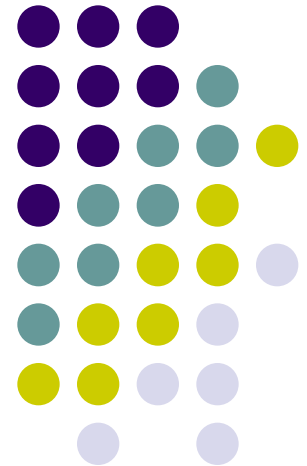


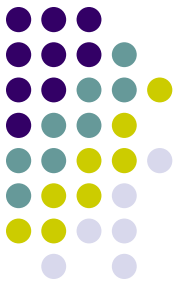


Protecting Families from Pornography

©2011 Peter C. Kleponis, Ph.D.

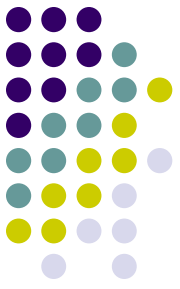


Protecting Children from Pornography



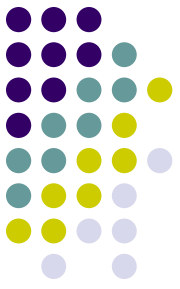
- For Children Ages 0 – 10
 - Limit screen time: computer, television, cell phone, iPod, iPad, etc.
 - Monitor all screen use, including email and texts
 - Keep computer in a public area of the home
 - Use a computer blocking service:
CovenantEyes.com
 - Place parental controls on cell phones, iPads, etc.

Protecting Children from Pornography



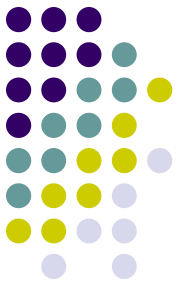
- For Children Ages 0 – 10 cont.
 - Monitor all print media that enters the home
 - Teach children modesty in dress
 - Teach children to respect their bodies and other people's bodies.
 - Know your children's friends, their parents, and what they are doing at friends' houses.
 - Teach your children to come talk to you if they see an image of an unclothed or scantily clothed person

Preparing Teens for our Pornified Culture



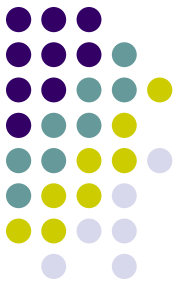
- For Teens Ages 11 – 18
 - Limit screen time: computer, television, cell phone, iPod, iPad, etc.
 - Monitor all screen use, including email and texts
 - Place parental controls on cell phones, iPads, etc.
 - Keep computer in a public area of the home

Preparing Teens for our Pornified Culture

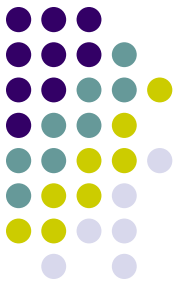


- For Teens Ages 11 – 18 cont.
 - Use a accountability service for computers and cell phones: CovenantEyes.com
 - Teach teens that pornography is a highly addictive substance, similar to drugs and alcohol
 - Teach teens about healthy relationships and sexuality: *Theology of the Body*; *Love and Responsibility*

Preparing Teens for our Pornified Culture

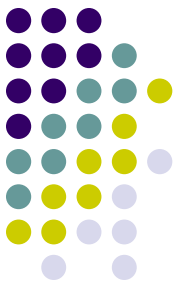


- For Teens Ages 11 – 18 cont.
 - Teach teens to respect their bodies and other peoples bodies
 - Insist on modesty in dress. Help young women understand how their clothing affects men
 - Know your teen's friends, their parents, and what they are doing at friends' houses.



Porn Problem vs. Addiction

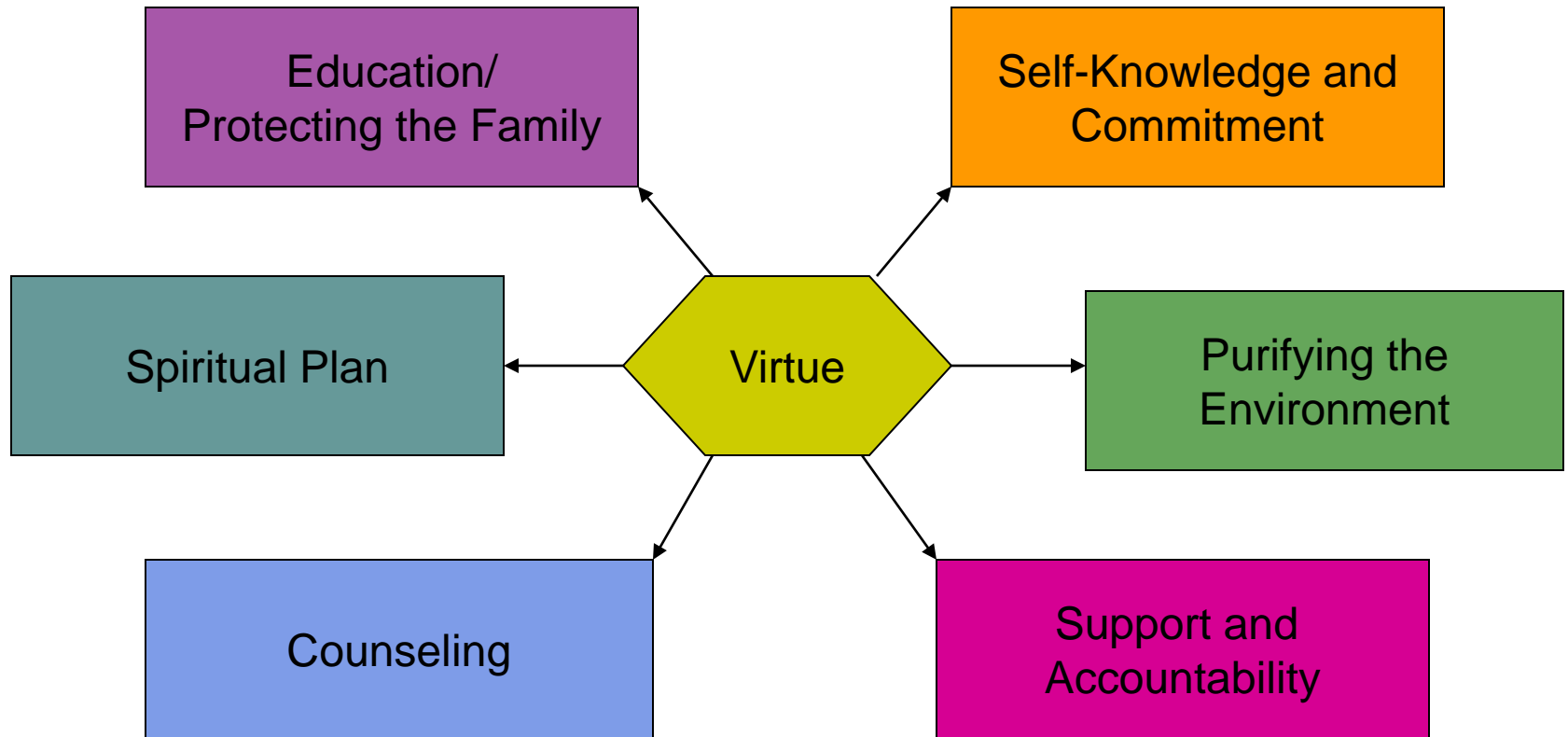
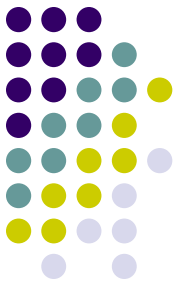
- Pornography Problem
 - Viewing pornography at least once a month
 - Usually view the same porn
 - Often not premeditated
 - Little or no craving for pornography
 - Little or no marked increase in porn use



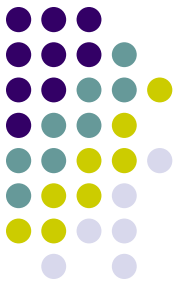
Porn Problem vs. Addiction

- Pornography Addiction
 - Viewing pornography daily or binging
 - Craving porn – needing it to deal with stress, anger, anxiety, etc.
 - Intensity of porn has increased - Soft Core → Hard Core, Fetish, Bondage, Violence, Child Porn, etc.
 - Tempted to act out the scenes viewed in porn
 - Becoming difficult to find anyone sexually attractive other than the women in pornography

Seven Point Plan for Recovery

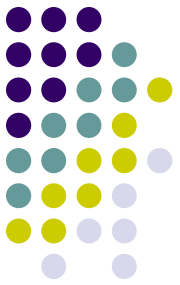


Self-Knowledge and Commitment



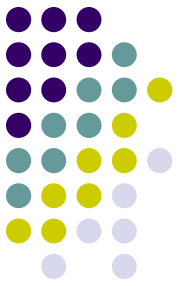
- Admitting that you have a pornography problem/addiction
- Realizing that pornography use is a symptom of much deeper emotional conflicts
- Knowing what your “triggers” are
- Willing to do whatever it takes to recover
- Accept that recovery may be a life-long process
- Committing yourself to the process – don’ t give up!

Purifying the Environment

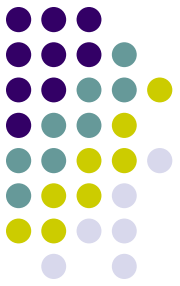


- Remove all pornography or sexually suggestive materials from the home
- Monitor all media that enters the home
- Place the computer in a public area of the home
- Subscribe to an Internet Accountability Service
 - CovenantEyes.com
- Spouses must have full access to all computers in the home

Purifying the Environment



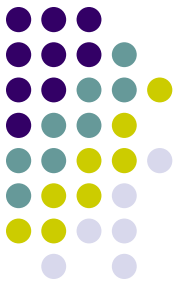
- Monitor all electronic devices
 - Cell Phones
 - Blackberries
 - I-Pods, MP3 Players
 - Portable Televisions
 - Etc.



Purifying the Environment

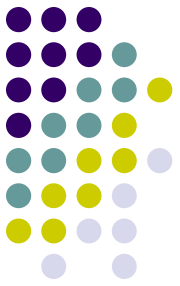
- Monitor all Social Media
 - Email
 - Text Messages
 - Facebook
 - MySpace
 - Twitter
 - etc/.
- When traveling, choose hotels that do not offer adult cable channels

Support and Accountability



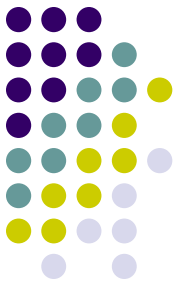
- Supportive male friendships with others with similar problems
- Helps men achieve and maintain chastity
- Decreases loneliness
- Increases confidence
- Help in growth in virtue
- Focus on others rather than oneself

Support and Accountability



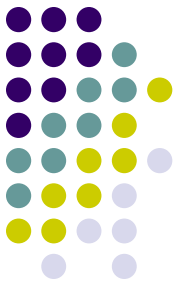
- Popular Men's Groups that can help Men with a Pornography Problem
 - Parish men's Bible Studies and Faith Sharing Groups
 - *That Man is You*
 - *The King's Men Fellowship*
 - *St. Joseph's Covenant Keepers*
 - *National Fellowship of Catholic Men*
 - *Knights of Columbus*

Support and Accountability



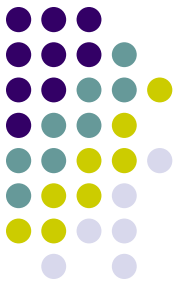
- 12-Step Groups for Men with Pornography Addiction
 - Stronger level of support and accountability
 - Attend several times a week to start
 - Uses a sponsor
 - Work through the 12 steps of A.A. which have been modified for sexual addiction
 - Can be used along with other men's groups

Support and Accountability



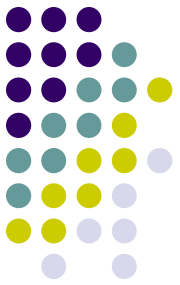
- Common 12-step Support Groups
 - Sexaholics Anonymous (SA)
 - Sex Addicts Anonymous (SAA)
 - Sex and Love Addicts Anonymous (SLAA)
 - Courage
- Many men struggle with dual addictions, so other 12 steps group are also used
 - Alcoholics Anonymous (AA)
 - Narcotics Anonymous (NA)

Counseling



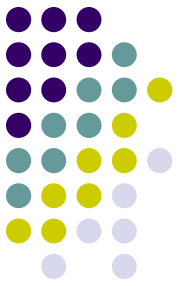
- Sometimes needed for a pornography problem
- Almost always needed for pornography addiction
- Used to identify the emotional, personality and spiritual conflicts leading to porn use
- Root Causes
 - Selfishness
 - Anger
 - Loneliness

Counseling



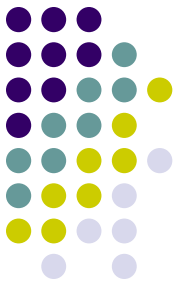
- Root Causes, cont.
 - Family Wounds
 - Divorce
 - Addiction
 - Abuse
 - Abandonment
 - Rejection
 - Weak Confidence
 - Mistrust of Women

Counseling



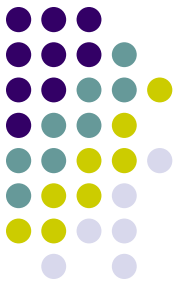
- Root Causes – Cont.
 - Excessive responsibilities – real of perceived
 - Poor Body Image
 - Permissive Parenting
 - Perfectionism
 - Grief
 - Shame
 - Weak Spiritual Life

Counseling



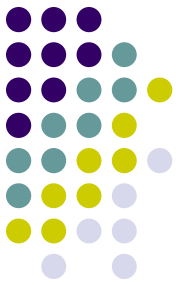
- Once the root causes are identified, a treatment plan is developed to heal the emotional wounds
- Helps to identify triggers and danger zones and effective ways to avoid/address them
- The counselor helps the man develop and adhere to the seven point plan of recovery.

Counseling



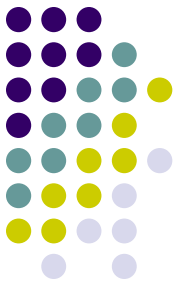
- The ultimate goal of counseling is to change the five faulty core beliefs to healthy core beliefs:
 1. I am lovable
 2. If I let people really know me, they won't reject me
 3. I can count on others and God to meet my needs
 4. I don't need to find something that I can control to meet my needs
 5. God and healthy relationships are my greatest need and source of comfort

Counseling



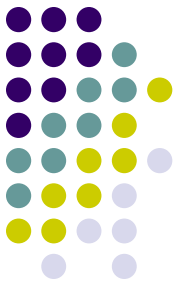
- For couples, marital therapy may be needed to heal trust that has been damaged by porn use
- Individual therapy may be needed for wives who experience symptoms of trauma due to their husband's pornography use

Spiritual Plan



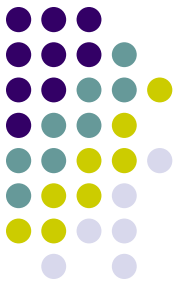
- Essential for recovery from compulsive/addictive behaviors
- Common in 12-step support groups
- A strong friendship with the Lord is needed
- Commitment not to offend the Lord
- Sacraments are needed for grace, healing and strength
- Helps in growth in virtue

Spiritual Plan



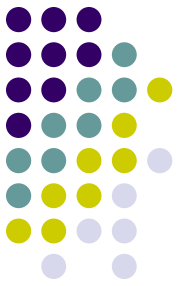
- Recommendations
 - Eucharist at least once a week
 - Weekly confession
 - Daily prayer and spiritual reading
 - Daily Scripture study – lectio divina
 - Monthly spiritual direction

Spiritual Plan



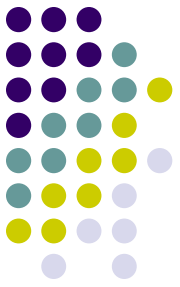
- Recommendations – continued
 - Annual retreats
 - Being active in one's parish
 - A strong relationship with the Our Lady as a loving, affectionate spiritual mother
 - A strong relationship with St. Joseph as an affectionate and protective father

Education/Protecting the Family



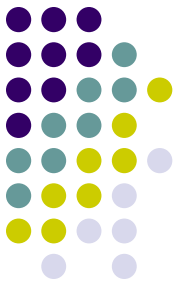
- Become knowledgeable of the dangers of pornography and compulsive masturbation
- Become aware of the resources available to fight pornography
- Protect the emotional lives and character development of family members

Education/Protecting the Family



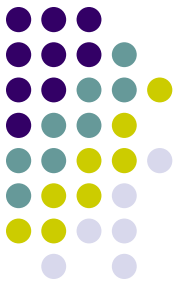
- Teach children/teens about the dangers of pornography
- Teach children/teens about healthy sexuality, respect, virtues, etc.
- Be willing to share with others about the dangers of pornography

Virtues



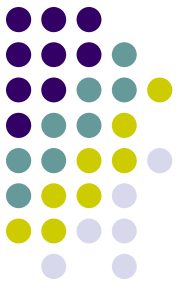
- Based on Positive Psychology and the Writings of John Paul II
- Permeate and strengthen all other points of recovery
- Those who strive to live virtuous lives tend to be happier and healthier

Virtues



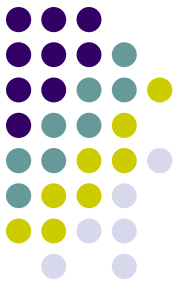
- **Growth in certain virtues can help one:**
 - Grow in self-knowledge about one's strengths and weaknesses
 - Develop a greater commitment to recovery
 - Give greater incentive to purify the home
 - Focus on others for support and accountability
 - Resolve many of the emotional conflicts that have led to porn use
 - Develop a stronger spiritual life
 - Help protect the family from the dangers of porn and strengthen healthy character development

Pornography and Homosexuality



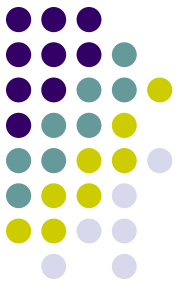
- A search for masculinity outside of oneself
- Used to compensate for deep emotional wounds
 - Father wound: Searching for the affirmation one did not receive from his father.
 - Peer wound: Searching for the acceptance one did not receive from male peers
 - Poor body image
 - Weak male confidence
 - Mistrust of females

Pornography and Homosexuality

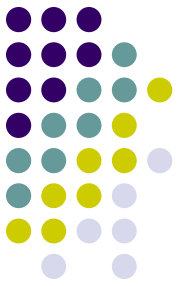


- Special focus on the following virtues:
 - Gratitude: for ones God-given gifts and talents
 - Friendships: healthy non-sexual friendships with other men
 - Thankfulness: for one' s body
 - Forgiveness: for father and/or peers who did not offer love, affirmation and acceptance as a child or teen
 - Generosity: to combat narcissism

Pornography and Homosexuality

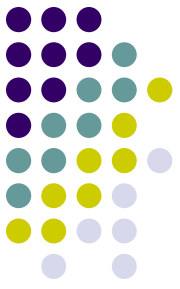


- Special focus on the following virtues, cont.:
 - Humility
 - Faith
- Daily meditate on the holy family
 - Mary as a loving, nurturing mother
 - Joseph as an affirming, protective father
 - Jesus as best friend and brother who has never rejected you.



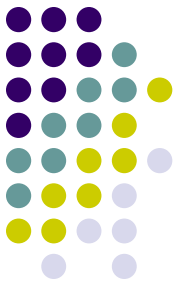
Obstacles to Recovery

- Denial that one has a problem
- Selfishness: feeling entitled to view porn
- Anger: punishing others
- Loneliness: few close peer friendships
- Friends who regularly view porn
- Permissive parents who fail to monitor or correct



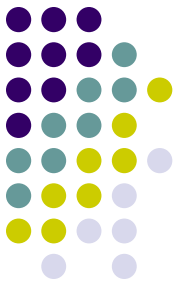
Obstacles to Recovery

- Poor spiritual life
- Lack of faithfulness to vows
- Lack of support and accountability
- Failure to identify and resolve root causes
- Negative parental modeling
- Excessive responsibilities
- Lack of virtue in one's life
- Shame from life events



Role of Parents

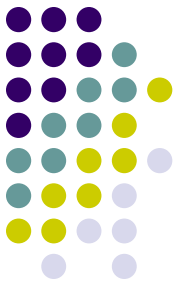
- Model cheerful self-giving
- Present the beauty of sexuality within the sacrament of marriage
- See others for their intrinsic beauty
- Be unafraid to correct children's selfishness
- Focuses on virtues and character development



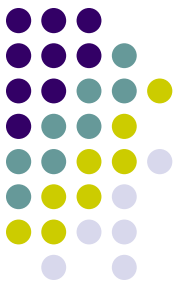
Role of Parents

- Warns teens about the damage caused by pornography and compulsive masturbation
- Criticizes the contraceptive mentality in the culture and the sexual utilitarian philosophy
- Work to protect children from seeing pornography
- Properly train teens to say “no” to porn when they encounter it

The Role of Priests

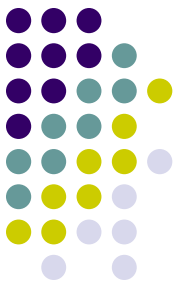


- Be committed to the Church's teaching on human sexuality
- Don't be afraid to teach and preach about it
 - They (the Catholic faithful) must know that bishops and priests are totally committed to the fullness of the Catholic truth on sexual morality, a truth as essential to the renewal of the priesthood and the episcopate as it is to the renewal of marriage and family life. John Paul II: April 2002



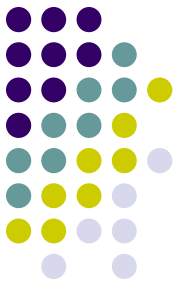
The Role of Priests

- Communicate the beauty and sacredness of sexuality in the sacrament of marriage
- Warn of the dangers of pornography and compulsive masturbation
- Criticize the sexual utilitarian philosophy
- Criticize permissive parenting and the contraceptive mentality
- Strengthen Catholic fatherhood
- Teach that true manliness is measured by one's character



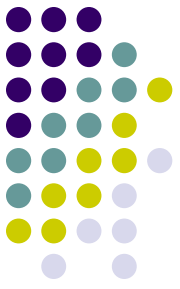
The Role of Priests

- Consider starting a parish support group for those men & teens who struggle with pornography
- A great source of support, accountability, and community for men in the parish
 - The King's Men
 - That Man is You
 - St. Joseph Covenant Keepers
 - National Fellowship of Catholic Men



The Role of Priests

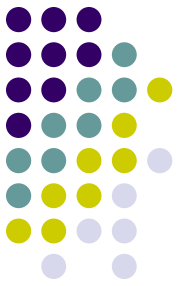
- Be ready to refer people to the proper help
- Identify the resources needed for recovery
 - Trained Therapists
 - Support Groups
 - Men's Groups
 - Books, Websites, DVDs, etc.



The Role of Priests

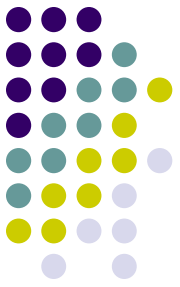
- Suggestions for what to tell penitents who confess struggling with pornography:
 - Thank God for your strength in coming forward and admitting you have a problem. This is the first step in your journey to recovery.
 - You're not alone. Thousands of men struggle with compulsive pornography use.
 - Do you want to be free from this sin? Are you willing to pay the price?

The Role of Priests



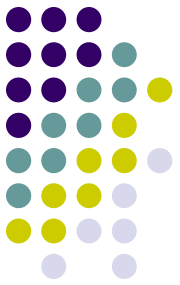
- Suggestions for what to tell penitents who confess struggling with pornography, cont.:
 - Healing and freedom from sin is possible, but know that you can't do it alone.
 - It requires God's grace, professional help, and support from other men who understand your struggle.

The Role of Priests



- Suggestions for what to tell penitents who confess struggling with pornography, cont.:
 - Here is a card that will direct you to helpful resources. If you're serious about overcoming pornography use, I urge you to explore them.
 - Know that God, the Father of Mercy and Love, will provide the grace to overcome this sin.
 - Developed with the Archdiocese of New York Priest Personnel and Family Life Offices

Contact



Peter C. Kleponis, Ph.D.
Comprehensive Counseling Services
West Conshohocken, PA 19428
610-397-0960

www.IntegrityRestored.com