

# TECHNICAL RESOURCES for HABIT LOOPS

## **BOOKS**

- Giangiordano, Ellen, *Wonderfully Made! Babies: A Catholic Perspective on How and Why God Makes Babies*  
(Ages 9 and up)
- Jenson, Kristen A., *Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids*  
(Ages 8 and up, but used for as young as 5 or 6)
- Kleponis, Peter C., *Integrity Restored: Helping Catholic Families Win the Battle Against Pornography*

## **INTERNET**

- Fr. Josh Waltz:  
frwaltz.com – PDF Guide to Sexual Purity – How to lock down a phone
- Fr. Sean Kilcawley, Diocese of Lincoln – Family Life Office:  
Internet Protection & Pornography  
Resources for Adults  
Tools for Parents

### **What about my teenager?**

*If you have a teen and you are nervous about starting this conversation, here are some tips:*

1. Have an amnesty day. This means that your child will not be punished for anything that is shared during the conversation. You are worried about him/her and you simply want to know how they are doing.
2. Ask if and when they first saw pornography. Remember that the *average* age of first exposure is 8-11. It shouldn't be surprising if they have seen something.
3. Ask "How did that make you feel?" It is natural that it may have made them feel a mixture of good, gross, confusion, and curious. Keeping those feelings a secret can also keep a young person trapped in a cycle of shame.
4. Say, "I'm sorry that happened to you." If they were exposed at home, take responsibility for not putting proper parental controls in place. It is difficult to keep up with technology, and we can all make mistakes. When we do, we apologize and make things better.
5. "We are going to do better." This is your opportunity to implement some changes to help your teens stay away from pornography and other harmful content. Many young people experience relief when their parents make these positive changes at home.

- Integrity Restored  
Coaching tools

- Matt Fradd, Pints with Aquinas – Podcast or on YouTube  
Episodes to check out:
  - I Quit the Internet for 30 Days ... Here's What Happened!
  - I Got Rid of My Smartphone ... You Should Too!
  - How Going "Off Grid" Made Me a BELIEVER w/ Dave Rubin

- Your Brain On Porn: [yourbrainonporn.com](http://yourbrainonporn.com)  
This is not a Catholic website, but purely scientific. Founded by an atheist, Gary Wilson. You may not agree with everything found on this site. However, it is probably the best site for scientific information on the way the body is affected by porn/tech. Don't be afraid, there is a lot of truth and info here.

## **ALTERNATIVE PHONES**

- Gabb Phone ([gabb.com](http://gabb.com))
- Wise Phone ([techless.com](http://techless.com))