

Be the man God designed you to be.

Be the loving husband and father your family needs you to be.

Guys, it's time to start a new you, one without porn.

Like removing anything from your life, you need to detox first, and the best way to do that is with STRIVE. It's a free, 21-day porn detox that shows you step-by-step why your brain craves porn and what to do to stop.

Start your victory journey today by going to **STRIVE21.com**

Couples, let's talk about healing.

Porn may have devastated your marriage, but it doesn't have to defeat it.

Rebuilding your relationship after porn damaged it is possible.

See how Brandon and Tonia journeyed together to build an even stronger marriage after porn threatened to end it.

Discover a victorious marriage that you never thought possible by visiting CovenantEyes.com/RestoredVows





Restored –Vows –





FREEDOM IS POSSIBLE.

MORE RESOURCES TO COMBAT PORNOGRAPHY FOR MEN, WOMEN, & YOUTH



Pornography, masturbation, and other sexual addictions aren't just a "guy problem." Magdala is a space where women can find hope, healing, and freedom alongside each other from sexual addiction. The goal is to supply you with support, community, and accountability.





For Catholic Women

Bloom For Catholic Women provides healing for women who have been impacted by their husband's pornography use and/or addiction. They provide therapeutic and spiritual online courses for women healing from the trauma of their husband's pornography use.





CONNECTED is an internet-based group counseling experience designed to help men recover from the use of pornography and the damage it does to mind, body, soul, and relationships. Pornography creates distance between man and God, destroys family relationships, and reduces one's own image and value of self, the only creature that God made in His own image.





Defend Young Minds educates, encourages, and equips parents, professionals, and community leaders to defend youth from the harms of pornography. They develop books, curriculum, articles, guides, courses, and communities, to raise empowered, resilient, screen-smart kids.





Integrity Restored helps individuals, spouses, and families that have been affected by pornography addiction. They provide education, training, 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 children. They also train and help clergy to assist families at the parish level.

