## 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

**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!