

7 Steps to Protect Families from Pornography

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SAFER FAMILIES.
HAPPIER MARRIAGES.



THE ARCHDIOCESE
OF KANSAS CITY IN KANSAS



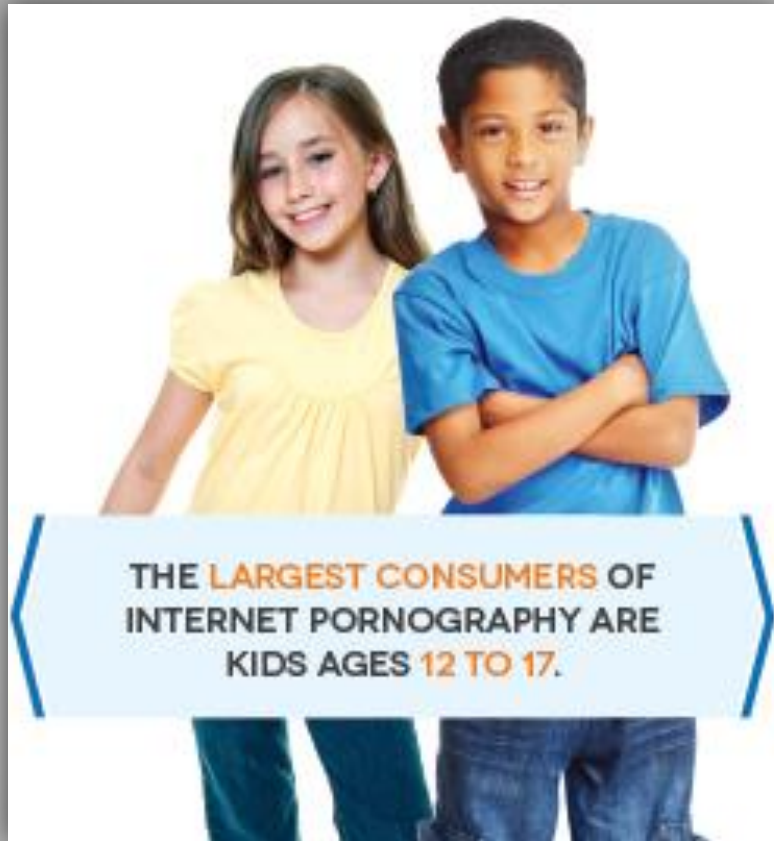


Mission Statement

The My House Initiative is aimed at helping Catholics in northeast Kansas:

- 1) protect their children and families from pornography
- 2) develop a deeper understanding of the beauty and sacredness of God's gift of human sexuality
- 3) experience freedom from the effects of pornography

Internet Safety for Families



- A 3rd grade boy from a local Catholic family taught other children how to find pornography and erase the internet history on an iPad.
- A recent survey of 14-16 year old students indicated that nearly one-third of them had viewed pornography when they were 10 years old or younger. (Psychologies Magazine)



Ex-Pornography Actress

“Having been in the industry, I can tell you that it is not a pleasurable experience. The sex itself is painful ... It is beyond degrading, and for many of us, the only way we could endure the shoots was by numbing ourselves with drugs or alcohol, telling ourselves that it will all be over in a couple of hours, and completely zoning out, sort of disconnecting ourselves from the whole experience.” Most women who enter the pornography industry quit after their first video because “the experience is so painful, horrifying, embarrassing, (and) humiliating for them.” - former pornography actress April Garris, ThePornEffect.com

Pornography's Impact on Sexual Intimacy:



- Men using pornography

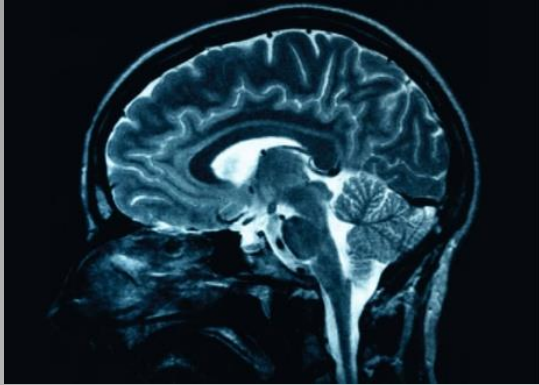
- They are more likely to have affairs if they are married
- They are less attracted to their wives
- They are less interested in actual sex w/ their wives

- Dr. Mary Anne Layden
-University of Pennsylvania

- Women using pornography

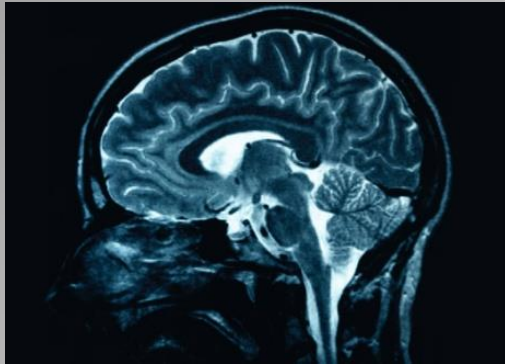
- Their husband was more critical of the women's bodies
- They were more negative about their body
- They had less sex in their marriage

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Brain Science of Sexuality & Intimacy

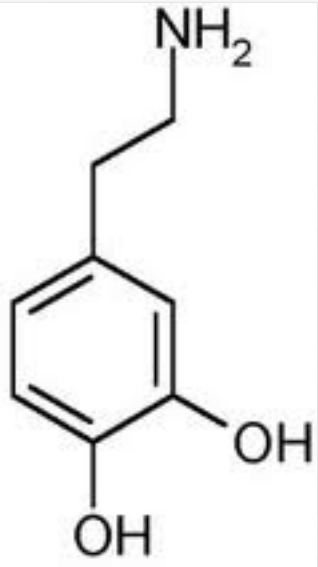
- **Dopamine** - the potent euphoric effect of dopamine comes with a rather quick “crash” leaving people with a desire for more
 - dopamine provides a potent and powerful high during sexual activity
 - the more a couple’s physical relationship is based on a dopamine response, the more likely the physical chemistry will fizzle around four years of being together
 - dopamine has been shown in laboratory animals to be more addictive than methamphetamines
- Used with permission from Laurie Heap, MD



Brain Science of Sexuality & Intimacy

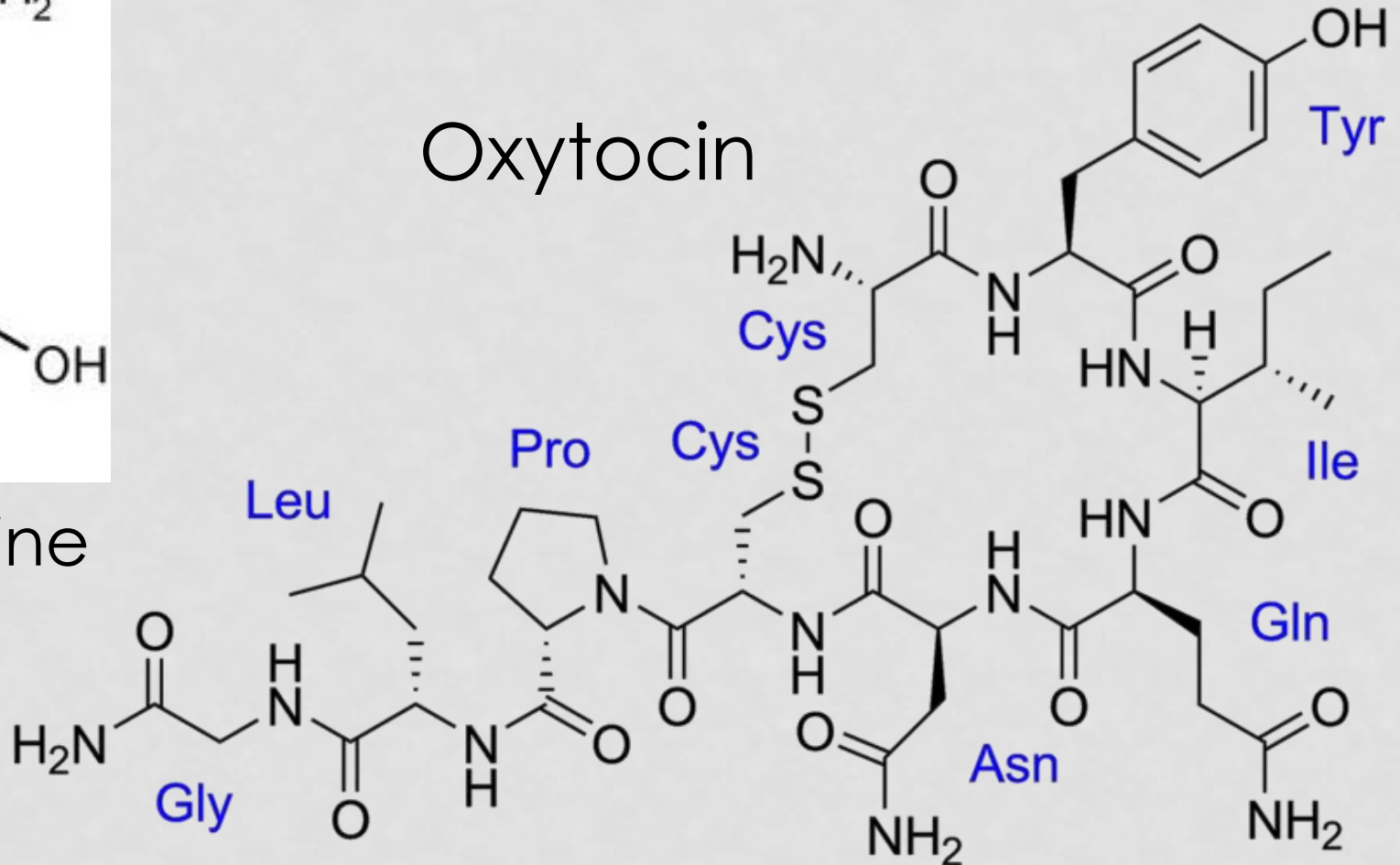
- **Oxytocin** - some scientists call oxytocin the “love chemical”
 - oxytocin is associated with deep, intimate and lasting bonds
 - our brains do not develop a tolerance to oxytocin
 - oxytocin is released during deep conversations, gazing at each other left eye to left eye, sharing a mission, hobby, or common interest
 - oxytocin is also released when couples hold hands, hug for 30 seconds or more, speak to each other in a loving tone of voice, and when they make love
- Used with permission from Laurie Heap, MD

THE FULLNESS OF OUR DESIGN

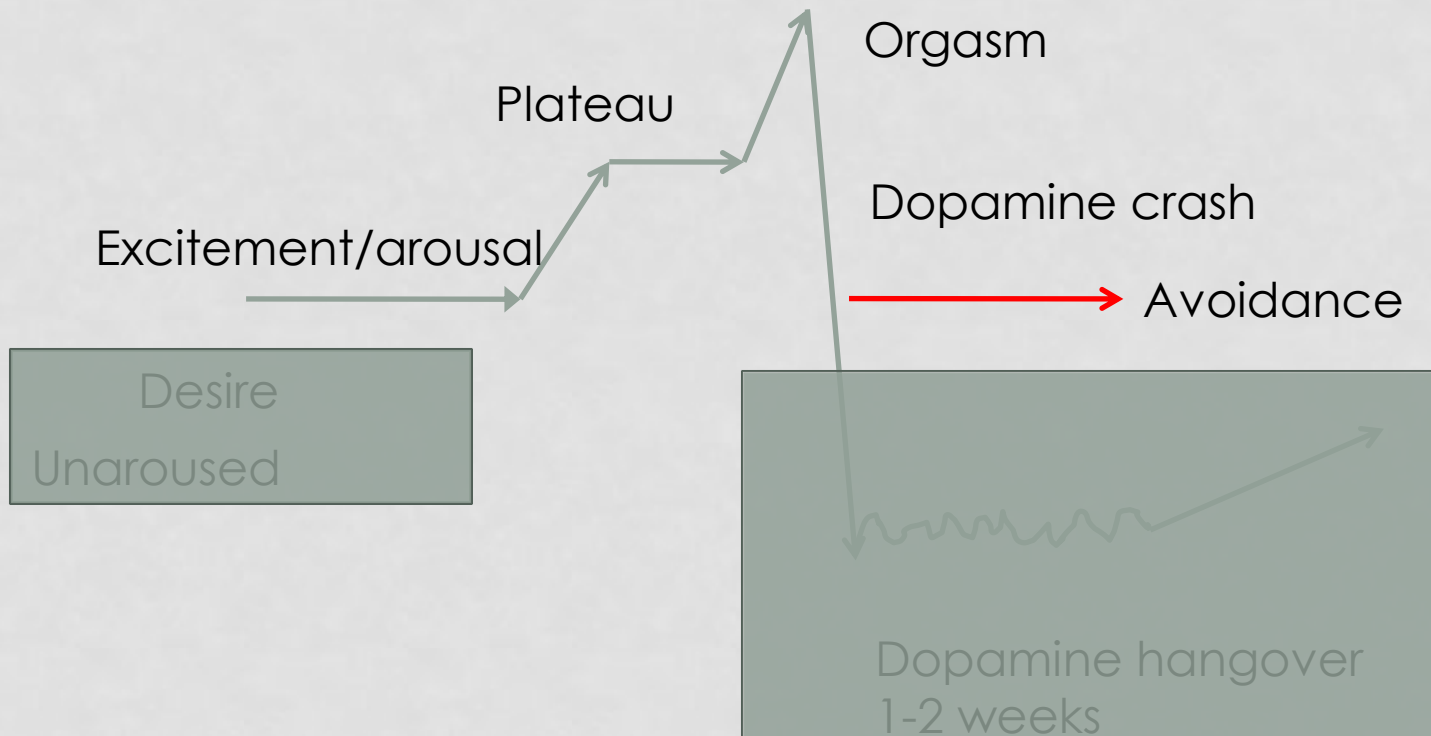


Dopamine

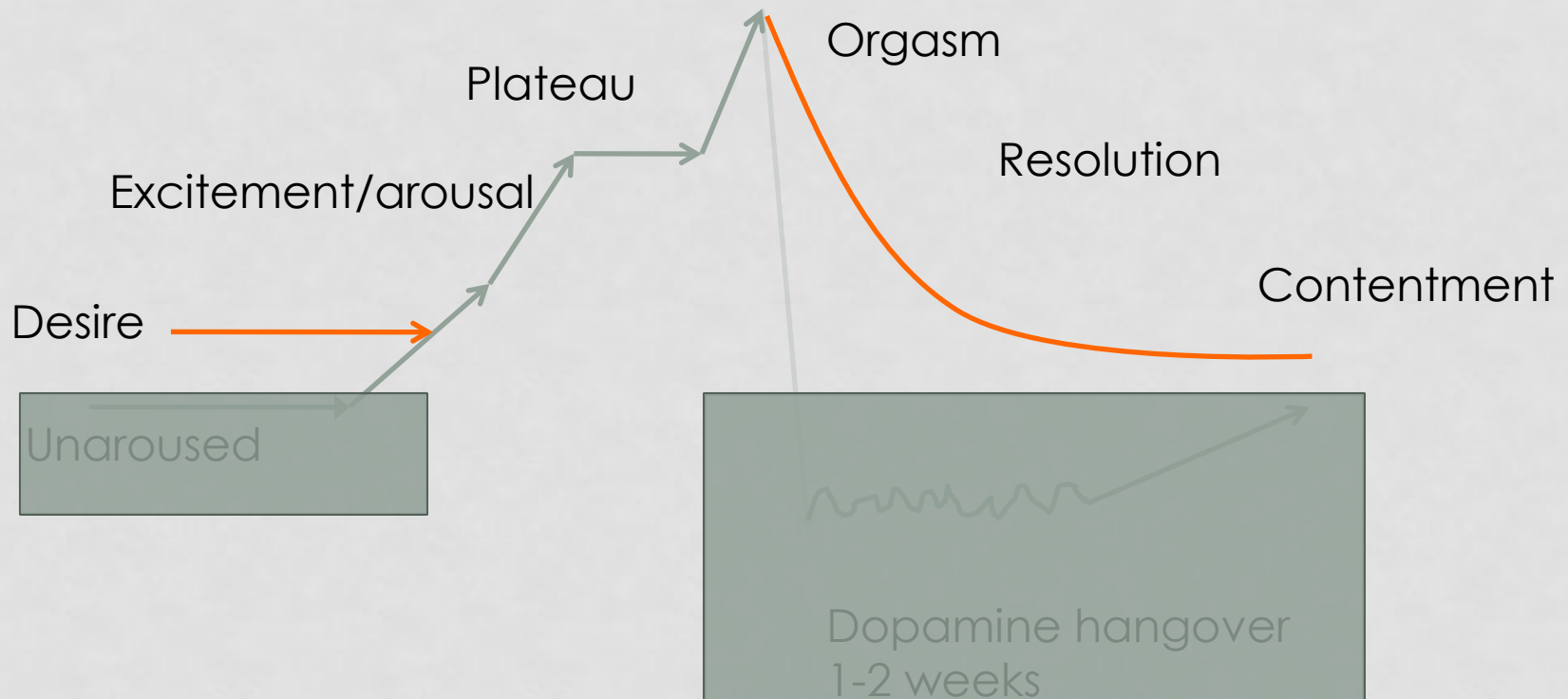
Oxytocin



SEXUAL CYCLE WITH UNHEALTHY RESOLUTION



HEALTHY SEXUAL CYCLE

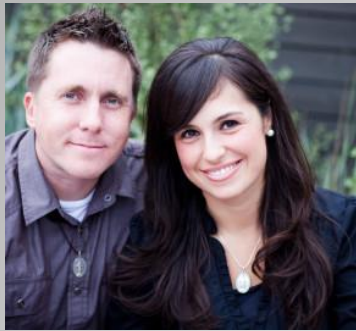


1. Protect all Internet Devices

- CovenantEyes.com, NetNanny.com, OpenDNS.com



2. *Ongoing Conversations w/ positive* Catholic resources about Love and Sex!



**Jason and
Crystalina
Evert**



**Sarah
Swafford**



**Christopher
West**



**Matt
Fradd**



**Chris
Stefanick**

3. Monitor Social Networks

USING SOCIAL MEDIA WISELY

RECOGNIZING PITFALLS AND THE
MOTIVATIONS BEHIND THEM

CHELSEA SCHMIDT
YOUTH MINISTER AT ASCENSION



tumblr.



Pinterest

4. Conversations about the Harms of Pornography

- *Delivered by Matt Fradd*



5. Protect Movies & TV

- check out usccb.org/movies



6. Kids at friend's house?

- 7 Step Handout / CE *Unfiltered* booklet for other parents, family & friends



7. Affirm, Pray & Time Together

- 90 Day Challenge at MimicDad.com



Practical Tools for Families:

- *7 Steps to Protect Families* - 1 pg. handout
- CovenantEyes.com / NetNanny.com
- Dcn. Mike Schreck's homily
- Parish / School Presentations - Bill Scholl and Sam Meier

Past Billboards - I-35, I-70, 435 & 635



God, Love, And
SEXUALITY
January 18 - 19 KcValor.com



2014 Barna Survey on Pornography Use:

- 29% of men under the age of 30 use pornography every day. 63% of men under 30 use pornography multiple times per week or more.
- 37% of Christian men and 7% of Christian women use pornography several times a week or more. 64% of Christian men and 15% of Christian women use pornography once a month or more.

2014 ProvenMen.org Pornography Addiction Survey - conducted by Barna Group: The survey results are located at:

www.provenmen.org/2014pornsurvey/pornography-use-and-addiction.

Practical Tools for Adults:

- My House Confession Cards
- 13 Catholic Counselors on Archkck.org
- Catholic 12-Step groups, SA / SANON & Retrouvaille
- Delivered by Matt Fradd - \$2 in bulk
- SatpInstitute.com - training program for Catholic / Christian counselors & clergy

Helpful Websites

- Archkck.org/MyHouse
- Afa-Ksmo.net
- ChastityProject.com
- CovenantEyes.com
- FaithfulAndTrue.com
- IntegrityRestored.com
- PornHarms.com
- PureHope.net
- ReclaimSexualHealth.com
- SatpInstitute.com
- ThePornEffect.com