Pornography is a topic that on the one hand can be touchy and difficult; on the other hand it is SO important for us to talk about.

Pornography addiction is "a plague like we have never seen," but God knows about this and has provided an escape through the healing power of Jesus Christ

Please pray for the gift of discernment, that you may know what it is you need to learn and how to apply what you learn from this lesson.

## Shame vs Godly Sorrow \* see attached pictures

Satan uses Shame to get them to HIDE from God.

|  |  |
| --- | --- |
| SHAME | GODLY SORROW |
| Confusion | Desire to Change |
| Hide | Repentance |
| Secret | Clarity |
| Darkness | From God |
| From Satan | Hopeful |
| More Problems | Ask for Help |
| No Healing | Healing and Peace |
| Judgment | Proper Perspective |

“Hiding and Shame promotes Darkness and More Problems”

## Must move from Fear to Faith!

Or we will lose the war.

We have to be WARRIORS, full of faith and with tools so we can prevail.

## Feel alone in your fight?

70% of Christian Men admit to struggling with pornography in their daily life.

50% of Christian Men admit to a pornography addiction

20% of Christian Women admit to a pornography addiction.

90% of 8-16 year olds have viewed pornography online.

## Share struggles from a place of love and support -

People now willingly share in *appropriate venues* and 1 on 1, about Depression, Sexual Abuse and Drug Addiction **without** **shame**.

I look forward to the day when we can do the same with Pornography. **If we treat it with shame and secrecy we are going to stay stuck**. Secrets can be more damaging than the problem itself.

## Communication

I have learned that appropriate understanding and communication is the key to healing.

We need **courage** to communicate.

We may need to communicate by asking for help for overcoming our own addictions. Or maybe we need to communicate by asking our spouse or children about their pornography exposure and to teach our children about pornography.

The exciting thing is we get to do all of this from a place of faith instead of fear.

I want to give you really useful information to help you as you communicate with your loved ones or leaders!

Have Faith that if there is a pornography issue, bringing it out in the open and into the light can help move it from Shame to Godly Sorrow and bring healing and peace.

## Listen with love. Quote #1.

Many children, youth, and adults are innocently exposed to pornography, but a growing number of both men and women are choosing to view it and are drawn back repeatedly until it becomes an addiction. These individuals may desire with all of their hearts to get out of this trap but often cannot overcome it on their own. How grateful we are when these loved ones choose to confide in us as parents or a Church leader. We would be wise not to react with shock, anger, or rejection, which may cause them to be silent again.

## Pornography as a Drug

 Understanding how pornography works like a drug on our brain is SO helpful in understanding how to fight it. When youth are exposed they don’t understand why they want to see it again. It makes them feel they must be unworthy or bad because they got pleasure from it. When we understand it is a DRUG as powerful as Heroin and that it isn’t their fault they want to look at it again, that gives them power… takes away the shame.

2 great books:

* Fortify – fight new drug!
* Good Pictures/Bad Pictures

Understanding our Feeling Brain and Thinking Brain is SO important!!! \*\*\* see attached picture

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## Understanding Chemical Reaction

**Seeing pornography and having a natural response to it and maybe even a desire or curiosity to see it again should not equal shame. It is a chemical reaction. This understanding allows us to stay away from Shame.**

We need to use our Thinking Brain to take charge of our feeling brain!

## You, your kids and spouse will be exposed to pornography!

Most of us wouldn’t choose to take a drug. But many are tricked into seeing pornography and their brain has as strong as a response as if they did take a drug

Quote #2 . Parents, are we aware that mobile devices with Internet capacity, not computers, are the biggest culprit?[2](https://www.lds.org/general-conference/print/2014/04/protection-from-pornography-a-christ-focused-home?lang=eng&clang=eng#2-10985_000_15reeves)

iPhones = handing your child a pornography video to watch.

* 8 year old watching hard porn on ipad in her closet with a friend. Deseret News Article
* Story of kids on the playground.
* Kids on school bus watching while going to sporting events.

My boys – one introduced because friend said, “Check out this website…” benign name, but not a good site at all. This was before I taught my kids about pornography and what to do if they were exposed. He was only 11, I didn’t think I had to yet. He didn’t know what to do and hid the fact that had happened.

When we figured it out, I started my crusade to learn more and how I could help my boys avoid addiction. We started talking about pornography a lot and started including *Communication as a key rule in our home.*

Later when another son stumbled upon some on Instagram, he came to me and told me and we came up with some new guidelines for Instagram. He knew what to do and it was a more positive experience for everyone.

## TOOLS!!!!

**Spiritual Tools –** Family Prayer, Family Scripture Study, Family Home Evening, Personal Prayer, Scripture Study, Journaling, Meditation.

Quote #3

Brothers and sisters, because I know from my own experiences, and those of my husband, I must testify of the blessings of daily scripture study and prayer and weekly family home evening. These are the very practices that help take away stress, give direction to our lives, and add protection to our homes. Then, if pornography or other challenges do strike our families, we can petition the Lord for help and expect great guidance from the Spirit, knowing that we have done what our Father has asked us to do.

**Information** – Tell them what pornography IS. They WILL be exposed. If they know what it is and how they may feel, then it will be so much easier to deal with.

Good Pictures/Bad Pictures Book.

**Fortify – Sons of Helamen, Bishop**

**New Armor for a New War** – New ERA September 2014 article!!!!

Great program is Eternal Warriors/Sons of Helaman, there is a book Like Dragons They Did Fight – which is AWESOME for giving tools!!! Drills, Flagpoles, Chemical Scale, Discernment, how to keep your thinking brain in charge!!

**The SMART Plan – for Parents (pornproofkids.com)**

* **S**tay calm
* **M**ake a plan
* **A**ssist your child to sort out their feelings
* **Regularly check in with your kids**
* **T**rain your family

**My “Can Do” Plan – for Kids (from Good Pictures, Bad Pictures)**

* **C**lose my eyes, turn away and hit the power button to shut down my computer or device.
* **A**lert a trusted adult
* **N**ame Pornography when I see it
* **D**istract my thoughts away from bad images
* **O**rder my Thinking Brain to be in charge!

## Healing and Peace

**Cover SHAME** with Understanding and Communication. Key to Healing and Peace.

## Atonement

Quote #4

 Brothers and sisters, how do we protect our children and youth? Filters are useful tools, but the greatest filter in the world, the only one that will ultimately work, is the personal internal filter that comes from a deep and abiding testimony of our Heavenly Father’s love and our Savior’s atoning sacrifice for each one of us.

The Atonement and our Testimonies are so important and can help many of us. AND information must be shared with our children, those caught in the snare of pornography must be given support and tools that can help them break free. Because pornography is a drug to our brain and most people need tools and outside help to break free from its clutches.

## Do what prompted to do

I pray you have the courage and strength to move forward in whatever way the Spirit has prompted you to.

Maybe you just need to start small – buy a book and read, share it with your family and Heavenly Father will guide you to your next step. But DO what He has instructed you to do and you will be blessed.

May we all move forward with Courage and Faith I pray!

## Resources to help Fight Pornography

**Books**

* Fortify: A Step Toward Recovery by Fight the New Drug
* Like Dragons They Did Fight by Maurice W. Harker
* Good Pictures, Bad Pictures by, Kristen Jenson

**Online Programs**

* Fight the New Drug – Fortify Program (online) <http://www.fortifyprogram.org/>
* Eternal Warrior – Addiction Prevention Program (live class and online class) www.sheridanripley.com

**Websites**

* Church Website - <http://overcomingpornography.org/>
* Story of Woman who overcame her pornography addiction https://www.lds.org/new-era/2013/12/no-longer-addicted-my-journey-to-overcome-pornography
* Sons of Helaman - <http://www.lifechangingservices.org/>
* <http://pornproofkids.com/> Great advice and tips for parents on how to talk to kids about pornography
* <http://purposedrivenmotherhood.blogspot.com/2014/04/a-bishops-answer-to-how-can-parents.html> Great blog post from a Bishop on how to help prevent pornography addictions in our kids.
* Avoid Violent Video Games
* Avoid Hand Held Devices
* Open Conversation
* Invite Light into Your Home
* Teach Your Kids it is OK to Stand Alone
* Get Family Involved in Family History Work

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**Good Questions to Ask your kids/spouse/self**

* How much pornography have they seen?
* How often have they viewed it?
* How did they find it? Did someone else show it to them?
* Which devices have they used to view it?
* What types of pornography have they viewed?
* Did they masturbate when they were viewing it? (This brings it to a higher level of involvement. Masturbating to pornography builds and solidifies a neurological pathway in the brain.)

Quote #1.

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Simply put, **the feeling brain, infected with the nasty virus of internet pornography, hijacks or takes over the under-developed thinking brain.** In fact, because our brains consider sex a matter of survival, pornography viewing can become a powerful and enslaving addiction.

Teach your children about their two brains and encourage them to put their thinking brain in charge!

From- [www.pornproofkids.com](http://www.pornproofkids.com)

