

Resources in Overcoming Pornography Addiction

Church of Jesus Christ of Latter-day Saints has pamphlets and online helps to overcome pornography. See combatingpornography.lds.org for a temporary page of helps. A major Web site will launch within a few months at this same Web address. For more information, go to LDSMediaTalk.com and search for the word “pornography.” Also see the entry “Internet” in the Gospel Topics section of the Gospel Library on LDS.org for a list of good articles and references to filters.

Covenant Eyes (covenanteyes.com) is a Christian-based program to help your family stay clear of pornography. The strength of the program is that it combines filtering with a system of accountability. This program helps families escape the temptation by removing the secrecy of the Internet. Accountability software monitors and reports all Web activity to an Accountability Partner of your choice. The reports score Web sites to easily identify mature Web addresses, searches, and links. The full-featured filter may be used with the accountability service or by itself. You can choose which services are used by each person in your family: accountability, filtering, or both. For \$7.95 a month, I think this is one of the strongest programs of its kind. If you decide you want to try it, you can use the promocode *saints* to receive the first 30 days free.

Candeo (candeocan.com) is a confidential, online program to help individuals overcome pornography addictions, using sound approaches to learning and behavior modification. Their Web-based education and support program provides a highly-successful recovery model developed and used by clinical therapists for more than a decade. They offer a free mini-course that explains some of the core principles taught in the Candeo program, including some of the training segments from the program.

Utah Coalition Against Pornography (utahcoalition.org) is a multi-faith community effort. Their Web site has information about education, statistics, and links to helpful sites. They also provide an annual conference and helpful materials. Each year, they have a half-day conference on Protecting Children & Families from Pornography in Salt Lake City.

Citizens Against Pornography (citizensap.org) is an organization of LDS people who focus on [1] raising awareness about the harms of pornography, [2] protecting standards of decency in our communities and [3] fortifying homes and families against the destructive and pervasive influence of pornography. They promote legislation to require Web site ratings, recommend filtering technologies to assist parents, and have developing a DVD and printed material to assist parents and others. Their Web site provides help for individuals, parents, and spouses.

Communities for Decency (communitiesfordecency.org) is a grass-roots statewide women’s organization. Their Web site contains online articles and references to other resources. They also engage in political action.

CP-80 Internet Channel Initiative (cp80.org) promotes the use of Internet channels (ports) to categorize and organize content on the Internet, creating separate channels for general-public content and mature content, such as pornography. The Web site provides information about the impact of pornography and free courses on the problems and solutions.

Cyber Secrets: The Problem of Pornography (byub.org/secrets) is a series of presentations given at a special conference sponsored by Women’s Services and Resources, a department of Student Life at Brigham Young University. The Web site offers the presentations in streaming audio or in print.

Lighted Candle Society (lightedcandle.org) is a nonprofit organization dedicated to the preservation and enhancement of moral values. Their Web site contains information about the evils and extent of pornography. They also offer a DVD and other materials.

Mental Health Resource Foundation (Idsmentalhealth.org) is a volunteer organization committed to carrying a message of hope to those who may be suffering from mental illness and social/emotional concerns and those who love them. Their Web site has information on pornography and links to other resources and organizations.

National Coalition for the Protection of Children and Families (nationalcoalition.org) is a nonprofit organization dedicated to defending biblical truth about sexuality. Their Web site has information about avoiding pornography and protecting children from it, as well as links to other organizations.

Strengthen the Family (strengthenthefamily.net) is a non-profit organization that seeks to strengthen families and protect communities by helping them establish child-appropriate public display standards. The Web site has articles on the dangers of pornography and Internet safety (including practical advice for parents) and articles on sexual addiction. Listen to a talk given at BYU education week in 2001 (see byub.org/findatalk and search for speaker “JoAnn Hamilton”).