

# PREVENTATIVE & RESTORATIVE RESOURCES FOR PORN USE

OUR TEAM RESEARCHED OVER 100 RESOURCES & COMPILED OUR TOP SELECTIONS FOR YOU

## **PREVENTATIVE RESOURCES FOR CHILDREN**

**Good Pictures Bad Pictures JR. Book (Ages 2-6)** – Children will likely see porn at a young age. Unfortunately, it's not a matter of if, but when. Young children deserve to be armed against internet dangers. Using gentle, age-appropriate messages, children will learn to Turn, Run & Tell when they are exposed to inappropriate content. (Amazon.com)

**Good Pictures Bad Pictures Book (Ages 7-12)** – This read-aloud story about a mom and dad who explain what pornography is, why it's dangerous, and how to reject it is a natural and easy way to talk to your kids about pornography. Featuring easy-to-understand science and simple analogies, this internationally-acclaimed book equips young kids to porn-proof their own brains. (Amazon.com)

**ProtectYoungMinds.org** – Website full of blog posts, resources, and support to help you protect your family from porn, harmful content, and predators. This organization takes a purely scientific and moral approach.

**Straight Talk With Your Kids About Sex Book** – Offers encouragement, advice, and solid information in the process of guiding your child into a healthy understanding of God's gift of sex. Having an internal filter and knowing God's greater design for sex, is the best prevention against porn use. (Josh.org)

**Parenting the Internet Generation E-Book** – How to have honest conversations about self-image, sexuality, sin, and shame and create a safe online environment. (Covenanteyes.com)

## **PREVENTATIVE RESOURCES FOR ALL AGES**

**Covenant Eyes** – Covenant Eyes is a faith-based organization that invented Internet Accountability. Through their software for desktop and mobile devices, users can block unwanted content and also have reports of all internet history sent to specified emails for accountability. Covenant Eyes is made available on an unlimited number of devices for a small monthly cost. (Covenanteyes.com)

**God Loves Sex Book** – The greatest resistance to a counterfeit comes from knowing the original. We live in a sexually mad world where God's gift of sex has been distorted through pornography, promiscuity, prostitution, abuse, trafficking, and rape. The church's position on sexual matters has been made clear throughout history: all sexual activity outside the boundaries of Christian marriage is sin. But what does the Bible really say about sexual desire and sexual intimacy? (Amazon.com)

## **RESTORATIVE RESOURCES FOR MEN**

**Seven Pillars of Freedom Workbook** – Helps individuals break denial, understand sexual addictions, and experience freedom through a Christ-centered perspective. (Puredesire.org)

**Conquer Series** – Outstanding video-based small group curriculum utilizing proven Biblical and psychological principles backed by neuroscience. The series equips men to overcome unwanted sexual behavior in practical ways. (Conquerseries.com)

## **RESTORATIVE RESOURCES FOR WOMEN**

**Eight Pillars to Freedom Workbook** – Helps bring healing to women who have experienced love/sexual addictions and whose behaviors have led to destructive lifestyles. (Puredesire.org)

**Beggarsdaughter.com** – Offering resources and articles on sex, singleness, and porn struggles from a Christ-centered perspective.

**Betrayal & Beyond Workbook** – For women who've been hurt by their significant other's sexual behavior, this resource provides valuable tools, biblical wisdom, and testimonies of hope. (Puredesire.org)

## **RESTORATIVE RESOURCES FOR GENERAL**

**imlivingfree.com** – Run by Ben Bennett of Josh McDowell Ministry, this site offers articles on the topic of sexual compulsions, emotional health, and how healing can be experienced through Christ and community.

**The Freedom Fight** – Online video-based program for individuals struggling with porn utilizing proven principles of psychology and neuroscience through a Christ-centered approach. (Thefreedomfight.org)

**Pure Desire Book** – Understand the issue of sexual addiction and pornography with clarity and a biblical perspective that will help you lead people to an intimate relationship with God—and experience the healing love of Christ. (Puredesire.org)

**Healing The Wounds of Sexual Addiction Book** – Discover the roots of sexual compulsions, their patterns and impact, and learn a Biblical approach to self-control and sexual integrity. (Faithfulandtrue.com)

**Unwanted Book** – Discover the “why” behind unwanted sexual behavior, how sexual struggles begin, and how to overcome these compulsions. (Amazon.com)

## **RESTORATIVE RESOURCES FOR COLLEGE & TEENS**

**Living Free Workbook** – Written in collaboration between Cru staff and Christian counselors (Ben Bennett, Brett Butcher, and Dr. Ted Roberts) this represents decades of helping college-age men identify and heal from the factors that create and reinforce habitual sexual behavior. (Puredesire.org)

**Flesh Series (Cru.org)** – Web and app based series that helps men understand sexual sin and the underlying factors driving it, while journeying through an online supportive social structure.

**Desires Series (Cru.org)** – Helps college-age women identify and heal from the underlying factors that create and reinforce habitual sexual behavior and relationship issues.

## **RESTORATIVE RESOURCES NON-FAITH BASED**

**FightTheNewDrug.org** – Support, articles, and scientific research on the topic of porn.

**YourBrainOnPorn.com** – Resources, research, online forums, and support for those struggling with unwanted porn use.

*For more on counseling, parenting, support groups, and internet safety:*  
[josh.org/resources/sex-relationships/](http://josh.org/resources/sex-relationships/)