



Technological resources

Filters and e-resources:

- YouTube should always have “**Safe mode**” On.
- Some filters: K9 or Qustodio; give someone else the phone/ tablet/ laptop to put admin password
- Put a filter for your WIFI. For example: <https://support.opendns.com/hc/en-us/articles/228006487-FamilyShield-Router-Configuration-Instructions>. Contact your school’s IT department for details if you need help.

Websites to check morality of movies, series, games

- www.common sense media.org
- www.screenit.com
- www.kidsinmind.com
- Wikipedia
- Internet Movie Database (IMDb)

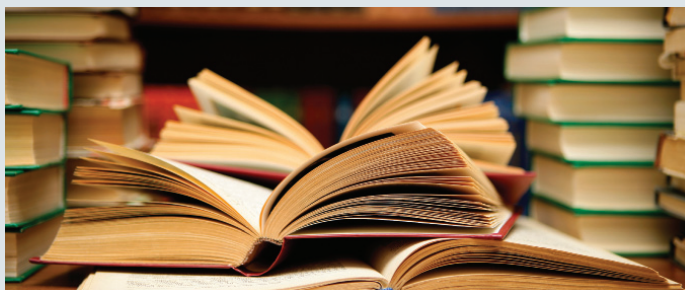
Websites with helpful tools on overcoming pornography

- purityispossible.com
- fightthenewdrug.org
- guiltypleasure.org



Examples of healthy leisure activities

- **Sports:** Play sports with others. Learn new ones e.g. golf. Also helpful are outings, excursions, etc.
- **The Arts:** Learn to play a musical instrument or improve an already acquired skill.
- **Social Activities:** Identify a need in your neighbourhood or nearby community. Visit sick people or people with difficulties.
- **Cultural Activities:** Learn a new language or improve a known language. Reading Novels: mystery, adventure, etc.
- **Manual skills:** Learning how to type, house repairs (e.g. repairing broken furniture; painting walls; hedge cutting, etc).
- **Academics:** Make summaries, revise topics, write a book, a play and/or poems.
- **Others:** Classify family items like photo albums; join a youth club, wash cars, cook. Etc.



Fly Like An Eagle:

10 Ways of **BREAKING** the Shackles of Pornography

Porn is one of the greatest obstacles to your happiness. It destroys your friendship with God and with people, consumes your brain, dreams, friends, money and happiness. Porn is everywhere: in many websites, Whatsapp, Facebook, Instagram, etc. It becomes addictive and you can’t stop it. You need help, and you need it now: the sooner the better. It is not easy but not impossible. You can conquer. Here we give you some suggestions. Some of them are just techniques, others are spiritual tools: you need them both. Besides, you can’t do it alone. You may also need to look for a priest or an adult you trust: your parents, tutor, mentor, etc. Sharing this problem is having it halfway solved. Yes: you can conquer! You can break the shackles of pornography and fly like an eagle!





1. *Think.* First you must accept and understand that porn is wrong and harmful. Sex is part of creation and therefore a good thing according to God's plan: "And God saw everything that he had made, and, behold, it was very good" (Gen 1:31). After original sin, nevertheless, we tend to look at people of the opposite sex as objects when they are not dressed properly. Remember: those people there are PERSONS, not OBJECTS of pleasure. They have a name, a family, a mother and a father, brothers and sisters. You would not like anyone you really care about to be reduced to an object!

2. *Decide* to get well and resolve to stop viewing all forms of pornography. You must make this decision and make it now. It doesn't matter the number of times you have failed or you may fail in the future. You must decide and try again and again. A Chinese proverb says that a 1,000-mile journey starts with the first step. And this step must be taken every time we fall as we advance along the road.

3. *Remove* all sources of temptation that may prevent you from healing: phone, tablet, laptop, Wi-Fi, etc from your room. Select the computer games you use. Destroy all the bad material that you may have. Leave every social media group that you can't control. Hopefully it may be temporarily till you improve in self-control. Never check the internet in your room or when you are alone. You are safer doing it in the sitting room in the company or presence of your family, friends, etc. It is always a bad sign if you have to hide to check anything. Using filters in our Wi-Fi and website access. Check on the different filter systems available. You might ask your parents for help to install the filters.

4. *Talk.* It is very difficult to stop watching pornography on your own. Most times external help is needed. Don't worry: unfortunately porn is today very much spread and it is a common phenomenon; people will understand you. Look for someone you trust: a priest, tutor, or mentor. It should be an adult with experience who strives to live an upright life. He or she will help and encourage you during the difficult moments.

5. *Use* your time well. "An idle mind is..." Most temptations come when we are not doing what we are supposed to be doing. As St. Josemaria put it: "It seems' — so you say — 'as if every imaginable sin were awaiting the first idle moment. Why, idleness itself must be a sin!" (The Way, 357). You must always be busy, even when you rest: "to rest is not to do nothing: it is to relax in activities which demand less effort" (ibid).

6. *Pray.* "Holy purity is given by God when it is asked for with humility" (The Way, 118). Pornography today has overcome traditional protections we had before. Now more than ever we need the help of God to overcome this addiction. You must pray to God with humility and ask for his grace. He will not fail you. Devotion to the Virgin Mary is a traditional way to live Chastity.

7. *Report.* If you can, go to the sacrament of confession as often as you need to, no matter what. Don't worry, "God doesn't get tired of forgiving our sins. We are the ones who get tired of asking for forgiveness" (Pope Francis). Likewise, reception of the sacrament of Reconciliation must be a continual part of the recovery process (as often as is needed). If you are not a Catholic or a Christian, you must still repent from your sins and ask for

forgiveness.

8. *Receive* Holy Communion often. There is no better remedy to live Holy Purity than to receive the Sacrament of the Eucharist often. God will help you with the struggle from within you. As the Catechism of the Catholic Church (CCC) states: "Holy Communion separates us from sin... For this reason the Eucharist cannot unite us to Christ without at the same time cleansing us from past sins and preserving us from future sins..." (n. 1393).

9. *Be patient.* Practice patience and perseverance! It is imperative to understand that "self-mastery is a long and exacting work. One can never consider it acquired once and for all. It presupposes renewed effort at all stages of life. The effort required can be more intense in certain periods..." (CCC, n. 2342). St. Augustine understood this growth process, and reminds us in his Confessions that often "the bridle put upon the throat must be held with moderate looseness and moderate firmness" (10, 31).

10. *Renew* your Mind. Replace the images and past behaviors that inevitably torment you during recovery from the past. Use the near occasions of sin in daily life as opportunities to grow spiritually. In those moments of temptation, when you may want to recall past images or look at improper things, STOP! Take advantage of those moments and choose to use them for a good end. Pray for those people whose images tempt you and ask for help for you and for them.