manual\\_recovery.doc](http://www.safefamilies.org/docs/manual_recovery.doc),  
pdf: [www.safefamilies.org/docs/manual\\_recovery.pdf](http://www.safefamilies.org/docs/manual_recovery.pdf)

To view a PDF file, you must have Adobe Reader installed. Go to [www.adobe.com](http://www.adobe.com) to download it for free.

### Powerpoints

- Implementing Online Safety and Media Sobriety Through Churches  
[www.safefamilies.org/docs/pastors.ppt](http://www.safefamilies.org/docs/pastors.ppt)
- Online Safety Workshop for Parents  
[www.safefamilies.org/docs/parents.ppt](http://www.safefamilies.org/docs/parents.ppt)
- Online Safety Workshop for Non Profits  
[www.safefamilies.org/docs/nonprofits.ppt](http://www.safefamilies.org/docs/nonprofits.ppt)
- Overcoming Temptation  
[www.safefamilies.org/docs/temptation.ppt](http://www.safefamilies.org/docs/temptation.ppt)
- Recovery from Pornography Addiction Workshop  
[www.safefamilies.org/docs/recovery.ppt](http://www.safefamilies.org/docs/recovery.ppt)

\*To view PowerPoint presentations, you must have Microsoft PowerPoint installed or [get the PowerPoint viewer here](#): <http://www.microsoft.com/downloads/details.aspx?FamilyID=428d5727-43ab-4f24-90b7-a94784af71a4&DisplayLang=en>

### Webcasts

- Online Safety Workshop for Parents  
[http://www.safefamilies.org/webcasts/parents/Presentation\\_Files/index.html](http://www.safefamilies.org/webcasts/parents/Presentation_Files/index.html)
- Implementing Online Safety and Media Sobriety Through Churches  
[http://www.safefamilies.org/webcasts/pastors/Presentation\\_Files/index.html](http://www.safefamilies.org/webcasts/pastors/Presentation_Files/index.html)
- Online Safety for Computer Centers  
[http://www.safefamilies.org/webcasts/nonprofit/Presentation\\_Files/index.html](http://www.safefamilies.org/webcasts/nonprofit/Presentation_Files/index.html)
- Overcoming Temptation  
[http://www.safefamilies.org/webcasts/temptation/Presentation\\_Files/index.html](http://www.safefamilies.org/webcasts/temptation/Presentation_Files/index.html)
- Recovery from Pornography Addiction Workshop  
[http://www.safefamilies.org/webcasts/recovery/Presentation\\_Files/index.html](http://www.safefamilies.org/webcasts/recovery/Presentation_Files/index.html)

To view a webcast, you must have Macromedia Flash Player installed. Go to [www.adobe.com](http://www.adobe.com) to download it for free.

## Statistics on Internet Dangers

### Pornography

#### General Stats

- As of 2003, there were 1.3 million pornographic websites; 260 million pages (N2H2, 2003).

- The total porn industry profit: estimates from \$4 billion to \$10 billion (*National Research Council Report, 2002*); Total U.S. revenue (2005): \$12.6 billion (*Adult Video News*).
- U.S. adult DVD/video rentals in 2005: almost 1 billion (*Adult Video News*).
- Hotel viewership for adult films: 55% (*cbsnews.com*).
- Unique users visiting adult web sites monthly: 45 million (*Neilsen Net Ratings*).
- More than 70% of men from 18 to 34 visit a pornographic site in a typical month. (*comScore Media Metrix*).
- Adults admitting to Internet sexual addiction: 10%; 28% of those are women (*internet-filter-review.com*).
- More than 20,000 images of child pornography posted online every week (*National Society for the Prevention of Cruelty to Children, 10/8/03*).
- Approximately 20% of all Internet pornography involves children (*National Center for Mission & Exploited Children*).
- 100,000 websites offer illegal child pornography (*U.S. Customs Service estimate*).
- As of December 2005, child pornography was a \$3 billion annual industry (*internet-filter-review.com*).
- "At a 2003 meeting of the American Academy of Matrimonial Lawyers, two thirds of the 350 divorce lawyers who attended said the Internet played a significant role in the divorces in the past year, with excessive interest in online porn contributing to more than half such cases. Pornography had an almost non-existent role in divorce just seven or eight years ago."  
-- *Divorcewizards.com*

### **Church and Pastoral Stats**

- A 1996 Promise Keepers survey at one of their stadium events revealed that over 50% of the men in attendance were involved with pornography within one week of attending the event.
- 51% of pastors say cyber-porn is a possible temptation. 37% say it is a current struggle (*Christianity Today, Leadership Survey, 12/2001*).
- Over half of evangelical pastors admit viewing pornography last year ([www.crosswalk.com/faith/1224369.html](http://www.crosswalk.com/faith/1224369.html)).
- Roger Charman of Focus on the Family's Pastoral Ministries reports that approximately 20% of the calls received on their Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
- In a 2000 Christianity Today survey, 33% of clergy admitted to having visited a sexually explicit Web site. Of those who had visited a porn site, 53% had visited such sites "a few times" in the past year, and 18% visit sexually explicit sites between a couple of times a month and more than once a week.
- 29% of born again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior (*The Barna Group*).
- 57% of pastors say that addiction to pornography is the most sexually damaging issue to their congregation (*Christians and Sex Leadership Journal Survey, March 2005*).
- 34% of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn in a recent poll and 1 out of every 6 women, including Christians, struggles with an addiction to pornography (*Today's Christian Woman, Fall 2003*).

### **Family Stats**

- 47% percent of families said pornography is a problem in their home (*Focus on the Family Poll, October 1, 2003*).
- The Internet was a significant factor in 2 out of 3 divorces, according to the American Academy of Matrimonial Lawyers in 2003 (*Divorcewizards.com*).

### **Youth-Specific Stats**

- 9 out of 10 children between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally (*London School of Economics January 2002*).
- Average age of first Internet exposure to pornography: 11 years old (*internet-filter-review.com*).
- Largest consumer of Internet pornography: 12 – 17 year-old age group (*internet-filter-review.com*).
- Youth with significant exposure to sexuality in the media were shown to be 2.2 times more likely to have had intercourse at ages 14 to 16 (*Report in Pediatrics, April, 2006*).
- Adult industry says traffic is 20-30% children (*NRC Report 2002, 3.3*).

- "Never before in the history of telecommunications media in the United States has so much indecent (and obscene) material been so easily accessible by so many minors in so many American homes with so few restrictions."  
-- U.S. Department of Justice, Post Hearing Memorandum of Points and Authorities, at 1, *ACLU v. Reno*, 929 F. Supp. 824 (1996).

#### **Online Perpetrators**

- 1 in 5 children who use chat rooms have been approached by a pedophile online (*Telegraph.co.uk*, 1/02).
- 1 in 4 kids participate in Real Time Chat (*FamilyPC Survey, 2000*).
- 1 in 5 children (10 to 17 years old) receives unwanted sexual solicitations online (*Youth Internet Safety Survey, U.S. Department of Justice, 2001*).
- 2 in 5 abductions of children ages 15-17 are due to Internet contact (*San Diego Police Dept.*).
- 76% of victims in Net-initiated sexual exploitation cases were 13-15, 75% were girls. "Most cases progressed to sexual encounters." 93% of the face-to-face meetings involved illegal sex (*Journal of Adolescent Health, November 2004*).

## **Links to Relevant Organizations**

### ***On Online Safety for Children***

**TechMission Safe Families** - [www.safefamilies.org](http://www.safefamilies.org)

**The NetSmartz Workshop** - [www.netsmartz.org](http://www.netsmartz.org)

A creative collaboration of the National Center for Missing & Exploited Children® and Boys & Girls Clubs of America, this is an excellently conceived website with web activities and games for children of all ages. In addition, there are resources and information for parents and caregivers.

**ProtectKids.com** - [www.protectkids.com](http://www.protectkids.com)

Website full of information and resources on keeping children safe from inappropriate materials and online predators.

**Wiredsafety.org** - [wiredsafety.org](http://wiredsafety.org)

Website of an organization that works with law enforcement agencies to promote online safety. Additionally, the website has extensive educational and informational resources.

**i-SAFE America Inc** - [isafe.org](http://isafe.org)

i-SAFE America, Inc. is a non-profit foundation whose mission is to educate and empower youth to safely and responsibly take control of their Internet experiences.

**GetNetWise** - [www.getnetwise.org](http://www.getnetwise.org)

The GetNetWise coalition of Internet industry corporations and public interest organizations wants Internet users to be only "one click away" from the resources they need to make informed decisions about their and their family's use of the Internet.

**staysafe.org** - [www.staysafe.org](http://www.staysafe.org)

staysafe.org is an educational site funded and hosted by Microsoft Corporation. It is designed to help consumers understand both the positive aspects of the Internet as well as how to manage a variety of safety and security issues that exist online.

**Survivors and Victims Empowered** - [www.childprotectionprogram.org](http://www.childprotectionprogram.org)

SAVE is a non-profit organization created to help prevent the criminal neglect and physical, emotional and sexual abuse of children and to help survivors of these childhood traumas. SAVE publishes the Child Protection Guide (CPG), which includes definitions and symptoms of abuse, reporting procedures, safety tips, referral resources, screening procedures and more.

### ***On the Issue of Pornography and Other Sexual Temptations***

**Pure Intimacy** - [www.pureintimacy.org](http://www.pureintimacy.org)

Focus on the Family's section on sexuality, including sections for ministry leaders, couples, and parents. The website has many articles and resources for addressing the issue of pornography.

**Blazing Grace** - [blazinggrace.org](http://blazinggrace.org)

Biblically-based website and ministry addressing the epidemic of pornography use, providing help for those who struggle and support for those affected by pornography users.

**XXXCHURCH.COM** - [www.xxxchurch.com](http://www.xxxchurch.com)

Billed as the number one Christian porn site, this ministry tackles the issue of pornography head on with irreverent and in-your-face presentations. xxxchurch offers, among other resources, Porn Sunday, a holistically constructed event-based program to help your church confront the issue head-on.

**Porn-Free.org** - [www.porn-free.org](http://www.porn-free.org)

With many articles, resources, and online studies, porn-free.org is a content-packed site designed to help people discover the truth about pornography and sexual addictions.

**Beating the Bunny** - [www.beatingthebunny.com](http://www.beatingthebunny.com)

This website has numerous resources for parents and pastors in helping young people acknowledge and overcome struggles with pornography.

**Morality in Media** - [www.moralityinmedia.org](http://www.moralityinmedia.org)

A national, not-for-profit, interfaith organization established in 1962 to combat obscenity and uphold decency standards in the media. This site features articles and information about how to fight obscenity in the media and the detrimental effects of pornography on society.

**Overcoming Temptation (Webcast)** - [www.safefamilies.org/webcasts/temptation](http://www.safefamilies.org/webcasts/temptation)

Learn about the structures to set in place, the groundwork to be laid, and the direction to take for your recovery work. Learn to embrace ongoing habits for a new lifestyle and what to do when temptation is strong and things are very stressful.

### ***On Sexual Addiction and Recovery***

**settingcaptivesfree** - [www.settingcaptivesfree.com](http://www.settingcaptivesfree.com)

Christian recovery site, which offers an online 60-day course for addicts of pornography, masturbation, and sexual immorality, as well as resources for recovery from other addictions.

**Desert Stream Ministries** - [desertstream.org](http://desertstream.org)

Desert Stream Ministries has a number of Biblically-based programs designed to give hope and healing to those struggling with issues of sexual and relational brokenness.

**Christians in Recovery** - [www.christians-in-recovery.com](http://www.christians-in-recovery.com)

A group of recovering Christians dedicated to personal one-on-one sharing of faith, strength and hope as we live each day in recovery.

**Pure Life Ministries** - [www.purelifeministries.org](http://www.purelifeministries.org)

Pure Life Ministries exists to serve Christian individuals and organizations dealing with sexual sin throughout the world by providing biblically based counseling, teaching materials and a public speaking ministry with the goal of leading Christians to victory over sexual sin and a deeper life in God.

**Healing for the Soul** - [www.healingforthesoul.org](http://www.healingforthesoul.org)

The private practice of Jayson Graves, a sexual addiction recovery therapist and recovering addict, Healing for the Soul, has pioneered the use of telephonic recovery groups in which men from the world over find weekly support, accountability, freedom, and vision via teleconference.

**Shelley Lubben, Former Porn Actress** - [www.shelleylubben.com](http://www.shelleylubben.com)

Spotlighting an amazing and honest account of a life transformed, Shelley uses her past experience and present understanding to help people from all walks of life discover the overwhelming love of God, particularly ministering to sex workers and addicts.

**A Woman's Healing Journey** - [www.awomanshealingjourney.com](http://www.awomanshealingjourney.com)

Marsha Means, M.A., is a Christian counselor and writer, and the former wife of a sex addict. Out of her own experience, and her work with others impacted by sexual addiction, has grown a community of women who share a common bond; each has been hurt by her partner's sexual addiction or acting out behavior.

**Love Your Sister** - [www.loveyoursister.com](http://www.loveyoursister.com)

The website of a gifted woman whose mission is to recognize the beauty of women of all ages, races and cultures. Having experienced the pain of living with a spouse who struggles with sexual addiction, her desire is to inspire women through this website to take an active role in edifying, serving and praying for other women, so they might be restored to God's original design for their lives.

**Celebrate Recovery** - [www.celebraterecovery.com/index.asp](http://www.celebraterecovery.com/index.asp)

A ministry of Saddleback Church, Celebrate Recovery's purpose is to fellowship and celebrate God's healing power in our lives through the "8 Recovery Principles", promoting freedom from our addictive, compulsive and dysfunctional behaviors.

**Fires of Darkness** - [www.firesofdarkness.org](http://www.firesofdarkness.org)

A ministry of Man on the Road ([www.manontheroad.org](http://www.manontheroad.org)), this website seeks reach out to porn addicts and the people who love them. Run by a former rock and roll bus driver and his wife, the website includes resources for female addicts, betrayed wives, and mothers of young porn addicts.

*The following are non-religious 12-step recovery groups for those addicted to sexual obsession and compulsion. Each is based on the principles of Alcoholics Anonymous. The groups vary in focus, especially in their respective definitions of "sexual sobriety."*

**Sexaholics Anonymous** - [www.sa.org](http://www.sa.org)  
**Sexual Compulsives Anonymous** - [www.sca-recovery.org](http://www.sca-recovery.org)  
**Sexual Recovery Anonymous** - [sexualrecovery.org](http://sexualrecovery.org)  
**Sex and Love Addicts Anonymous** - [www.slaafws.org/index/html](http://www.slaafws.org/index/html)  
**Sex Addicts Anonymous** - [www.saa-recovery.org](http://www.saa-recovery.org)  
**S-Anon** - [www.sanon.org](http://www.sanon.org)

A secular fellowship of the relatives and friends of sexually addicted people who share their experience, strength and hope in order to solve their common problems.

## MultiMedia Resources on Online Safety, Pornography, and Recovery

### PRESENTATIONS



#### ***Presentations made by Donna Rice Hughes***

Internationally known Internet safety expert, advocate and current president of Enough Is Enough (a national non-profit educational organization whose mission is to make the Internet safer for children and families). Several of Ms. Rice's presentations are posted here: [protectkids.com/donnaricehughes/presentations.htm](http://protectkids.com/donnaricehughes/presentations.htm)



#### ***Internet Safety Presentation***

From the Parentscentre, an official Department for Education and Skills (U.K.) website for parents and caregivers. A guide to safe surfing on the net. For comprehensive advice on how to enjoy the huge benefits of the internet without having to contend with fraud, spam, viruses, pornography, pop-ups and other potential hazards. [www.parentscentre.gov.uk/flash/safety/main.swf](http://www.parentscentre.gov.uk/flash/safety/main.swf)



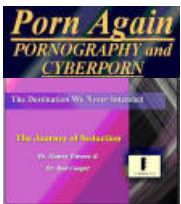
#### ***Teaching Kids To Be Safe Online***

A straightforward, brief presentation for parents with practical suggestions. [www.microsoft.com/athome/security/videos/childsafety-hi.html](http://www.microsoft.com/athome/security/videos/childsafety-hi.html)



#### ***Online Safety for Christian Community Computer Centers***

Presentation on Online Safety for Christian Community Computer Centers. Given at TechMission's 2005 Conference. [www.safefamilies.org/webcasts/nonprofit](http://www.safefamilies.org/webcasts/nonprofit)



#### ***Porn Again: Pornography and CyberPorn***

Two thoughtful presentations on the commercial success, acceptance, dangers and entrapment of pornography, especially to Christians. Written by Dr. Rodney Cooper, currently, a Professor of Leadership and Discipleship at Gordon-Conwell Theological Seminary. [www.westernseminary.edu/papers/Faculty/powers2.ppt](http://www.westernseminary.edu/papers/Faculty/powers2.ppt)

### VIDEO



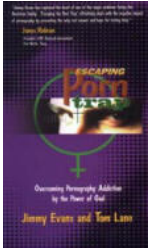
#### ***Predator***

Trevor, a 14-year old from Utah is the writer, director, and star of this short film about the dangers of online predators. Casting his real life principal as his movie kidnapper, Trevor worked with his school and local police department for the shooting of this film. <http://www.staysafe.org/teens/videos/predator.html>



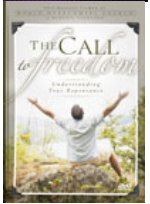
**Every Young Man's Battle**

This presentation documents the problem of pornography and sexual temptation faced by teenage and young adult males and presents strategies for gaining victory. <http://www.afa.net/battle/>



**Escaping the Porn Trap**

This video brings former pornography addicts, family members, and experts from around the nation together in telling it straight - this addiction is serious and devastating, but it can be overcome. <http://store.marriagetoday.org/product.php?productid=16147&cat=249&page=1>



**The Call to Freedom: Understanding True Repentance**

Devoid of theory and hype, this unvarnished message has the power to radically change you! Filmed at the 5,000 member World Overcomers Outreach Ministries Church in Memphis. <http://www.purelifeministries.org/Bookstore/Products/DVD/DCALL.htm>



**Beating the Bunny**

An honest and candid film that tells the story of a young man's struggle with porn, with a surprising and humorous plotline. <http://www.beatingthebunny.com/buy.htm>

**AUDIO**



**Child Safety On The Internet**

Focusing on pornography and sexual predators and using personal experiences, the panel expounds on the problem and how it affects children. Possible solutions and helpful Web sites are also covered. A Q-and-A addresses the warning signs of children involved with pornography on the Internet. <http://www.family.org/resources/itempg.cfm?itemid=1949&refcd=OL04XPRRC&tvar=n>



**Pornography Kills**

James Dobson's final interview with serial killer Ted Bundy, as he warned about the insidious and progressive nature of this lethal but legal killer: pornography. <http://www.family.org/resources/itempg.cfm?itemid=933&refcd=OL04XPRRC&tvar=n>



**The Wages of Sin: Avoiding the Path to Moral Failure**

Rev. Ted Haggard recounts the moral failure of a senior pastor and outlines the subsequent consequences for that pastor's family, the congregation and others. Further discussion is given concerning the prevalence of moral failure, its effects on society, warning signs and methods of prevention. <http://www.family.org/resources/itempg.cfm?itemid=1961&refcd=OL04XPRRC&tvar=n>



**The Blazing Grace Radio Show**

Blazing issues... with grace filled answers; taking on the tough issues of life (especially sex and porn addiction) with brutal honesty, a little bit of humor and tons of blazing grace. <http://blazinggrace.org/radio.htm>

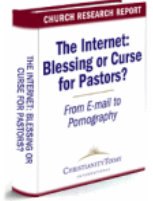




**Dirty Little Secrets with Craig and Mike**

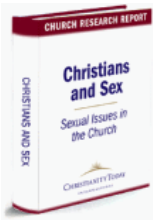
Billed as explicit talk about relevant truth, the show consists of hard hitting interviews with special guests, call ins, and a segment called "Questions you can't ask your mama." [www.xxxchurch.com](http://www.xxxchurch.com)

**RESEARCH DOWNLOADS**



**The Internet: Blessing or Curse for Pastors?**

Undertaken by Christianity Today. The purpose of this study is to explore some of the new opportunities and snares the Internet has created for those in ministry.  
<http://store.yahoo.com/buildingchurchleaders/usandabofin.html>



**Christians and Sex: Sexual Issues in the Church**

From Christianity Today, the research report seeks to understand and compare the sexual and marital issues affecting today's pastors and church laity.  
<http://store.yahoo.com/buildingchurchleaders/chandsex.html>



**Protecting Teens Online**

Produced by the Pew Internet and American Life Project, this document details the findings of a survey of teens and their parents on online activities and dangers.  
[www.pewinternet.org/pdfs/PIP\\_Filters\\_Report.pdf](http://www.pewinternet.org/pdfs/PIP_Filters_Report.pdf)



**Just Harmless Fun**

A special report from Enough.org to provide an up-to-date overview of the evidence of harm. Read the evidence, and decide for yourself - is pornography "just harmless fun?"  
[www.enough.org/justharmlessfun.pdf](http://www.enough.org/justharmlessfun.pdf)



**The Porn Standard: Children and Pornography on the Internet**

Documents the ease with which children can gain access to internet pornography and that industry's lack of effort to implement viable age-verification systems.  
[www.third-way.com/data/product/file/14/porn\\_standard.pdf](http://www.third-way.com/data/product/file/14/porn_standard.pdf)



**Online Victimization: A Report on the Nation's Youth**

Produced by the National Center for Missing and Exploited Children, this groundbreaking national survey of 1,501 youth aged 10 to 17 documented their use of the Internet and experiences while online including unwanted exposure to sexual solicitation, sexual material, and harassment. And it includes recommendations to help make the Internet safer for children.  
[http://208.254.21.169/en\\_US/publications/NC62.pdf](http://208.254.21.169/en_US/publications/NC62.pdf)

## TOOLKITS



### **JUST LUST**

CreativePastors, a source for tools to help churches creatively communicate Biblical truths with today's culture in a relevant and compelling manner, has a kit of sermons (video, audio, and text with outlines), worship service plans, media files, and a dramatic presentation (video and script) all dealing with the issue of lust. One message is specifically about pornography. <http://www.creativepastors.com/store/viewItem.phtml?productId=317>

### **PORN SUNDAY KIT**

PornSunday is an event-based program that seeks to drive the conversation about pornography into our churches, families and lives. The Porn Sunday kit is supplied for churches that choose to take part in this initiative. XXXchurch.com has compiled some of the best resources dealing with pornography all in one PornSunday kit, equipping your church to talk about pornography and preparing your church to deal with the issues after PornSunday is over (Please note, the cost of registration in Porn Sunday, including the kit, is \$1,500). <http://www.pornsunday.com/thekit.html>



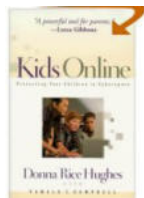
## Books on Online Safety, Recovery, and Pornography

### **On online safety for children.**



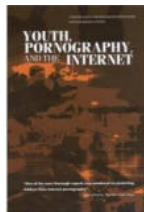
#### ***The Parent's Guide to Protecting Your Children in Cyberspace*** by Dr. Parry Aftab

This no-nonsense guide for keeping kids protected and informed on the Internet is an essential book for any family with a home computer.



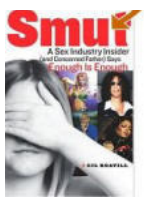
#### ***Kids Online*** by Donna Rice Hughes

This is a powerful tool for parents to safeguard their children's safety while using the Internet. Offers hope and help to parents with simple step-by-step directions.



#### ***Youth, Pornography and the Internet*** by National Research Council

Compiled by the National Research Council, this book examines approaches to protecting children and teens from Internet pornography, threats from sexual predators operating on-line, and other inappropriate material on the Internet.



#### ***Smut: A Sex-Industry Insider (and Concerned Father) Says Enough is Enough*** by Gil Reavill

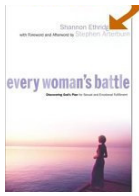
A writer for Penthouse and Maxim magazines and the father of a middle-school aged daughter, the author argues quite compellingly that we have to balance the rights of those who want to buy smut with the rights of those who want to avoid it.

### **On the issue of pornography and other sexual temptations.**



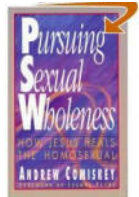
#### ***Every Man's Battle*** by Stephen Arterburn, Fred Stoeker, and Mike Yorkey

For the challenge every man faces...the fight every man can win, this book shares the stories of dozens who have escaped the trap of sexual immorality and presents a practical, detailed plan for any man who desires sexual purity.



**Every Woman's Battle** by Shannon Ethridge

Using real-life stories and examples from the author's own struggle, this book helps women survive the intense struggle for sexual integrity by guarding not just your body, but your mind and heart as well.



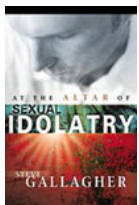
**Pursuing Sexual Wholeness** by Andrew Comiskey

Full of practical insights and scriptural support for anyone seeking to understand sexual brokenness and the pursuit of sexual wholeness in Christ.



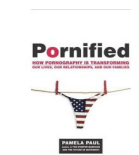
**Men's Secret Wars** by Patrick A. Means

This book helps readers recognize the "at-risk" factors that precede the development of a secret life which can include workaholism, sexual addiction, substance abuse, pornography, and extramarital affairs. The author provides tested strategies for defeating the habits and secrets that threaten men's private lives.



**At the Altar of Sexual Idolatry** by Steve Gallagher

Sexual temptation is undeniably the greatest struggle Christian men face. Here's a book that digs deep and has the answers men are looking for—the kind that actually work.



**Pornified : How Pornography Is Transforming Our Lives, Our Relationships, and Our Families** by Pamela Paul

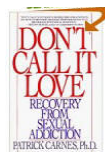
In this shocking and insightful investigation, Pamela Paul shows how pornography has become a big part of the personal lives of many Americans. She details the costs and consequences of pornography, as intimacy is replaced by fantasy, distrust, dissatisfaction, and emotional isolation.

**On sexual addiction and recovery.**



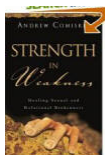
**Out of the Shadows: Understanding Sexual Addiction** by Patrick Carnes

This breakthrough work, among the first to describe sexual addiction, is still invaluable for recognizing and overcoming this destructive behavior.



**Don't Call It Love : Recovery From Sexual Addiction** by Patrick Carnes

Through clinical insights and testimonies of recovering addicts, this book points the way toward healing and healthy sexuality.



**Strength in Weakness** by Andrew Comiskey

This book gives help and hope for wounded men and women who desire transformation in the areas of sexual and relational brokenness. Strength in Weakness makes clear the way to the cross--God's sufficient answer to our deepest needs.



**Pure Desire by Tim Roberts**

While sharing his personal story of recovery from pornography addiction, the author presents an effective battle plan and strategy for dealing with sexual addiction.



**Impossible Joy--The Good News for Lust and Sex Addicts and Other Sinners by Ron J**

A long-missing link between religious belief and a recovery that works, the book bridges the 12-step model of recovery with a Biblical, evangelistic perspective that is applied practically and specifically to lust and sex addiction.



**She Has a Secret: Understanding Female Sexual Addiction by Douglas Weiss, Ph.D.**

Twenty-four recovering female sex addicts share their stories of addiction, consequences and their recovery. This book is the most current book in the field of sex addiction for women and is packed with new statistics to further our understanding of female sexual addiction. This is a must read for any woman struggling in this addiction as well as for professionals working in this field.



**An Affair of the Mind by Laurie Hall**

Told in first-person authenticity, this is one of the most important books on the impact of a man's pornography use on his wife.



**Living With Your Husband's Secret Wars by Marsha Means**

A compassionate portrayal of women whose lives have been shattered by their husbands' secrets and an instruction manual to putting the pieces of life back together.

**Focus on the Family - [www.family.org](http://www.family.org)**

The Focus on the Family website has additional book lists as well as video and audio resources.

## How Pornography Harms Children

Excerpted in part from Kids Online: Protecting Your Children in Cyberspace by Donna Rice Hughes.

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While there are many ways that pornography harms children, I want to assure you that every child who views pornography will not necessarily be affected and, at worst, traumatized in the same way. The effects of pornography are progressive and addictive for many people. Just as every person who takes a drink does not automatically become an alcoholic, every child who is exposed to pornography does not automatically become a sexual deviant or sex addict. However, since pornography has a new door to the home, school, and library through the Internet, it is important for us to look at the many ways that pornography can potentially harm our children.

### Exposure to Pornography Threatens to Make Children Victims of Sexual Violence

The Internet has proven a useful tool for pedophiles and sexual predators as they distribute child pornography, engage in sexually explicit conversations with children, and seek victims in chat rooms. The more pornography these individuals access, the higher the risk of their acting out what they see, including sexual assault, rape, and child molestation.

#### Pornography's Relationship to Rape and Sexual Violence

According to one study, early exposure (under fourteen years of age) to pornography is related to greater involvement in deviant sexual practice, particularly rape. Slightly more than one-third of the child molesters and rapists in this study claimed to have at least occasionally been incited to commit an offense by exposure to pornography. Among the child molesters incited, the study reported that 53 percent of them deliberately used the stimuli of pornography as they prepared to offend.<sup>1</sup>

The habitual consumption of pornography can result in a diminished satisfaction with mild forms of pornography and a correspondingly strong desire for more deviant and violent material.<sup>2</sup>

#### Pornography's Relationship to Child Molestation

In a study of convicted child molesters, 77 percent of those who molested boys and 87 percent of those who molested girls admitted to the habitual use of pornography in the commission of their crimes.<sup>3</sup> Besides stimulating the perpetrator, pornography facilitates child molestation in several ways. For example, pedophiles use pornographic photos to demonstrate to their victims what they want them to do. They also use them to arouse a child or to lower a child's inhibitions and communicate to the unsuspecting child that a particular sexual activity is okay: "This person is enjoying it; so will you."

### Exposure to Pornography Frequently Results in Sexual Illnesses, Unplanned Pregnancies, and Sexual Addiction

As more and more children are exposed not only to soft-core pornography, but also to explicit deviant sexual material, they are learning an extremely dangerous message from pornographers: *Sex without responsibility is acceptable and desirable*. Because pornography encourages sexual expression without responsibility, it endangers children's health. One of the grimmer consequences of adult-like sexual activity among children has been a steady increase in the extent to which youth are afflicted with venereal disease.<sup>4</sup> In the United States about one in four sexually experienced teenagers acquires a sexually transmitted disease (STD) every year, resulting in three million cases of teenage STDs. Infectious syphilis rates have more than doubled among teenagers since the mid-1980s. More children contract sexually transmitted diseases each year than all the victims of polio in its eleven-year epidemic, 1942-1953.<sup>5</sup>

Another obvious result of children involved in adult sexual activity is the increased rate of pregnancy among teenagers.

Research has shown that "males who are exposed to a great deal of erotica before the age of 14 are more sexually active and engage in more varied sexual behaviors as adults than is true for males not so exposed."<sup>6</sup> One study reveals that among 932 sex addicts, 90 percent of the men and 77 percent of the women reported that pornography was significant to their addiction.<sup>7</sup>

### Exposure to Pornography May Incite Children to Act Out Sexually against Other Children

Children often imitate what they've seen, read, or heard. Studies suggest that exposure to pornography can prompt kids to act out sexually against younger, smaller, and more vulnerable children. Experts in the field of childhood sexual abuse report that any premature sexual activity in children always suggests two possible stimulants: experience and exposure. This means that the sexually deviant child may have been molested or simply exposed to sexuality through pornography.<sup>8</sup>

In a study of six hundred American males and females of junior high school age and above, researcher Dr. Jennings Bryant found that 91 percent of the males and 82 percent of the females admitted having been exposed to X-rated,

hard-core pornography. Over 66 percent of the males and 40 percent of the females reported wanting to try out some of the sexual behaviors they had witnessed. And among high schoolers, 31 percent of the males and 18 percent of the females admitted actually *doing* some of the things they had seen in the pornography within a few days after exposure.<sup>ix</sup>

### Exposure to Pornography Shapes Attitudes and Values

Most of us caring, responsible parents want to instill in our children our own personal values about relationships, sex, intimacy, love, and marriage. Unfortunately, the powerful irresponsible messages of pornography may be educating our children on these very important life issues. Just as thirty-second commercials can influence whether or not we choose one popular soft drink over another, exposure to pornography shapes our attitudes and values and, often, our behavior.

Photographs, videos, magazines, virtual games, and Internet pornography that depict rape and the dehumanization of females in sexual scenes constitute powerful but deforming tools of sex education. The danger to children stems at least partly from the disturbing changes in attitude that are facilitated by pornography. Replicated studies<sup>x</sup> have demonstrated that exposure to significant amounts of increasingly graphic forms of pornography has a dramatic effect on how adult consumers view women, sexual abuse, sexual relationships, and sex in general. These studies are virtually unanimous in their conclusions: When male subjects were exposed to as little as six weeks' worth of standard hard-core pornography, they:

- developed an increased sexual callousness toward women
- began to trivialize rape as a criminal offense or no longer considered it a crime at all
- developed distorted perceptions about sexuality
- developed an appetite for more deviant, bizarre, or violent types of pornography (normal sex no longer seemed to do the job)
- devalued the importance of monogamy and lacked confidence in marriage as either a viable or lasting institution
- viewed nonmonogamous relationships as normal and natural behavior<sup>xi</sup>

### Exposure to Pornography Interferes with a Child's Development and Identity

During certain critical periods of childhood, a child's brain is being programmed for sexual orientation. During this period, the mind appears to be developing a "hardwire" for what the person will be aroused by or attracted to. Exposure to healthy sexual norms and attitudes during this critical period can result in the child developing a healthy sexual orientation. In contrast, if there is exposure to pornography during this period, sexual deviance may become imprinted on the child's "hard drive" and become a permanent part of his or her sexual orientation.<sup>xii</sup>

Psychologist Dr. Victor Cline's findings suggest that memories of experiences that occurred at times of emotional arousal (which could include sexual arousal) are imprinted on the brain by epinephrine, an adrenal gland hormone, and are difficult to erase. (This may partly explain pornography's addicting effect.) Viewing pornography can potentially condition some viewers to have recurring sexual fantasies during which they masturbate. Later they may be tempted to act out the fantasies as sexual advances.

Sexual identity develops gradually through childhood and adolescence. In fact, children generally do not have a *natural* sexual capacity until between the ages of ten and twelve. As they grow up, children are especially susceptible to influences affecting their development. Information about sex in most homes and schools, comes, presumably, in age-appropriate incremental stages based on what parents, educators, physicians, and social scientists have learned about child development. But pornography short-circuits and/or distorts the normal personality development process and supplies misinformation about a child's sexuality, sense of self, and body that leaves the child confused, changed, and damaged.<sup>xiii</sup>

Pornography often introduces children prematurely to sexual sensations that they are developmentally unprepared to contend with. This awareness of sexual sensation can be confusing and overstimulating for children.

The sexual excitement and eventual release obtained through pornography are mood altering. For example, if a young boy's early stimulus was pornographic photographs, he can be conditioned to become aroused through photographs. Once this pairing is rewarded a number of times, it is likely to become permanent.<sup>xiv</sup> The result is that it becomes difficult for the individual to experience sexual satisfaction apart from pornographic images.

Most of us find it difficult to talk to our children about sex in general, let alone the harmful effects of pornography, as graphically described in this chapter. We want to protect the innocence and purity of childhood for as long as possible.

<sup>i</sup> W. L. Marshall, "The Use of Sexually Explicit Stimuli by Rapists, Child Molesters, and Nonoffenders," *The Journal of Sex Research* 25, no. 2 (May 1988): 267-88.

<sup>ii</sup> See H.J. Eysenck, "Robustness of Experimental Support for the General Theory of Desensitization," in Neil M. Malamuth and Edward Donnerstein, eds., *Pornography and Sexual Aggression* (Orlando, Florida: Academic Press, 1984), 314. D. Zillmann, "Effects of Prolonged Consumption of Pornography," in *Pornography: Research Advances and Policy Considerations*, eds. D. Zillmann and J. Bryant (Hillsdale, N.J.: Erlbaum, 1989), 129.

<sup>iii</sup> *Take Action Manual* (Washington, D.C.: Enough is Enough, 1995-96), 9.

<sup>iv</sup> Neil Postman, *The Disappearance of Childhood* (New York: Vintage, 1994), 137.

<sup>v</sup> Tom Minnery, *Pornography: A Human Tragedy* (Wheaton: Tyndale House).

<sup>vi</sup> K.E. Davis and G.N. Braucht, *Exposure to Pornography, Character and Sexual Deviance*, Technical Reports of the Commission on Obscenity and Pornography (1970), 7.

<sup>vii</sup> Patrick Carnes, *Don't Call It Love: Recovery from Sexual Addictions* (New York: Bantam, 1991).

<sup>viii</sup> Stephen J. Kavanagh, *Protecting Children in Cyberspace* (Springfield, VA: Behavioral Psychotherapy Center, 1997), 58-59.

<sup>ix</sup> Victor B. Cline, *Pornography's Effects on Adults and Children* (New York: Morality in Media, 1990), 11.

<sup>x</sup> Edward Donnerstein, "Ordinances to Add Pornography to Discrimination against Women," statement at Public Hearing of Minneapolis City Council Session (12 December 1983). See also Luis T. Garcia, "Exposure to Pornography and Attitudes about Women and Rape: A Correlative Study," *AG* 22 (1986), 382-83. This study found "subjects with a greater degree of exposure to violent sexual materials tended to believe that: (a) women are responsible for preventing their own rape, (b) rapists should not be severely punished, and (c) women should not resist a rape attack. In addition, researchers found that exposure to violent sexual material correlated significantly with the belief that rapists are normal. See also Zillmann, "Effects of Prolonged Consumption," 129; and N. Malamuth and J. Centi, 129-37. "Study...results consistently showed a relationship between one's reported likelihood to rape and responses associated with convicted rapists such as sexual arousal to rape stimuli, callous attitudes toward rape, beliefs in the rape myths, and hostility towards women."

<sup>xi</sup> Cline, *Pornography's Effects*, 8.

<sup>xii</sup> Kavanagh, *Protecting Children in Cyberspace*, 58-59.

<sup>xiii</sup> Interview with Ann Burgess, professor of nursing, University of Pennsylvania, 15 January 1997. "Pornography - Victims and Perpetrators," Symposium on Media Violence & Pornography, Proceedings Resource Book and Research Guide, ed. D. Scott (1984).

<sup>xiv</sup> Jerry Bergman, Ph.D., "The Influence of Pornography on Sexual Development: Three Case Histories," *Family Therapy IX*, no. 3 (1982): 265.

# What I Wish I Would Have Known About Sex Addiction 20 Years Ago

by Mike Genung, ©Copyright 2005 Mike Genung

Blazing Grace Ministries, Colorado Springs, CO 80920, [www.blazinggrace.org](http://www.blazinggrace.org)

During my 20 year struggle with sex addiction I tried a number of methods to break free from the bondage of lust. My first attempt at conquering sexual sin was with willpower, but the compulsions of lust were stronger than my desire to stop. The church's answer was to read the Bible, pray and be good (one pastor told me to "just stop") so I read the Bible daily, memorized scripture and prayed often, but I couldn't "be good". The 12 step groups said "the program is the answer", but 9 years of "working the steps" provided temporary relief, not the freedom I was looking for.

Many said to get professional counseling, so I spent 15 years and thousands of dollars exploring how messed up I was. Others said to read a book, but I learned that mere knowledge doesn't heal the sick.

Here's what I wish I had known when I started trying to find freedom from lust:

## Freedom from sex addiction is impossible without God.

If your heart had a blocked valve that required surgery, you'd look for a heart surgeon. You know that reading a book about heart problems or knowing how sick you are isn't going to heal you; surgery is a necessity.

Sex addiction is like heart disease. The deepest recesses of a hurting and empty heart are choked with sin, shame and distorted beliefs, blocking the flow of life to the heart. The continual use of sex addiction to medicate the pain only corrupts, hardens and closes off the heart even more.

For true freedom from lust, powerful, life changing healing is needed in the deepest recesses of the heart. People, books and program can't deliver from sin and fill empty hearts with the love they crave; only the Living God can do this. True and lasting freedom comes when the Lord removes the blockage of sin (with our cooperation) and fills the heart with His overflowing life.

"I am the way, the truth *and the life*". John 14:6

"You search in the scriptures for in them you think you have eternal life, and these are they which testify of Me. But you are not willing to come to Me that you may have life." John 5:39-4

## We can't do it alone.

For years I tried to fix myself with Bible reading, praying and confessing (many) sins to God, but the temptations always steamrolled me. Sexual sin breeds and grows stronger in isolation; the only way to kill it is to expose it to others.

I started meeting with other men who I could be transparent with on a weekly, sometimes daily basis. Although frightening at first, being open with my struggles and temptations freed me from the shame and fear of my actions. Once I started bringing others into my battles on a consistent basis the sin that had owned me began to lose its grip on my life.

"Confess your sins to one another and pray for each other that you may be healed". James 5:16

"He who conceals his transgressions will not prosper, but he who confesses and forsakes them will find compassion." Proverbs 28:13

## "If it causes you to stumble cut it off"

Jesus told us to have a take-no-prisoners approach to sin; many men continue to fall because they will not eliminate the lust traps from their life. We all have to take the offensive and remove the objects and circumstances under our control that cause us to stumble.

In practical terms this means burning the stash of porn magazines (don't just throw it in a public receptacle where someone else can find it.) If watching cable TV is a problem, block the channels or better, turn off the cable service. If the internet is your downfall, install porn blocking software, put the computer in a public place, or if necessary disconnect the service. Wife bringing in lingerie magazines? Ask her to cancel the subscription. If certain parts of town cause you to stumble, drive around them.

God isn't going to remove the stumbling blocks for you; this is your responsibility. Those who think they can find freedom from sexual sin without removing the snares of lust from their lives are only fooling themselves.

"If your hand causes you to stumble, cut it off; it is better for you to enter life crippled, than, having your two hands, to go into hell, into the unquenchable fire" Mark 9:43

"Flee sexual immorality." 1 Corinthians 6:18

## You have to face the root issues that feed your lust.

Buried underneath the sexual acting out is a hurting heart that yearns for love and acceptance. In the deepest core of his heart the sex addict believes he is of little value and cannot be accepted or loved. The shame from acting out only reinforces his feelings of hopeless inadequacy.

Sadly, we are often taught by our earthly fathers that we are of little worth by their neglect, unspoken love or abuse. James Bryan Smith, author of the book "Rich Mullins, an arrow pointing to Heaven" writes "when a father's love is withheld, a child will struggle with issues ranging from shyness and insecurity to a profound and crippling shame over his or her very existence. There is one thing true of all of us: we are dying to be loved. We crave it, we search for it, and if we never find it we die spiritually. Love is our deepest reason for existence." What many sex addicts don't see is that they're using lust to comfort themselves from the belief that they can't be loved as they are. This lie, which was born in hell, must be aligned with the Truth that:

### **God loves you just as you are, no matter what you've done.**

One morning in the summer of 1999 I was reading through the book of 1 John. I was struck by all the verses about the Lord's love, but the more I read about His love the worse I felt. In a moment of sadness I blurted out "Lord why is it I feel so empty when I read about your love?". In that still, small voice I heard the words "because you don't believe it". Those words, though painful to hear exposed the truth of my life. Even though I had heard and read about God's grace for years, I really didn't believe it. He had been saying "I love you" from day one and I'd been saying "no You don't" by my actions and beliefs. That day I realized the Lord did love me unconditionally, and at the age of 36 my heart was flooded with peace and joy I had never experienced before.

Russell Willingham, who struggled with sex addiction himself and now counsels sex addicts for a living, writes in his book "Breaking Free" that he has never counseled a sex addict who understands God's grace. Receiving God's unconditional love is the greatest struggle for the sex addict because he's been programmed to believe that he's a loser for all of his life. Once the addict accepts and grasps the truth of God's unconditional love *in his heart* (not just his head), powerful, life changing transformation takes place. He becomes filled with the love and acceptance that he'd always craved but never believed he could have. This is why books, counseling and programs can't set people free from lust (the Lord works *through* these things). The unconditional love that the sex addict hungers for is found only in the Living God.

"...because of His great love with which he loved us." Ephesians 2:4

"that you, being grounded in love... may be able to know the love of Christ which surpasses knowledge."

Ephesians 3:17-19

"And walk in love, as Christ also has loved us." Ephesians 5:2

### **Seek the Lord with all of your heart.**

So how do you "get filled" with God's love? Go after the Lord like you would a new girlfriend or a job: with complete abandon and persistence. Ask Him to reveal the lies and distortions of your life and remove the things that are between you and Him. Ask Him to reveal Himself to you. He's promised that if you seek Him with all of your heart that you will find Him.

In the process of seeking God, He will expose your motives. Many people confuse seeking freedom from lust or some other thing they want from God with seeking God Himself. I did.

The truth is that I wanted freedom from sin (to feel good) far more than I wanted the Lord. I didn't want God on the throne of my heart because I didn't want Him telling me to go live in China or do something I didn't want to do. My pride was a brick wall that kept me from seeking Him. I finally became willing (actually, desperate) to let the Lord have the control of my life because He allowed me to have all the pain I needed from doing things my way. Once broken, I started seeking God with everything I had. In those times of intense seeking He filled me with the love and acceptance I had always craved, in addition to the freedom from lust I'd wanted.

"If you seek Him, He will be found by you." 1 Chronicles 28:9

"And you will seek Me and find Me when you search for Me with all of your heart" Jeremiah 29:13

### **The temptations never stop**

Some guys get a little freedom, feel better and then get cocky, thinking they did something special. They forget or ignore the fact that to stay free from lust they have to stay close to God and connected to others every day. Subtle temptations and small compromises follow, and then they're hit with an overwhelming knockout punch that drops them quickly. Dazed and confused, they wonder why they fell so fast.

We must drink from the Source of Life and stay transparent with our thought life and temptations every day for the rest of our life; there's no other way.

"Be sober, and on the alert because your adversary the devil walks around like a roaring lion, seeking who he can devour." 1 Peter 5:8

### **It takes time.**

If you've spent years corrupting your mind with the images of lust, don't expect a 1 time slam dunk emotional event that will set you free. You've given the hater of your soul free access to your heart and mind, and he doesn't go down without a bitter and nasty fight. This means the process can get messy. It's going to take time and consistent effort to find the freedom you're looking for, but don't give up. The Lover of your soul is eager and waiting for you to come to Him so that He can breathe new life into your heart.

## **Pornography Addiction: What is Sex Addiction?**

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Any Christian man who is engaging in sexual immorality of any kind is a man in conflict. He is a man who believes one thing and yet his actions are not matching up with his beliefs. Often it starts by viewing pseudo-pornography--things like modeling sites, chat sites, personal homepages, and other sites that often contain seductive images, but may not be classified as pornography.

Very quickly this kind of online behavior can spiral down to a place where these images don't cut it anymore--and the viewer begins to "need" more intense images to be stimulated. Often you will hear someone who has gotten addicted say, "I have no idea how I got here--it started so innocently." Pornography is both very alluring and very addictive. The websites that are distributing the material are designed to draw in the viewer, dangle free content and easy sign-ups--in an attempt to capture a new user.



### **What is Sex Addiction?**

There are good "sex addiction" tests all over the web that can help you determine if you are addicted to sex in some form. We are not going to attempt to reproduce those here, but will offer this simple definition and challenge: If your life is being controlled by your sexual desires and activities, instead of YOU being in control of them, then you have a sexual addiction.

### **Sex Addiction vs. Pornography Addiction:**

Far and away the largest subset of men who are dealing with sexual addiction are dealing specifically with Internet pornography addiction. The Internet has brought many, many good things to our lives--but it has also enabled the anonymous, always-on, and affordable (often free) access to pornography.

If you sent a bottle of vodka to every home in America every week for a year, you would no doubt have a whole wave of alcoholics. The Internet has created a wave of pornography addicts with its pervasive porn delivery mechanism.

If you are a Christian man who is in this group, help yourself by starting the Pure Online program now and not putting it off another day.

## **I Still Fight For Him (One Wife's Story)**

*by Robin Williams, excerpt from Blazing Grace Newsletter March 2006 [www.blazinggrace.org/NL0306.htm](http://www.blazinggrace.org/NL0306.htm)*

*<<http://www.blazinggrace.org/NL0306.htm>>*

*<http://www.loveyoursister.com>*

I first sought help from a pastor during one of our separations. He encouraged me to "just keep praying." I called a second pastor, who said, "most of the time these issues are related to problems from a man's lack of relationship with his father." He promised to call me back to make an appointment, but never returned my calls. I tried a third pastor, who said, "Men need a lot of boosts to their ego, a lot of strokes; that's just the way we're made." I went away with the feeling that he agreed with my husband; that I couldn't measure up to the task of satisfy my husband's needs. I did find some help for myself in personal counseling. My husband wasn't ready to confront the real issues, and he only attended a few times.

I was crying out to God daily with all of my heart for my husband to be delivered from bondage, and for His help for the part I was playing in creating the problems in my marriage.

As an almost last ditch effort, we spoke with a new pastor at our church. Three days later, my husband left again, and I found myself back in this pastor's office where I finally confessed that I believed my husband was struggling with pornography. He told me that my husband never once looked him in the eye during the appointment earlier that week, and said, "You can probably expect to see your husband's life go downhill now. He might even move someone else in with him. He will most likely give in to the sinful life style in which he has become involved."

There were no offers of help or suggestions for seeking help for the restoration of my marriage; this is one of the most hurtful things I experienced in my years of seeking a solution. When I was a young girl, I saw my father get saved and walk the aisle of the church, after many years of living a life in the world and addicted to gambling. I believed someone would recognize my husband's need for help and come alongside us in the church and provide the support we needed, but was very disappointed to find the church was neither prepared nor ready to meet this challenge.

## **The Truth Behind the Fantasy of Porn**

*by Shelley Lubben - Former Porn Actress*

*<http://www.shelleylubben.com>*

Sex-packed porn films featuring freshly-dyed blondes whose evocative eyes say "I want you" are quite possibly one of the greatest deceptions of all time. Trust me, I know. I did it all the time and I did it for the lust of power and the love of money. I never liked sex. I never wanted sex and in fact I was more apt to spend time with Jack Daniels than some of the studs I was paid to "fake it" with. That's right none of us freshly-dyed blondes like doing porn. In fact, we hate it. We hate being touched by strangers who care nothing about us. We hate being degraded with their foul smells and sweaty bodies. Some women hate it so much you can hear them vomiting in the bathroom between scenes. Others can be found outside smoking an endless chain of Marlboro lights...

But the porn industry wants YOU to think we porn actresses love sex. They want you to think we enjoy being degraded by all kinds of repulsive acts. The truth, porn actresses have showed up on the set not knowing about certain requirements and were told by porn producers to do it or leave without being paid. Work or never work again. Yes, we made the choice. Some of us needed the money. But we were manipulated and coerced and even threatened. Some of us caught HIV from that coercion. I personally caught Herpes, a non-curable sexually transmitted disease. Another porn actress went home after a long night of numbing her pain and put a pistol to her head and pulled the trigger. Now she's dead.

It's safe to say most women who turn to porn acting as a money-making enterprise, probably didn't grow up in healthy childhoods either. Indeed, many actresses admit they've experienced sexual abuse, physical abuse, verbal abuse and neglect by parents. Some were raped by relatives and molested by neighbors. When we were little girls we wanted to play with dollies and be mommies, not have big scary

men get on top of us. So we were taught at a young age that sex made us valuable. The same horrible violations we experienced then, we relive through as we perform our tricks for you in front of the camera. And we hate every minute of it. We're traumatized little girls living on anti-depressants, drugs and alcohol acting out our pain in front of YOU who continue to abuse us.

As we continue to traumatize ourselves by making more adult films, we use more and more drugs and alcohol. We live in constant fear of catching AIDS and sexually transmitted diseases. Every time there's an HIV scare we race to the nearest clinic for an emergency checkup. Pornographers insist giving viewers the fantasy sex they demand all the while sacrificing the very ones who make it happen. In other words, no condoms allowed. Herpes, gonorrhea, syphilis, chlamydia, and other diseases are the normal anxieties we walk around with daily. We get tested monthly but we know testing isn't prevention. Besides worrying about catching diseases from porn sex, there are other harmful activities we engage in that are also very dangerous. Some of us have had physical tearing and damage to internal body parts.

When porn actresses call it a day and head home we attempt to have normal healthy relationships but some of our boyfriends get jealous and physically abuse us. So instead we marry our porn directors while others of us prefer lesbian relationships. It's a real memory making moment when our daughter accidentally walks out and sees mommy kissing another girl. My daughter will vouch for that one.

On our days off we walk around like zombies with a beer in one hand and a shot of whiskey in the other. We aren't up to cleaning so we live in filth most of the time or we hire a sweet foreign lady to come in and clean up our mess. Porn Actresses aren't the best cooks either. Ordering food in is normal for us and most of the time we throw up after we eat because we're bulimic.

For porn actresses who have children, we are the world's WORST mothers. We yell and scream and hit our kids for no reason. Most of the time we are intoxicated or high and our four year olds are the ones picking us up off the floor. When clients come over for sex, we lock our children in their rooms and tell them to be quiet. I use to give my daughter a beeper and tell her to wait at the park until I was finished.

The truth is there IS NO fantasy in porn. It's all a lie. A closer look into the scenes of a porn star's life will show you a movie porn doesn't want you to see. The real truth is we porn actresses want to end the shame and trauma of our lives but we can't do it alone. We need you men to fight for our freedom and give us back our honor. We need you to hold us in your strong arms while we sob tears over our deep wounds and begin to heal. We want you throw out our movies and help piece together the shattered fragments of our lives. We need you to pray for us the next fifteen years so God will hear and repair our ruined lives.

So don't believe the lie anymore. Porn is nothing more than fake sex and lies on videotape. Trust me, I know.

*Dedicated to all the porn actresses who caught HIV, died from drug overdose and committed suicide.*

## **Response to a letter from a recovering addict's wife with concerns about 12-step groups**

by Marcia Means, M.A. - Christian counselor and writer, <http://www.awomanshealingjourney.com>

Your questions and concerns about 12 step groups are shared by many partners, family members, pastors, and some counselors. I would like to reassure you based on my own experience with the 12 steps, and years of living with an alcoholic/sex addict who used the 12 step process, and still does, though his addiction cost us our marriage this year.

As the former wife of a recovering alcoholic & sex addict, I found my 12 step support group for partner's of addicts to be the highlight of my week for as long as I was able to attend. Each and every meeting was a reminder of what emotional and spiritual health looks and sounds and acts like when one is married to a sex addict. Some weeks I would enter my meeting feeling totally frazzled by my fears of what my husband was, or might be doing. And every single week my cup was filled as I was reminded to embrace my powerlessness over my husband and his addiction, and to once again surrender the whole deal to God because He and He alone has the power to keep me safe and filled with peace, *no matter what might happen to my marriage*. While I am not currently attending a 12 step meeting, the 12 step process has become an important part of my spiritual life, and will remain so as long as I am alive. But let's address your concerns.

Dana, it isn't 12 step groups, or the 12 step process, that draws people into the 12 step program for years, or even for life. Rather, it is the particular addiction that an individual struggles with that creates the need for the ongoing tools and support that the 12 steps provide. Whether one struggles with sex, alcohol, cocaine, or codependency, most people find that they remain "sober" far more easily if they utilize the power of the group and of the 12 step process, which is completely based on total surrender to our all-powerful God. Yes, some people do report that God completely removes their struggle with the temptation of their addictions. Certainly God is capable of freeing us from such entrapment. However,

because we are human and have sin natures, and must continue to live in a tempting world, most people find their need for support continues to motivate them to utilize resources such as the 12 step process.

This is especially true for the sex addict for two reasons: 1) we are all sexual beings, and a sex addict cannot divorce himself from that God-given part of his nature; and 2) we live in such a sexually saturated society that even those who don't struggle with sex addiction find they must guard their eyes and heart every time they go out in public, turn on the TV, or pass through the grocery store checkout. It is the addict's sense of powerlessness over our tempting world, as well as his own sin nature, that causes him to reach out to the 12 step process as a way to find sobriety in the middle of our tempting world. Because the 12 steps provide a real, helpful tool through their Bible-based principles and foundations, addicts find Godly counsel and strength from utilizing them as an ongoing way to maintain their commitment to sobriety, whatever their drug of choice. Just as we wouldn't think that one shouldn't become a Christian and read the Bible because one might want to attend church and read the Bible for the rest of his or her life, so it is with the 12 steps. They are simply another spiritual tool to help the addict walk in freedom from his addiction.

The 12 steps were actually started by a small group of Christians who used the Bible as their resource. But because they encountered so many alcoholics who, like themselves, had been outcast by the Church and were angry at Christians for it, the founders decided to maintain the Godly principles they originally found in the Bible, but to dress them in secular language so as not to cause non-Christians to be turned off by their wording. Coincidentally, and comically, I think, there is a Christian organization today, called Celebrate Recovery (a great organization, by the way!) that decided to help Christians find the 12 steps more acceptable by dressing them in Christian language to keep Christians from being turned off by the wording! Interesting paradox, I think. By the way, Celebrate Recovery may be an alternative option for your husband, if a group is available where you live.

If you live in, or near, a city, your husband might want to call the largest Evangelical churches in your area and ask if they have a Celebrate Recovery for male sex addicts. (This is a step you should not take for him—it must be his recovery, and he must own it—or you are simply acting codependently.) You may even be able to find a wives group that way!

To answer your last question, a good 12 step group doesn't allow members to share their temptations in ways that would be sexually stimulating for the very reasons that create your concern. If such a problem ever occurred, your husband would be wise to discuss the issue with the group's facilitator(s). Just as not all churches are healthy because they are made up of human beings, not all 12 step groups are healthy.

I hope this helps as you evaluate what *you* need to feel safe loving and sharing your life with a sex addict. It is completely appropriate—and necessary—for you to need and require that your husband utilize helpful resources to maintain his sexual sobriety. And, I encourage you to consider partner's resources for your journey as the wife of a recovering sex addict. Maintaining our sobriety over our fears and codependency can be almost as challenging for us as sexual sobriety is for them.