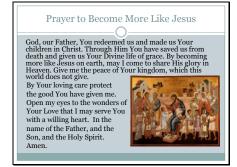


Slide 2



Opening Prayer: Prayer to Become More Like Jesus

Slide 3



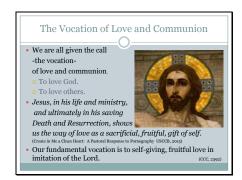
OPTIONAL

Show introductory video from
Ascension Press – You: Life, Love, and
the Theology of the Body
Available on youtube:
https://www.youtube.com/watch?v=sl
QksNmGg0Q
3:18



From the beginning of creation, God's beautiful plan for human love was inscribed on the human heart and in the human body. God created us in his image and likeness, as the crown of creation. Everyone of us is a gift, deserving of dignity and respect. In Christ we are all children of God. God is love.....therefore, we were created by love, for love.

Slide 5

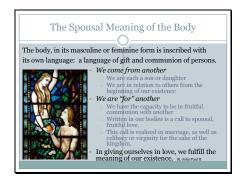


Regardless of our individual vocation (marriage, holy orders, consecrated life, single life), we all share a common vocation. We are all called to the vocation of love and communion.

We are called to love God and to love others.

In his life and ministry, Jesus gave us the perfect example of love. A sacrificial, fruitful, gift of self.

Our fundamental vocation is to self-giving, fruitful love in imitation of the Lord.



The call to love is written in our very bodies. The way our bodies work, and work together, tells us about God's plan for us. The understanding of God and His plan for us, through the study of our bodies as God created them, is known as the Theology of the Body.

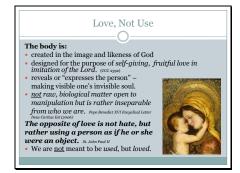
It is obvious from the design of our bodies that we come <u>from</u> another and were made <u>for</u> another.

We originate from our parents' gift of self to one another. We come <u>from</u> this communion of persons. From the beginning of life we are in relationship with another, dependent on our mother for our life and well-being. Every one of us is a son our a daughter.

We also know from the design of our bodies that we are made <u>for</u> another. Male and female, we were created to complement one another and to join together. God designed our bodies in such a way that this union allows us to be co-creators with Him. When we come together in Christ, we are more than the sum of our parts.

This gift, this communion, is realized in marriage, as well as celibacy or virginity for the sake of the kingdom. In such contexts we are free to give fully of ourselves and live fully in communion with another – with our spouse, our God, the community we serve.

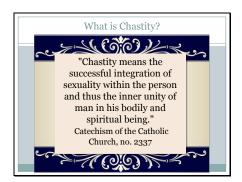
In giving ourselves in love, we fulfill the meaning of our existence.....Created by Love, for Love.



Created in the image of God, designed for the purpose of self-giving, fruitful love, in imitation of the Lord; the body reveals or "expresses the person" making visible, one's invisible soul. Our bodies, as Pope Benedict XVI stated, are not just "biological matter open to manipulation, but inseparable from who we are." We are not meant to be used, as an object. We are designed for love.

From this perspective, the opposite of love is not hatred of another, but use of another.

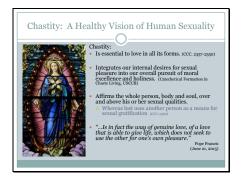
Slide 8



OPTIONAL

Show video clip Pure in Heart: What is Chastity? Available on youtube: https://www.youtube.com/watch?v=U8 -XoMOOEcE 3:49

Slide 9



Regardless of our vocation, we are all called to be Chaste. Chastity leads us to love as God has called us. The practice of Chastity integrates our internal desires for sexual pleasure with our pursuit of holiness. It affirms the whole person, body and soul, over and above our sexual qualities; and leads us to lifegiving love that does not seek to use others for our own pleasure.

The virtue and vocation of chastity is essential to love in all its forms.

Pope Francis described Chastity as, "...the way of genuine love, of a love that is able to give life, which does not seek to use the other for one's own pleasure."

Pope Francis Address during Meeting with Children and Young People, Pastoral Visit to Turin (June 21, 2015)

Slide 10



Authentic Love Imitates Christ:

A total, life-giving, gift of self, that is freely given.

Authentic Love is:

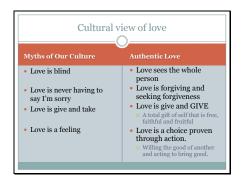
Free - not demanded or coerced
Total – a gift of our entire self,
that does not reduce or objectify
self or others
Faithful - unending,
unconditional
Fruitful – co-creators with
Christ, the whole is greater than
the sum of it's parts

Authentic love resembles the Trinity: The relationship between God the Father, Christ the Son, and the Holy Spirit

There is only one God, yet God presents himself as three unique entities.

Marriage is designed to image the trinity:

In marriage, two people are committing to a relationship with God and each other. Through marriage, God invites us to be co-creators with him, resulting in the authentic love of a family.



Our culture has a lot to say about love, yet much of what our culture tells us misses the mark. Here are a few examples:

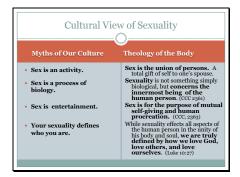
Love is blind – Authentic love sees the whole person.

Love is never having to say I'm sorry – Authentic love is forgiving and seeking forgiveness.

Love is give and take – Authentic love is give and GIVE – a total gift of self that is free, faithful and fruitful

Love is a feeling – Love is a choice, proven through action. Love is willing the good of another and acting to bring

good.



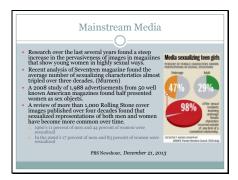
Our culture also misses the mark with regard to our sexuality. The messages of our culture lead us to believe:

Sex is an activity
Sex is merely a process of biology.
Sex is entertainment.
Your sexuality defines who you are.

When we recognize God's plan inscribed in our bodies we come to know that:

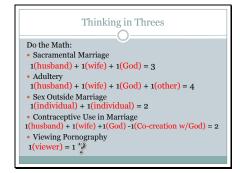
Sex is a union of persons. A total gift of self in communion with another. Sexuality is not something simply biological, but concerns the innermost being of the human person. Sex is for the purpose of mutual selfgiving and human procreation. While sexuality effects all aspects of the human person in the unity of body and soul, we are truly defined by how we love God, love others, and love ourselves.

Slide 13



Mainstream media abounds in these misleading messages about love and sexuality, and these messages are often reinforced by images.

The number of sexualized images in magazines has increased dramatically in the last several decades. This is the case in other forms of media as well. Studies of television programming suggest that the number of sexualized images has increased even more dramatically for minors.



If authentic love resembles the Trinity, "Thinking in Threes," can help provide a clue as to whether our actions are leading us toward or away from authentic love.

To illustrate, let's do the math:

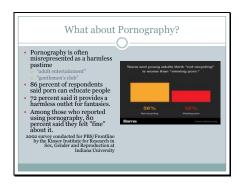
•adultery in marriage 1 (husband)+1
(wife) + 1 (God) + 1(other) = 4

•sex outside of marriage 1(individual) +
1(individual) = 2

•Contraceptive use in marriage
1(husband) + 1 (wife) +1 (God) - 1(God)
= 2

•use of pornography 1(viewer) = 1?

Slide 15



We are often tempted to think of viewing pornography as an act that impacts only the viewer. Let's take a closer look at the impact of pornography, and the messages it gives about love and sexuality.

Pornography is often misrepresented as a harmless pastime. Labels like "adult entertainment" or "gentlemen's club" serve to normalize pornography

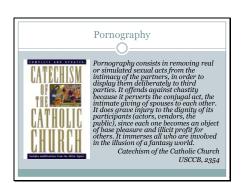
In a culture that is centered on sexuality and sexual performance, pornography has even been promoted by some as "good."

A 2002 survey conducted for PBS/ Frontline by the Kinsey Institute for Research in Sex, Gender, and Reproduction at Indiana University found that 86% of respondents said porn can educate people, 72% said it provides a harmless outlet for fantasies, and 80% of people who identified using porn said they felt "fine" about it.

A suvey by Barna found that youth and young adults were more likely to think "not recycling" is worse than "viewing porn."

If our goal is authentic love - if we have a fundamental vocation to "self-giving, fruitful love in imitation of Christ," is pornography really a harmless pastime?

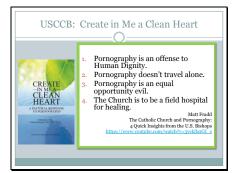
Slide 16



The Catechism of the Catholic Church describes pornography in the following way:

Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties. It offends against chastity because it perverts the conjugal act, the intimate giving of spouses to each other. It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world.

Catechism of the Catholic Church USCCB, 2354



In November 2015, the United States
Conference of Catholic Bishops
published a document entitled, "Create
in Me a Clean Heart: A Pastoral
Response to Pornography. Here is a
brief summary of the document by
Matt Fradd. Matt is a Catholic apologist
for EWTN and is the executive director
of theporneffect.com and
integrityrestored.com.

Show Video: Matt Fradd

The Catholic Church and Pornography 4 Quick Insights from the U.S. Bishops

A Brief Summary of the USCCB document *Create in Me a Clean Heart:*A Pastoral Response to Pornography https://www.youtube.com/watch?v=3v ckjb0GI_s
5:15

Slide 18

Pornography is an Offense Against Chastity

Sexual intimacy and the pleasure that derives from it are gifts from God and should remain personal and private, enjoyed within the sacred bond of marriage alone.

The human body should not be treated in a way that objectifies it sexually and reduces it to an erotic stimulant.

It is a disordered view of the person, because it is ordered toward use, as of a thing, rather than love, which pertains to persons.

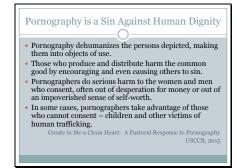
Create in Me a Clean Heart: A Pastoral Response to

Pornography is a sin against Chastity. Sexual intimacy and the pleasure that derives from it are gifts from God and should remain personal and private, enjoyed within the sacred bond of marriage alone.

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Pornography is a disordered view of the person, because it is ordered toward use, as of a thing, rather than love, which pertains to persons.

Create in Me a Clean Heart: A Pastoral Response to Pornography – USCCB, 2015



Pornography is a sin against human dignity.

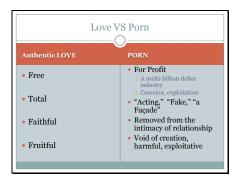
Filming or taking pictures of the intimate parts of the body or of sexual acts does "grave injury" to the person(s) "performing," to anyone responsible for its making or production, and to the general public." (Catechism of the Catholic Church, USCCB no. 2354)

Pornography dehumanizes the persons depicted, making them into objects of use. Those who produce and distribute harm the common good by encouraging and even causing others to sin.

Pornographers do serious harm to the women and men who consent, often out of desperation for money or out of an impoverished sense of self-worth. In some cases, pornographers take advantage of those who cannot consent – children and other victims of human trafficking.

Create in Me a Clean Heart: A Pastoral Response to Pornography – USCCB, 2015

Slide 20



Where authentic love is freely given, pornography is a multi-billion dollar industry. Often actors or actresses are not freely choosing to participate, but coerced, exploited, or enslaved by poverty and addictions.

Where authentic love is a total gift of self, pornography is not a gift of self at all. It is a façade...fake...mere acting.

Where authentic love exists in a faithful relationship, dedicated to the good of the other, pornography is completely

removed from the intimacy of relationship.

Authentic love is fruitful....the whole is greater than the sum of it's parts and the union is gifted with the ability to cocreate with God. Pornography is void of creation. On the contrary, it 's spoils are harmful and exploitative.

Slide 21



Show the Video:
Fight the New Drug
We need to talk about Porn
https://www.youtube.com/watch?v=m
1jlkLcmwqM
2:24

Slide 22

Pornography's Impact on the Brain

- Viewing pornography releases the same neurochemicals as many hard drugs.
- Over time, it takes more frequent viewing and viewing of more explicit images to create the same rush of chemicals.
- The same areas of the brain are activated when a regular porn viewer sees porn as when an alcoholic sees images of alcohol.
- Viewing of pornography can lead to an addiction.

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Viewing of pornography can lead to an addiction.

Pornography and the Developing Brain

When children and youth are exposed to porn:

The part of the brain that involves self-control decreases and the part that controls physical desire increases.

Decision-making becomes based on cravings instead of good

- Judgment.
 Thoughts of sexual deviance may become imprinted on the child's "hard drive" and become a permanent part of his or her sexuality.

 "The imprinting can become at times so strong that the individual can never pain satisfaction by giving—they always individual can never pain satisfaction by giving—they always to be stimed to the control of the stimulus to keep up with their sexual desires."

 (Dr. W. Dean Belnap, A Brain Gone Wong—Hope for the Troubled Teen, Meridian Publishing, Fairfax, VA, 2008)

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"The imprinting can become at times so strong that the individual can never gain satisfaction by giving--they always want to be taking. And its never satisfying, as it was perhaps at one time along the way, because it requires more and more of the stimulus to keep up with their sexual desires."

Slide 24



OPTIONAL

Show Video: Jason Evert - Chastity.com https://www.youtube.com/watch?v=oc z9u3UXwUo 3:51

Porn Changes the Way Men See Women

- Spiritual effects of sin.
- · Altered concept of human sexuality.
- · Expectations based on fantasy.
- Robbed of the ability to be captivated by a single woman.
- "Porn Goggles"
- "Don't know how to look at a girl except through a lens of lust"
- o Know only how to take own pleasure, not give love.
- Jason Evert

https://www.youtube.com/watch?v=ocz9u3UXwUo

In addition to the spiritual effects of sin and addiction, there are additional consequences to viewing pornography. Pornography presents an altered concept of human sexuality, placing an emphasis on sexual arousal versus loving relationships. Pornography leads the viewer to develop expectations based on fantasy – and unrealistic standards of beauty. They come to see the world through "Porn Goggles," not knowing how to look at a member of the opposite sex except through a lens of lust." Pornography robs men of the ability to be captivated by a single woman. Pornography orients the viewer toward lust, rather than authentic love.

Slide 26

The Great Porn Experiment

- · Less sexual satisfaction with partner
- Greater attraction toward casual sex
- Loss of support for women's rights
- Desensitization to sexual violence
- Less likely to think minors should be protected from porn

 $\label{prop:continuous} Zillmann, D., and J. Bryant (1988). Pornography's impact on sexual satisfaction. Journal of Applied Social Psychology, 18, 438–53.$

In addition to promoting beliefs and attitudes that are counter to intimate, loving relationships; pornography fosters attitudes that are harmful to society as a whole.

A study was conducted in the mid 80s by Dolf Zilman and Jennings Bryant. 80 students were randomly assigned to groups and shown 5 hours of media over 6 weeks

The "no exposure control group" was shown 5 hours of regular broadcast media.

The "moderate exposure" group was shown a combination of regular broadcast media and pornography. The "massive exposure" group was shown 5 hours of pornography. Results of the study found that porn exposure led to decreased sexual satisfaction with one's partner, greater attraction toward casual sex, and a number of disturbing attitudes. Individuals in the

massive exposure group (men and women alike) were less supportive of women's rights, more likely to be tolerant of rape (as evidenced by recommending a shorter sentence for rapists) and less likely to think that minors should be protected from exposure to pornography.

When we consider the amount of screen time the average young person receives on a daily basis, it is likely that the "massive exposure" group from this study resembles the amount of exposure children, youth, and young adults encounter in a weekend.

For More Information view the Matt Fradd / Covenant Eyes Video: The Great Porn Experiment https://www.youtube.com/watch?v=FX hroPvQPBU

Or link to the research paper through Matt Fradd's website theporneffect.com http://theporneffect.com/blog/post/5-research-findings-from-porn-experiment/

A compilation of research studies found that viewing pornography is related to:

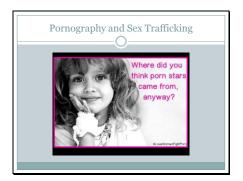
- Greater hostility toward rape victims, including believing rape myths, blaming the victim, believing allegations are invented by victims, and believing that women can enjoy rape;
- The experience of rape fantasies and attitudes supporting violence against women in women viewers.
- An increased likelihood of sexual assault in domestic violence cases.
- An increased risk of committing



sexual offenses, visiting prostitutes, engaging in unwanted sex, and developing sexually deviant tendencies.

For More information view video: Matt Fradd https://www.youtube.com/watch?v=rpKembx WIjw&index=27&list=PLJm6XYrGh9DT0Xfq82ri GrY0TMQEcyXMk 2:45

- A meta-analysis of 46 studies found that individuals who viewed porn were more likely to believe "rape myths": reduced empathy for rape victims or believing that rape victims were to blame for the assault.
- College student study: Students with objectified images of women in dorm or fraternity significantly correlated with attitudes hostile toward rape victims.
- College student study: Women exposed to porn early in life more likely to have rape fantasies and have attitudes that support sexual violence toward women.
- Study of battered women's program:
 Battered women whose partners used pornography were more likely to be sexual assault by their partner.
- Metanalysis: Watching porn correlated with 22% increased risk of committing sexual offenses.
- Metanalysis: Watching porn led to 31% increase of developing sexual deviant tendencies.
- US Department of Justice: Men arrested for visiting prostitutes are 2X as likely to be porn users that a random sample.
- Italian Teens: Viewing porn correlated with committing acts of sexual violence and engaging in unwanted sex.
- Japanese Study: Men who viewed rape porn were significantly more likely to believe that rape allegations are invented by victims
- Japanese Study: Men exposed to rape porn significantly more likely to believe women could enjoy rape.



In addition, pornography is associated with the problem of human trafficking.

Show the Video:

Pornography and Human Trafficking By Matt Fradd / Covenant Eyes Https://www.youtube.com/watch?v=d OLAJw7kVcA&list=PLJm6XYrGh9DT0Xfq 82riGrY0TMQEcyXMk&index=16 4:56

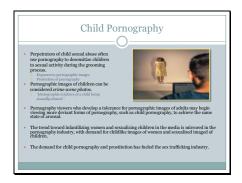
Slide 29



100,000 – 250,000 U.S. Children per year used for the purpose of commercial sexual exploitation. "The only way not to find this problem in any city is simply not to look for it."

To quote Laura Lederer, former Senior Advisor on Trafficking in Persons for the U.S. State Department, "Pornography is a brilliant social marketing campaign for commercial sexual exploitation." Porn is marketing for sex trafficking both directly and indirectly: directly, because online and offline hubs for trafficking use pornographic images to draw the buyers; indirectly, because of porn's influence on the culture. In the sex trade, human beings are a commodity, and demand drives the need for supply. The best way to combat this form of human trafficking is to stop the demand.

For more information download and read the free ebook, Stop the Demand: The Role of Porn in Sex Trafficking at: http://www.covenanteyes.com/stop-demand/



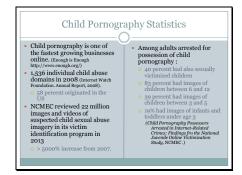
In the course of grooming a child for sexual abuse, perpetrators often use pornography to desensitize the child to sexual activity. This may include exposing the child to pornographic images or video, or photographing children.

Pornographic images of children can be considered "crime scene photos, " as such images are "photographic evidence of a child being sexually abused."

Pornography viewers who develop a tolerance for pornographic images of adults may begin viewing more deviant forms of pornography, such as child pornography, to achieve the same state of arousal.

The trend toward infantilizing women and sexualizing children in the media is mirrored in the pornography industry, with demand for childlike images of women and sexualized imaged of children increasing over time.

The demand for child pornography and prostitution has fueled the sex trafficking industry.

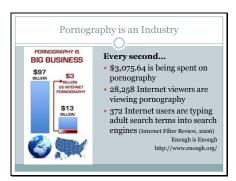


Child pornography is one of the fastest growing businesses online. (Enough is Enough http://www.enough.org/)
More than 1500 individual child pornography sites were identified in 2008. 58% of these sites originated in the United States

In 2013 the National Center for Missing and Exploited Children reviewed over 22 million images and videos of suspected child abuse imagery in it's victim identification program....a more than 5,000% increase since 2007.

A study of adults arrested for possession of child pornography found that 40% had also sexually victimized children. 83% of those arrested had images of children between the ages of 6 and 12 in their possession. 19% had images of infants and toddlers under the age of 3.

Slide 32



The pornography industry is a \$97
billion business worldwide
In comparison, the combined revenues
of all teams in the NBA, NHL, MLB, and
NFL in 2011 was 21.4 billion (The US
Professional Sports Market and
Franchise Value Report, 2012)
The pornography industry is \$13 billion
in the United States. Of that \$13 billion,
Internet pornography accounts for \$3
billion

Mobile porn was expected to reach \$2.8 billion by 2015.



Slide 34



Show the Video:
By Jason Evert of the Chastity Project
Internet Porn Epidemic
Https://www.youtube.com/watch?list=
PL793617163FEC052E&v=UkSz4mgQwi

3:40

Much in the way that retail businesses market to children by placing candy and toys on lower shelves and in check-out lanes; the pornography industry utilizes strategies to catch the attention of children and youth.

The pornography industry uses a number of tools to lure children into viewing pornography, including pornnapping, as described in the video. It is important to be aware of these strategies and to teach children and youth to be cautious of them as well. Using screening and monitoring software can help prevent accidental exposure.

Free Teaser Images

Pictures and/or streaming videos posted on the home page of a pornographic site to entice users, including:

Sexual activity of every form (i.e., sexual intercourse, masturbation, bisexual interactions, group sex, oral sex, fetishes)

Cybersex and cyberchats with "live" feeds (i.e., user can view and/or interact in real time with porn star) Site "tours" (i.e., walks user through a virtual table of contents of pictures, videos, and pornographic experiences available)

Innocent Word Searches

Pornographic website operators use popular terms or innocent words that may have little or nothing to do with the content they display to increase traffic to pornographic sites.

Misspelled Words Stealth Sites

Online pornographers often purchase "Stealth URLs." These are sites with web addresses that are close in name to the "legitimate" site.

Cartoon Characters and Child Icons Pop-ups & Ad Banners

Many popular sites and social networking spaces have advertising/banner space for purchase. Pornographers often purchase this space hoping to draw young users to their sites.

Free Flash Games

A simple, interactive game, usually integrated into a website of similar games that can be played quickly, with little learning curve and no need to save the game's progress. Popular genres include puzzle games, word games, card games, and uncomplicated animated games.

E-mail Spam ("junk e-mail") Mousetrapping

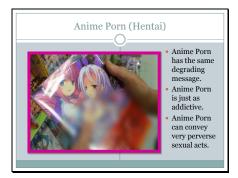
This crafty tech-trick prevents user from escaping a pornographic site.

Looping

A seemingly never-ending stream of pornographic pop-ups to the computer screen. The only way to stop the pop-ups is to shut down the computer.

Porn-Napping

Pornographers purchase expired domain names so what was once a legitimate web address for a benign company or site now takes users to a pornographic site (see Stealth Sites)



Slide 36

How Does Pornography Harm Kids?

Pornography:

Has a negative impact on the emotional and mental health of children Fosters sexual "mis-education"

Is a counterfeit for erotic love and intimacy
Diminishes sexual satisfaction

Teaches "Ault Instretainment" is normal and desirable
Desensitizes the viewer and increases an appetite for more deviant, bizarre, or violent types of pornography
Contains images that can never be erased
Facilitates sexual aggression
Can lead to objectification (obsessive fetishes over body parts and the rating of women by size and shape)
Can lead to 'acting out'
Can lead to increased sexual callousness toward women
Can cause some to trivialize rape as a criminal offense

In our current culture, there is a growing body of animated print and video that is geared toward adults and gives very misleading messages to children. Anime porn, or Hentai, is an animated version of pornography.

Anime porn has the same degrading message as porn with real actors / subjects and can be just as addictive. Additionally, anime porn can convey very perverse sexual acts. Don't assume that what your child is reading or viewing is safe just because it is a "cartoon."

Over and above the effects of pornography on adult viewers, pornography has significant negative effects on children:

Pornography has a negative impact on the emotional and mental health of children

Fosters sexual "mis-education" Is a counterfeit for erotic love and intimacy

Diminishes sexual satisfaction
Teaches "Adult Entertainment" is
normal and desirable
Desensitizes the viewer and increases
an appetite for more deviant, bizarre,
or violent types of pornography
Contains images that can never be
erased·

Facilitates sexual aggression
Can lead to objectification (obsessive fetishes over body parts and the rating of women by size and shape)
Can lead to "acting out"
Can lead to increased sexual callousness toward women
Can cause some to trivialize rape as a criminal offense

"There is evidence that the prevalence of pornography in the lives of many children and adolescents is far more significant than most adults realize, that pornography is deforming the healthy sexual development of these young viewers, and that it is used to exploit children and adolescents."

Director -Sexual Trauma and Psychopathology Progr Center for Cognitive Therapy, Department of Psychia University of Pennsylva

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10 Shocking Stats about Teens and Pornography

- 9 out of 10 boys and 6 out of 10 girls are exposed to pornography by age 18.

- by age 18.

 The average age of first exposure is 11-12 years.
 83% of boys and 57% of girls have seen group sex online.
 59% boys and 55% of girls have seen same-sex intercourse online.
 32% of boys and 18% of girls have seen beastiality online.
 15% of boys and 9% of girls have seen beastiality online.
 15% of boys and 9% of girls have seen beastiality online.
 28% of 16-17 year olds have been unintentionally exposed to porn online.
- 20% of 16 year olds and 30% of 17 year olds have received a sext. 39% of boys and 23% of girls have seen sexual bondage online.

"There is evidence that the prevalence of pornography in the lives of many children and adolescents is far more significant than most adults realize, that pornography is deforming the healthy sexual development of these young viewers, and that it is used to exploit children and adolescents."

> Mary Anne Layden, Director -Sexual Trauma and Psychopathology Program, Center for Cognitive Therapy, Department of Psychiatry, University of Pennsylvania

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- 32% of boys and 18% of girls have seen beastiality online.
- 15% of boys and 9% of girls have seen child pornography.
- 71% of teens hide online behavior from their parents.
- 28% of 16-17 year olds have been unintentionally exposed to porn online.
- 20% of 16 year olds and 30% of 17 year olds have received a sext.
- 39% of boys and 23% of girls have seen sexual bondage online.

For more Information watch the video:

Matt Fradd/ Covenant Eyes

10 Shocking Stats about Teens and
Pornography
https://www.youtube.com/watch?v=i4
HMxP58Jrs

1:36

Slide 39



ABC Nightline Special on Fight the New Drug

https://www.youtube.com/watch?v=lc q1C25PTb0 6:50

This Nightline special from 2013 features two teens who struggled with pornography use and efforts of the organization "Fight the New Drug" to change cultural perspectives on pornography and help teens seek help.

Warning signs of pornography use can include general signs of distress in children and youth, as well as behavioral changes and patterns of computer/internet use.

For example:

Your child spends large amounts of time online, especially at night. (Sexual predators also prowl the Net at night, seeking contact with young people. Your child turns the computer monitor off or quickly changes the screen on the monitor when you come into the room.

Your child locks the door when working on the computer.

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Behavior Changes Withdrawal / Isolation Depression Change in school performance. Loss of interest in previously enjoyed. Notices bodies instead of focusing on relationships. Loss of respect for girls and women. Receives phone calls, mail, gifts, or packages from people you don't packages from people you don't respect to girls and women. Receives phone calls, mail, gifts, or packages from people you don't loss an online account belonging to Uses an on

Your child lies about computer use.
Your child is using an online
account belonging to someone else.
You find pornography and
inappropriate picture files on your
child's computer. If you find a little
problem, the likelihood is that there is a
much larger problem.

You find all the sites erased on the history.

You find risky software / apps on devices (Yik Yak, Snap Chat, Gaggle, Omegle, Whisper, Kik Messenger)
You find App-hiding software / apps on devices.

Behavior Changes

Your child becomes withdrawn from the family, isolates from his friends, is depressed, and leaves formerly enjoyed pursuits.

Your teen now notices bodies instead of focusing on relationships.

You notice a loss of respect for girls and women.

Your child receives phone calls, mail, gifts, or packages from people you don't know. Time in chat rooms is usually a problem. You have a high phone bill with unfamiliar numbers.

Tolerance for sexually explicit movies will change.

Dating patterns may change, and ideas of appropriateness become much more liberal.

Your child spends a lot of time in libraries where porn is concealed from parents.

If a child acts repulsed by, afraid of, or doesn't want to be with a relative, friend, or family member, you might suspect sexual abuse, a common byproduct of pornography. One out of 3 girls and I out of 7 boys are sexually

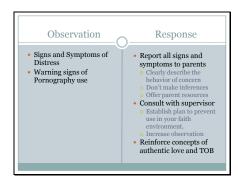
molested by the age of 16. Most abused children do not tell their parents.

There is a common thread of anger and impatience on the part of the person involved in porn. The anger may be directed at the spouse, and sometimes the children.

Source: http://strengthenthefamily.net

"Garbage In—Garbage Out"

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If you observe signs of distress and warning signs of pornography use in youth....report signs and symptoms to parents and offer them resources to help them address the concerns with their children. Catholic Mutual group and Covenant Eyes have an excellent video for parents that walks them through how to talk to their children if they discover that they are viewing pornography.

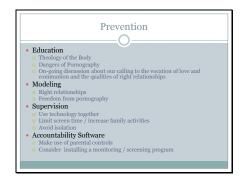
Consult with your immediate supervisor. It is important to have a plan in place that prevents youth from accessing pornography in you faith environment. And, as always, increase observation of any youth with which you are concerned to be on guard for additional concerns.

Reinforce concepts of authentic love, our common vocation of love and community, and the Theology of the Body in ongoing discussions with the young person you are concerned about and with all of the youth you serve.



If a child discloses that they have been victimized by pornography, respond in the same manner as a child disclosing sexual, emotional, or physical abuse or neglect. Children who are used the production of pornography, intentionally exposed to pornography by an adult, or exploited in the sex trade are victims of abuse.

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Prevention of Pornography begins with Education. It is important that we educate youth and their families in the Theology of the Body and the Dangers of Pornography in the context of ongoing discussion about our calling to the vocation of love and communion and the qualities of right relationships

Children (and adults as well) learn through observation. It is important that the behavior we model for them exemplifies right relationships, imitates Christ, and is free from pornography and misleading messages about love and sexuality.

Supervision is a key aspect of prevention. Rather than allowing youth to isolate with technology, use technology together. Limit screen time by increasing productive activities, especially family activities. Installation of accountability software is helpful in providing supervision. Make use of parental controls and consider installing a monitoring / screening program.

There are an abundance of resources available online. We will highlight a few...



Show Video: How Do We Warn Kids about Porn?
Https://www.youtube.com/watch?v=W gly766_NE&list=PLJm6XYrGh9DT0Xfq82riGrY0
TMQEcyXMk&index=52
4:32

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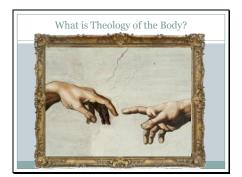
The CAN DO Plan™

- Close your eyes. As soon as you see something that looks like pornography, close your eyes, shut the laptop, walk away.
- Alert a trusted adult. Tell parents or someone else who cares for you about what you saw.
- Name it. Teach your child to label what they saw, "That's pornography."
- <u>Distract your mind</u> when the image pops back up in your memory.
- Order your "thinking brain" to be in charge. Remember why pornography is harmful.

In the book, Good Pictures, Bad Pictures, authors Jenson and Poyner suggest an acronym to teach kids what to do when they encounter pornography, They call this the <u>CAN DO Plan™</u>. Here is a summary of it:

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Theology of the Body Resources

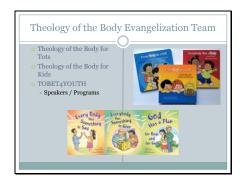


OPTIONAL

Video

What is Theology of the Body? https://www.youtube.com/watch?v=Wi Dd37wkkpU 2:01

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TOBET

Our Mission

In union with and in service of the Blessed Trinity and the Catholic Church, TOBET seeks to proclaim the Good News of Jesus Christ, spread hope, and, by word and example, draw all people into the Communion of Persons of the Blessed Trinity by instructing others about Pope John Paul II's Theology of the Body for the renewal and sanctification of the family, the Church, and the rest of society.

Purposes of TOBET:

- 1. To defend, promote and proclaim the Catholic Faith as it is taught by the Apostolic See of Rome, with a focus on Pope John Paul II's Theology of the Body.
- 2. To engage in activities of evangelization, apologetics, education, charity and mission through the use of various media, including meeting facilitation, lectures, radio, and print, on behalf of the Catholic Faith with a focus on Pope John Paul II's Theology of the Body.
- 3. To carry out this purpose as a religious organization of Catholic members.



Ascension Press Mission and Values

Our Mission

To present the truth and beauty of the Catholic faith as the sure path to authentic happiness in a hurting world. Through powerful media and shared group experiences, we strive to answer the longings of the human heart with the transformative power of the Gospel.

Core Values

HUMILITY

We value the unique, God-given talents of others and place our own gifts at the service of the whole. Our daily interactions are characterized by mutual respect and a desire for the "best answer" over our own. We take the words of C.S. Lewis to heart: "Humility is not thinking less of yourself; it is thinking of yourself less."

INTEGRITY

We are honest and trustworthy with one another, and we communicate our true thoughts freely and openly. Our "yes" means "yes," and our "no" means "no" (Matthew 5:37). Acting with integrity often requires courage and may take us out of our comfort zone.

FIDELITY

We ensure that every company resource and initiative is faithful to the official teachings of the Catholic Church. We strive to live these teachings faithfully in our daily lives, especially in our relationships with one another as we serve the company mission, with the help of God's grace.

CHARITY

Since "God is love" (1 John 4:8), we act kindly and respectfully towards one

other, affirming each person's unique gifts and "unrepeatability." When necessary, we charitably offer constructive criticism and correction in a spirit of true fraternity in Jesus Christ.

PASSION

We are driven to share the truth and beauty of the Catholic Faith in our resources, initiatives, and interactions with others. This passion flows from our conviction that a personal relationship with Jesus Christ and his Church is the surest path to authentic happiness.

HOLINESS

"As he who called you is holy, be holy yourselves in all your conduct" (1 Peter 1:15). Acknowledging our dependence on God, we prayerfully strive each day to bring our thoughts, words, and actions ever more in line with our faith. As disciples of Jesus Christ, we have been "set apart" for his service, and we are committed to deepening our relationship with him.

JOY

Aware that "God is at work in all things" (Romans 8:28), we act joyfully and confidently in our daily work. When challenges arise, we strive to maintain a positive disposition to encourage one another and seek the best solution.



Ministry of Jason and Crystalina Evert Iku0301d0

Https://www.youtube.com/watch?v=sZ

The Chastity Project

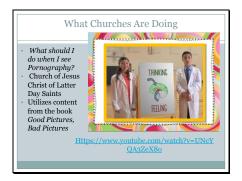
Chastity Project

Chastity Project is a ministry of Stewardship. A Mission of Faith, a 501(c)(3) non profit organization. We believe everything in our lives is a gift that has been entrusted to us by God to help others.

Chastity Project exists to promote the virtue of chastity so that individuals can see God, and be free to love (Matt. 5:8).

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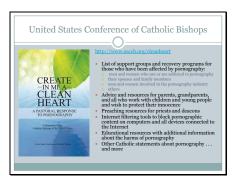
Optional Video:

This video was created by the Church of Jesus Christ of Latter Day Saints and can be found on the Mormon Channel on Youtube Play LDS Video

Https://www.youtube.com/watch?v=U NeYQA3ZeX8o: What should I do when I see Pornography?

5:45

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United States Conference of Catholic Bishops

http://www.usccb.org/cleanheart





Play Catholic Mutual / Covenant Eyes A Safe Haven Starts at Home Video:

http://cmgparent.org/module/1

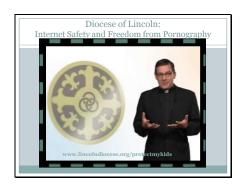
https://www.youtube.com/watch?v=K0 mQ LMNIIs

18:44

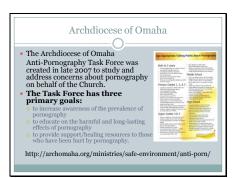
Covenant Eyes - CMGParent.org

http://cmgparent.org/users/sign_in LOGIN OR REGISTER FOR FREE. to CMGParent.org!

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Fr. Sean Kilcawley
Tools for Parents in the Internet Age
http://www.lincolndiocese.org/diocese/offices/freedom-from-pornography/tools-for-parents
1:40





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The Porn Effect Matt Fradd OUR MISSION

To expose the reality behind the fantasy of pornography and to equip individuals to find freedom from it.

The Porn Effect is a ministry of Stewardship. A Mission of Faith, a 501(c)(3) non profit organization. we believe everything in our lives is a gift that has been entrusted to us by God to help others.



The mission at Integrity Restored is to help restore the integrity of individuals, spouses, and families that have been affected by pornography and pornography addiction. Integrity Restored provides education, encouragement, and resources to break free from pornography, heal relationships, and to assist parents in preventing and responding to pornography exposure which is so devastating in the lives of our children. We also hope to be a resource that assists clergy in assisting families at the parish level, so that the domestic church truly becomes what it is, the human space in which we encounter Christ.

http://integrityrestored.com/category/parents/

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RECLAIM Sexual Health offers a sciencebased, Catholic Online Recovery **Program** and other resources for those who desire to reclaim God's plan for their lives and the lives of loved ones impacted by pornography or other unhealthy sexual behaviors. The RECLAIM Sexual Health Online **Recovery Program** provides a unique integration of Theology of the Body, The Brain Science of Change, proven cognitive tools, accountability, group support, faith practices and prayer all in one, online community. Working at your own pace in an anonymous and safe environment, you can begin to change your unhealthy sexual behaviors and reclaim God's original plan for your life and your sexuality.

See more at: http://reclaimsexualhealth.com/#sthas h.tFU8aRn5.dpuf

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Video Fight the New Drug: "How Porn Effects Your Brain" https://www.youtube.com/watch?v=qB tgA0ZLWo0 4:50

Fight the New Drug OUR MISSION

With an all-inclusive approach, we carry our anti-pornography message across borders of religious beliefs, political agenda, and social backgrounds by presenting it as a public health issue, rather than as a moral, political or religious argument.

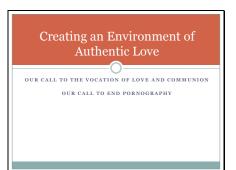
As a nonprofit organization, we at Fight the New Drug give live presentations on the harmful effects of pornography in schools (public and private) and universities throughout North America. In just five years, we have toured the country and presented our message to over 300 schools reaching hundreds of thousands of teens. We are also delivering our message through social media and have gathered a massive following that has created a powerful social movement online. In addition to spreading awareness, we also assist young people who are already struggling with porn addiction through our unique online program: the Fortify Program. As we present our message, not only do we educate teens on the harmful effects of pornography to allow them to make an informed decision but we also give them a place to turn for help, as so many are silently struggling and are too ashamed or embarrassed to reach out for help.



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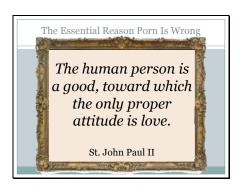
As we strive to create an environment of authentic love, we must keep in the forefront our call to the vocation of love and communion and how this vocation calls us to end pornography.



Now that we have thought a bit more about the impact of pornography....let's re-check our math.

1(viewer) + 1(actor) + 1(actress)
+1(producer) + 1(additional actor /
actress) + 1(family member of an actor/
actress being exploited) + 1(child
trafficked to meet demand) + 1(spouse
or future spouse of the viewer) + 1(child
exposed accidentally) + 1(child groomed
for abuse) + 1(child photographed in
production) + 1(child influenced by
sexualized media) + 1(child impacted by
deterioration of the family in our
culture)... = an infinite number of
people involved and impacted

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Matt Fradd – The Porn Effect https://www.youtube.com/watch?v=_E 6-wkileK4 3:50

"The Human person is a good toward which the only proper attitude is love." St. John Paul II

Post Training Review: Question 1

- 1. We are <u>all</u> called to the vocation of:
- a. Marriage.
- b. Holy Orders.
- c. Single Life.
- d. Love and Communion.
- e. All of the above.
 - d. Love and Communion. Regardless of our individual calling to marriage, holy orders, or chaste single life, we are all called to the vocation of love and communion.

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Post Training Review: Question 2

- 2. Created in God's image we are:
- a. Deserving of dignity and respect.
- b. The crown of creation.
- c. Precious children of God.
- d. Made by love for love.
- e. All of the above.
 - **e.** All of the above. As precious children of God, we are the crown of creation and deserving of dignity and respect. God is love. We are made by love, for love.

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Post Training Review: Question 3

- 3. The Theology of the Body teaches:
- a. Basic anatomy.
- b. God's plan for us as written in our body.
- c. The structure of God's body.
- $\ensuremath{\mathrm{d}}.$ The best posture to use for prayer.
- e. All of the above.
- b. God's plan for us as written in our body. Theology is the study of God as seen in the wondrous design of our bodies. From the beginning of creation, God's beautiful plan for human love was inscribed on the human heart and in the human body.

Post Training Review: Question 4

- 4. According to Pope Francis, Chastity is:
- a. Important only for teens and single adults.
- b. All about celibacy.
- c. The way of genuine love.
- d. Not necessary in marriage.
- e. All of the above.

All of the above.

c. The way of genuine love. In his address to children and young people in Turin Pope Francis stated, "Chastity is...the way of genuine love, of a love that is able to give life, which does not seek to use the other for one's own pleasure."

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Post Training Review: Question 5

- 5. Pornography is:
- a. A offense against chastity.
- b. A sin against human dignity.
- c. Potentially addictive.
- $\ensuremath{\mathrm{d}}.$ Ordered toward the objectification of persons.
- e. All of the above.
 - e. All of the above. The dangers of pornography include all of the following: it is an offense against chastity, a sin against human dignity, potentially addictive, and ordered toward objectification of persons.

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Post Training Review: Question 6

- 6. The average age of first exposure to pornography is:
- a. 8-11 years of age.
- b. 13-14 years of age.
- b. 13-14 years of age
- c. 15-16 years of age..
- d. 18 years.
- e. 21 years.
 - a. 8-11 years of age.

Post Training Review: Question 7

- 7. In Matt Fradd's summary of the USCCB document Create in Me a Clean Heart: A Pastoral Response to Pornography, the statement, "Pornography doesn't travel alone," refers to the association between pornography and which of the following?

 a. Human trafficking.
- b. Sexual violence.
- Adultery and prostitution. c.
- Child exploitation. d.
- All of the above.
- **e.** All **of the above.** Pornography has been found to be a factor in other sins and evils, including human trafficking, sexual violence, adultery and prostitution, and child exploitation.

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Post Training Review: Question 8

- 8. Which of the following was not identified as a warning sign of pornography use in youth?
 a. Isolation / withdrawal.
- b. Secrecy / dishonesty with regard to computer use.
- c. Loss of interest / decreased involvement in previously enjoyed activities.
- d. Impaired eye sight known as "Porn Goggles"
- e. Deleted search history.
- d. Impaired eye sight known as "porn goggles." There is no documented connection between pornography use and impaired eye sight. The term "porn goggles" was coined to refer to the way in which pornography changes men's view of women.

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Post Training Review: Question 9

- 9. Prevention of pornography use includes all of the following except:
- On-going communication about the vocation of love and communion, authentic love, and the
 Theology of the Body.
- b. Punishment for exposure to pornography.
 c. Education on the dangers of pornography.
 d. Installation of accountability software.
 e. Increase of family activities.

- a. Punishment for exposure to pornography. Most often, initial exposure to pornography is accidental. Even when children seek out pornography due to curiosity or are intentionally exposed to it, punishment is neither appropriate, nor helpful. What is most helpful is active involvement of parents and other caregivers, including ongoing discussion about our call to the vocation of love and communion.

Post Training Review: Question 10

If a child discloses that they have been a victim of pornography, exploitation, or trafficking; it is important that we:
 a. Remain calm and respond in a supportive

- manner.
 b. Communicate that the child is not at fault.
- c. Listen without interrupting.
 d. Report to appropriate authorities.
 e. All of the above.
- e. All of the above. Children who are used the production of pornography, intentionally exposed to pornography by an adult, or exploited in the sex trade are victims of abuse. We respond in the same way as we respond to disclosures of other forms of abuse.

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A Prayer For Our Children

Dear Jesus Christ, you know what our children are up against in this culture, you know what I'm up against as a parent. And yet you clearly said, "In the world you have tribulation; but be of good cheer, I have overcome the world (In. 16:33).

Give me the courage and motivation I need to protect my children in this pornighed culture.

Give me the words to speak as I warn them about the dangers of pornography, and bless my children that they may understand my pornography, and bless my children that they may understand ry do see pornography. They didn't ask to be born into this pornified culture, that wasn't their fault.

You are always lowing, compassionate, and mercialt with me, dear Jesus, help me be like that for my children.

Hail Mary...