

HOW TO PROTECT YOURSELF AND YOUR FAMILY FROM PORN

Understand the Dangers for Everyone

from: Pornography Statistics” - www.covenanteyes.com/pornography-facts-and-statistics/

When a child or adolescent is directly exposed to pornography the following effects have been documented:

- Lasting negative or traumatic emotional responses.
- Earlier onset of first sexual intercourse, thereby increasing the risk of STDs over the lifespan.
- The belief that superior sexual satisfaction is attainable without having affection for one’s partner, thereby reinforcing the commoditization of sex and the objectification of humans.
- The belief that being married or having a family are unattractive prospects.
- Increased risk for developing sexual compulsions and addictive behavior.
- Increased risk of exposure to incorrect information about human sexuality long before a minor is able to contextualize this information in ways an adult brain could.

Pornography consumption is associated with the following six trends, among others:

1. Increased marital distress, and risk of separation and divorce
2. Decreased marital intimacy and sexual satisfaction
3. Infidelity
4. Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices
5. Devaluation of monogamy, marriage and child rearing
6. An increasing number of people struggling with compulsive and addictive sexual behavior

“Your Brain on Porn: 5 Ways Porn Warps Your Brain and Biblical Ways to Renew It”

- www.covenanteyes.com/brain-ebook/

“When Children View Pornography”

- www.focusonthefamily.com/parenting/sexuality/when-children-use-pornography/when-children-view-pornography

Recognize the Prevalence of the Problem

- 64% of self-identified Christian men and 15% of self-identified Christian women view pornography at least once a month (compared to 65% of non-Christian men and 30% of non-Christian women).
- The average of first time pornography exposure is estimated to be down to 8 years old.
- 93% of boys and 62% of girls were exposed to pornography before 18.
- 66.5% of young men and 48.7% of young women said viewing pornographic materials is an acceptable way to express one’s sexuality.
- Men who admit to masturbating once a week or more: Single Men - 48%, Married Men - 44%, Divorced Men - 68%
- The following percentages of men say they view pornography at least once a month: 18-30-year olds, 79%; 31-49-year-olds, 67%; 50-68-year-olds, 49% (Barna, 2014)
- 63% of adult men and 36% of women have looked at pornography at least on time *while at work* in the past 3 months
- “Pornography Statistics” - www.covenanteyes.com/pornography-facts-and-statistics/

Admit the Seriousness of the Sin: We Must Answer to God

- “33 Reasons I Need to Abstain from Porn” - 33 Reasons Why I Need to Abstain from Porn” by Jason George - www.covenanteyes.com/2013/05/29/33-reasons-to-abstain-from-porn/
- (Hebrews 13:4 ESV) Let marriage be held in honor among all, and let the marriage bed be undefiled, for God will judge the sexually immoral and adulterous.
- (1 Corinthians 6:9) Or do you not know that the unrighteous will not inherit the kingdom of God? Do not be deceived: neither the sexually immoral, nor idolaters, nor adulterers, nor men who practice homosexuality
- (1 Corinthians 6:11) And such were some of you. But you were washed, you were sanctified, you were justified in the name of the Lord Jesus Christ and by the Spirit of our God.
- (Ephesians 5:3-6) But sexual immorality and all impurity or covetousness must not even be named among you, as is proper among saints. ... 5 For you may be sure of this, that everyone who is sexually immoral or impure, or who is covetous (that is, an idolater), has no inheritance in the kingdom of Christ and God. 6 Let no one deceive you with empty words, for because of these things the wrath of God comes upon the sons of disobedience.
- (Colossians 3:5) Put to death therefore what is earthly in you: sexual immorality, impurity, passion, evil desire, and covetousness, which is idolatry.
- (1 Thessalonians 4:3-8) For this is the will of God, your sanctification: that you abstain from sexual immorality; 4 that each one of you know how to control his own body in holiness and honor, 5 not in the passion of lust like the Gentiles who do not know God; 6 that no one transgress and wrong his brother in this matter, because the Lord is an avenger in all these things, as we told you beforehand and solemnly warned you. 7 For God has not called us for impurity, but in holiness. 8 Therefore whoever disregards this, disregards not man but God, who gives his Holy Spirit to you.”

How to Protect Yourself and Your Family

- “Before the Birds and the Bees” www.challies.com/articles/before-the-birds-and-the-bees
- “The Porn Free Family Plan” www.challies.com/articles/the-porn-free-family-plan
- “Protect Your Family with the Circle” www.challies.com/resources/protect-your-family-with-circle
- **Have an Internet Filtering Plan - Covenant Eyes** - covenanteyes.com/signup/
- **Buy (\$2.99) & Use this App!** “Overcome Porn: 40 Day Challenge” by Covenant Eyes
 - iTunes - <https://itunes.apple.com/us/app/overcome-porn-40-day-challenge/id1068236871>
 - Google Play - should be available soon
- **Read and Find Help** - Covenant Eyes - E-Books - a wide collection of helpful resources! www.covenanteyes.com/singles-guide/
- “What Does the Bible Say about Sexual Sin?” www.trustworthyword.com/what-does-the-bible-say-about-sexual-sin
- “What Does the Bible Say about Homosexuality?” www.trustworthyword.com/what-does-the-bible-say-about-homosexuality

Cautions & Safeguards In Marriage

1. Open sharing of all communication avenues and conversations
2. Never be alone with someone of the opposite sex
3. Are you hiding something? Not telling the whole story? Why?
4. Talk with your spouse & share any struggles or needs that you feel aren't being met.
5. Bounce your eyes. If you find yourself looking at someone lustfully, bounce your eyes another direction.
6. Understand the needs and love language of your spouse.
7. If someone is attractive to you, put up safeguards in your interactions with them.

Feel free to copy and share.

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Helpful Resources:

- **“What Does the Bible Say About Sexual Sin?”** www.trustworthyword.com/what-does-the-bible-say-about-sexual-sin
- **“What Does the Bible Say About Homosexuality?”** www.trustworthyword.com/what-does-the-bible-say-about-homosexuality
- **“What Does the Bible Say About Gender?”** www.trustworthyword.com/gender
- **“What Does the Bible Say About Marriage Roles?”** www.trustworthyword.com/what-does-the-bible-say-about-marriage-roles
- **“Is it wrong for men to be effeminate or women to be masculine?”** www.gotquestions.org/effeminate-men-masculine-women.html