

## Important Facts

### Young Adults

**87% of young men and 31% of young women think pornography is acceptable; studies show pornography results in aberrant sexual attitudes and behaviors, substance abuse, and non-marital cohabitation values** “Generation XXX, Pornography Acceptance and Use Among Emerging Adults,” *Journal of Adolescent Research*, Vol. 23, No. 1, 2008

### Families

**47% of Christian families said pornography is a family problem** Focus on the Family, October 1, 2003

**The Internet was a factor in 2 of 3 divorces** American Academy of Matrimonial Lawyers 2003, divorce-wizards.com

### Children

**Approximately 20% of Internet pornography involves children; 1 in 5 children (10-17 years old) receives unwanted sexual solicitations online** *Youth Internet Safety Survey*, U.S. Department of Justice, 2001

**76% of victims in Internet-initiated sexual exploitation cases were ages 13-15, 75% were girls. 93% of face-to-face meetings involved illegal sex** “Most cases progressed to sexual encounters”, *Journal of Adolescent Health*, November 2004

**9 of 10 children between 8-16 have viewed pornography on the Internet, in most cases unintentionally** London School of Economics, January 2002

**The average age of first Internet exposure to pornography is 11 years old** Internet-filter-review.com

**The largest consumer of Internet pornography is 12-17 year-olds** Various sources, 2007

## You know you have a problem with pornography if...

- You quickly change websites when someone comes in the room
- You are preoccupied with being alone on the computer
- A printout of your browsing history would be embarrassing
- You've spend money on pornography
- Your relationships are suffering at work or home because of your Internet porn use

## As little as six hours of exposure to soft-core porn is enough to...

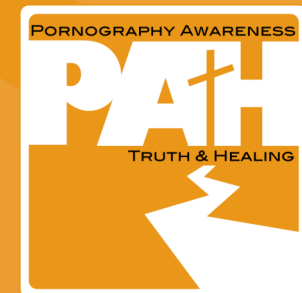
- Destroy satisfaction with one's spouse
- Decrease the value of faithfulness
- Lose ability to be with one person and cherish him or her



Developed by the Archdiocese of Omaha PATH (Pornography, Awareness, Truth & Healing) Taskforce in collaboration with My House Anti-Pornography Initiative, Archdiocese of Kansas City-Kansas  
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## 7 STEPS TO PROTECT YOUR FAMILY FROM PORNOGRAPHY





## 1. All Internet devices need to be:

- secured with filtering & accountability software
- kept in public / family areas
- limited in entertainment / social networking time
- evaluated for purpose of Internet / data plans on phones

Cyber Hero program from [WoogiWorld.com](http://WoogiWorld.com) is one of the most advanced cyber safety resources in the U.S.

## Computers, Laptops, iPads and Phones

- [Bsecure.com](http://Bsecure.com)
- [CovenantEyes.com](http://CovenantEyes.com)
- [SafeEyes.com](http://SafeEyes.com)
- [NetNanny.com](http://NetNanny.com)
- [PhoneSheriff.com](http://PhoneSheriff.com)
- [MyMobileWatchdog.com](http://MyMobileWatchdog.com)

Be very cautious of Video Games and Wireless Internet Access Electronics such as X-Box, Playstation, Wii, iPods, PDAs, etc.

Here are two ways to filter a home's wireless signal, but be careful since most neighborhoods have other wireless signals that this software will not protect:

- [iPhantom.com](http://iPhantom.com)
- [opendns.com](http://opendns.com)

## 2. Provide positive “antidotes” with inspiring Catholic resources about love and sexuality!

Books, CDs, and websites about love and intimacy have exploded in the last 5-10 years thanks to new teachings about sex and marriage from the Theology of the Body (TOB).

Spend time with your children monthly using:

- Age appropriate TOB resources, i.e. Parents First© (K-12 material at [www.archomaha.org](http://www.archomaha.org))
- Jason & Crystalina Evert, Monica Ashour, and [TOBforTeens.com](http://TOBforTeens.com), great resources for teens and young adults
- Christopher West, Msgr. Brain Bransfield, Dr. Janet Smith, Jake Samour and Mary Shivanandan are also great resources for young adults / adults

Resources available through [www.archomaha.org](http://www.archomaha.org) > Family Life > Media Center.

## 3. Monitor all social networking sites:

- Facebook, MySpace, [xanga.com](http://xanga.com), etc.
- Know all user names and passwords
- Frequently monitor their email and social networking sites

## 4. Create a joyful and encouraging atmosphere:

- Have family dinners
- Gather and vacation together
- Encourage your children and teens
- Affirm your children often through praying as a family and spending time together

## 5. Pray:

- Encourage all family members to receive the Sacrament of Reconciliation monthly
- Go to daily / Sunday Mass as a family
- Foster devotion to the Blessed Virgin Mary and St. Joseph
- Eucharistic Adoration
- Sacramentals (Rosary, scapular, medals, holy water, holy cards, etc.)

## 6. Secure television & satellite radio and use Christian movie review websites to screen movies:

- Block all “adult” or “mature” content on TV, as well as other channels that have inappropriate content
- Reviews are great to read before watching movies, and can help people find family-friendly movies
  - [www.usccb.org/movie](http://www.usccb.org/movie)
  - [www.PluggedInOnline.com](http://www.PluggedInOnline.com)
- Satellite radio – family-friendly packages are available without pornographic content

## 7. Get to know the parents of your children / teen’s friends:

- Make sure they are protecting their family from pornography, violent games, etc.
- Encourage these parents to spend time with Theology of the Body resources

For more information visit:

[www.archomaha.org](http://www.archomaha.org) > Safe Environment

Or contact:

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