

ODYC Parent Workshop Handout

[insert clean heart logo]

Clean Heart Initiative: 3 Aspects

For Parents, Protecting the Domestic Church

Equipping parents with tools and resources to protect their children

For Priests, Referring Beyond the Confessional

Equipping pastors to recognize porn addiction and refer those who wish to seek help

Counseling & Accountability

Pointing those who are addicted to counselors and support groups for further help

Background/Overview

Why porn is a problem: distortion of love, focus on self,

Church teaches us that love should be Free, Total, Faithful, Fruitful (T.O.B., Humanae Vitae)

Distortion of dignity of the person, both viewed and viewer

(From page 6 of *Create in Me a Clean Heart*, USCCB, 2015)

Why pornography is an offense against chastity and human dignity

Deliberately viewing pornography is a grave 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. Such intimacy should not be put on display or be watched by any other person, even if that person is one's own spouse. Nor should the human body be unveiled or treated in a way that objectifies it sexually and reduces it to an erotic stimulant. Jesus is clear in his teaching that sexual immorality is not only a matter of one's actions but also a matter of one's heart: "You have heard that it was said, 'You shall not commit adultery.' But I say to you, everyone who looks at a woman with lust has already committed adultery with her in his heart" (Mt 5:27-28). Regardless of the relationship between the parties, looking at another person with lust—as only a sexual object to enjoy, control, and use—is a sin. 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. This is why pornography can never be justified, even within marriage.

32 Pornography is likewise a grave sin against human dignity. As the Catechism says, 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. 33 Pornography dehumanizes the persons depicted, making them into objects of use. Those who produce and distribute pornography harm the common good by encouraging and even causing others to sin. They do serious harm to the women and men who consent to be in pornographic material, often out of desperation for money or out of an impoverished sense of self-worth.34 Even worse, in some cases pornographers take advantage of those who cannot even give consent—children and other victims of human trafficking—which is both a grave sin and a heinous crime

Effects of Porn:

(From page 7 of *Create in Me a Clean Heart*)

Pornography use hurts the user by potentially diminishing his or her capacity for healthy human intimacy and relationships. It presents a distorted view of human sexuality that is contrary to authentic love, and it harms a person's sense of self-worth. Occasional use can turn into more frequent use that can then lead to an addiction to pornography, ... direct connections to adultery, domestic violence, abuse of children, and sex trafficking. ... celebrates promiscuity and promotes distorted view of human sexuality.

Overview of how porn problem starts:

- Starts w/ curiosity, worsens if availability, desensitization, can lead to addiction and worse problems

How do we talk about this with our kids?

- start early, talk often, you control the message

We always start with Jesus, God's love, worth, grace, mercy, forgiveness,

4 walls analogy from *Equipped*

1st Wall: God-given Identity. God is love, we are created in his image - for love and to be loved.

2nd Wall: Sexual integrity, dignity of man & woman, authentic love meant for good, procreation, pleasure

3rd Wall: Sin and redemption, doesn't make us bad, it makes us human. Again, God is love.

4th Wall: Understanding sexual shame, prayer, overcoming. Again, God is love. God forgives. God made us good. Just because we do bad things does NOT make us bad. Etc.

Overall summary: at the heart of the matter is DIGNITY and reinforcing Catholic IDENTITY extending mercy, offering healing, dealing with shame, chastity, authentic love (T.O.B. themes)

[Resources] for Parents:

Websites and Apps

Covenant Eyes | covenanteyes.com – *Filtering and accountability service for those struggling with pornography that covers all devices. This is a subscription service.*

The Victory App | thevictoryapp.com – *An app that confidentially tracks a person’s struggle with pornography and offers feedback on triggers, accountability features, journaling, and inspiration.*

Protect Young Minds | protectyoungminds.org – A site devoted to helping parents teach kids to reject pornography. By the author of Good Pictures, Bad pictures. Excellent blog.

Chastity Project | chastityproject.com – *Catholic resource for information, statistics, talk outlines, seminar possibilities, and chastity education*

Porn Effect | theporneffect.com – *Catholic resource for information on pornography addiction with articles, videos, and podcasts*

Fortify App | - *A similar tracking app to Victory, but designed for adults.*

Protect Young Eyes | ProtectYoungEyes.com *Site devoted to defending kids from online danger. Excellent parent tutorial videos. Also on online course for parents and kids to watch together. ALSO – there is a tutorial to show you how to set up filters on your devices for free.*

Books:

Good Pictures, Bad Pictures Jr. (ages 4-6) Bad pictures are poison. Turn, run, and tell.

Good Pictures, Bad Pictures (ages 7-9) Explains the issue of pornography and the “C-A-N D-O” plan.

Wonderfully Made Babies (ages 9+) Theology of the Body children’s book with medically correct language. Monica Ashour TOB for kids series.

Recommendations for high school students:

- Fortify tracking app (free for teens) or Victory app (developed by Life Teen)
- Individual Counseling with a family counselor
- Filtering on *all* devices through Covenant Eyes
- Boundaries and limitations with cell phones

Recommendations for younger students:

- Parents install filtering on all devices in the home through Covenant Eyes
- Open communication with parents
- Victory App or similar tracking and accountability through Covenant Eyes etc
- Counseling through a family counselor
- IF they carry a cell phone, NO internet access (no smart phone) texting or cell phone only

Recommendations for college students:

- accountability groups
- Fortify app and Victory app
- Group or individual counseling (*CSAT if referred)

- Spiritual Direction
- Filtering on all devices through Covenant Eyes

[website] *coming soon

CleanHeartInitiative.com The parent resource section will include:

- Tutorial videos developed by Fr. Sean Kilcawley of the Diocese of Lincoln and Integrity Restored explaining how to install internet filters on devices, apps, and popular websites kids use
- A registration link for Covenant Eyes accountability and filtering software
- Age-appropriate resources for parents to read/share with their children
- A list of websites, books, and resources to educate parents about the effects of porn

There will also be a big button titled “What do I do if my young child has seen porn?” with concrete steps to address the situation. And another called “Help, my teenager has a porn problem.”

Further reading:

* *Equipped* booklet by Covenant Eyes

* *Redeemed in Love* booklet by Diocese of Richmond

* Handout “Talk Today Safe Tomorrow : 10 Ways to Start Conversations About Pornography”

Smart Phone Suggestions for Youth and Families

- *Put off getting your child a smartphone as long as possible.*
- *If they do have a smartphone or even social media, limit their use to an hour a day.*
- *Install a filtering and monitoring service to protect children from internet pornography. CovenantEyes.com is a recommended provider.*
- *Install apps on the smartphone that limit the time one can spend on them.*
- *No one should sleep within 10 feet of his or her phone. Sleep is affected by both the light and activity of the phone.*
- *Buy an inexpensive alarm clock.*
- *Limit him or her to one social media site. According to most experts, that should be Snapchat.*
- *Favor social media apps whose platforms allow for brief and individual posts over those that encourage near-permanent and group posts.*
- *Have him or her put the phone away when with someone in person.*
- *Put the phone away when studying or working. The brain cannot multitask.*
- *Overall, the key is moderation for both teens and adults.*
- *Teens who spend more time with friends in person are happier!!!!*



**catholic
Newman
center**

*Holy Spirit Parish at the
University of Kentucky*