

## 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, divorcewizards.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 ("Most cases progressed to sexual encounters"); 93% of face-to-face meetings involved illegal sex (*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 spent money on pornography;
- your relationships are suffering at work or home because of your Internet porn use.

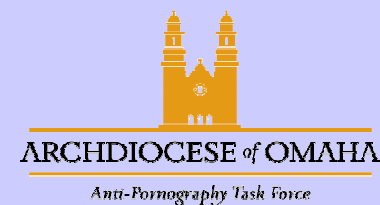
## As little as six hours of exposure to soft-core porn is enough to...

- 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  
Anti-Pornography Task Force 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. **Secure all Internet devices with filtering and accountability software**, keep them in a high-traffic area of the house, and limit the time children can use them.

**Computers** — Use accountability and filtering software such as [www.covenanteyes.com](http://www.covenanteyes.com) and [www.safeeyes.com](http://www.safeeyes.com).

**Cell phones** — *Sex & Cell Phones* has parental control information at [www.nationalcoalition.org](http://www.nationalcoalition.org); iPhone/iPod Touch filtering devices are available at [www.safeeyes.com](http://www.safeeyes.com); Windows Mobile 6 cell phone and PDA accountability services are available at [www.covenanteyes.com](http://www.covenanteyes.com).

**Video Games** — [www.iphantom.com](http://www.iphantom.com) and [www.opendns.com](http://www.opendns.com) help filter a home's wireless signal and protect children on X-Box, PlayStation, Wii, and other game systems.

2. **Monitor all social networking sites** for children and teens (Facebook, MySpace, xanga.com, etc).

3. **Know the user names and passwords** to email accounts, social networking sites, and any site that requires a user name and password for your children and teens. Don't forget to periodically check email, social networking sites, text and/or picture messages on cell phones.

4. **Secure television and satellite radio**, and **screen all movies** before watching them.

**Christian movie review** sites such as [www.usccb.org/movies](http://www.usccb.org/movies) and [www.pluggedinonline.com](http://www.pluggedinonline.com) provide a detailed review of movies, including a written description of sexual content, violent content, or other morally offensive content.

**Satellite radio** — “Family-friendly” packages are available without “mature content.”

**Block “adult/mature” content on TV**, as well as channels with morally offensive content. See [www.skyangel.com](http://www.skyangel.com) for family-friendly TV packages.

Use **teachable moments** while watching a “family” show that depicts a situation contrary to your family values

5. **Spend quality time** with your children and teens by:

- eating family dinners together;
- affirming your children and teens daily;
- praying with your children and teens daily;
- turning off the TV, computer, cell phone, and talk to your children;
- having vacation/family gatherings together, and building positive memories.

6. **Have open, honest, regular, conversations about God's glorious plan for creating us male and female and the beauty of our human dignity and sexuality.**

Become familiar with the following *Theology of the Body* resources:

- [www.LoveIsFaithful.com](http://www.LoveIsFaithful.com)
- [www.purelove.com](http://www.purelove.com)
- [www.christopherwest.com](http://www.christopherwest.com)

7. **Encourage family members to receive the Sacrament of Reconciliation monthly**, and go to Mass as a family each Sunday. Eucharistic adoration and weekday Mass are tremendous blessings!

For more information, contact or visit:

<http://www.archomaha.org/pastoral/se/taskforce.html>

Or contact:

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*The websites cited in this brochure can be helpful, but they have not been formally endorsed by the Archdiocese of Omaha Anti-Pornography Task Force or the Archdiocese of Kansas City-Kansas 'My House' Office.*