



The My House Program, “Safer Families, Happier Marriages,” provides practical resources that help Catholics:

1. Protect their children and families from pornography.
2. Develop a deeper appreciation for the beauty and sacredness of God’s gift of human sexuality.
3. Achieve freedom from the destructive effects of pornography.

“My hope is that, through this initiative, the Catholic people of northeastern Kansas will find a valuable resource for the protection of their families, an avenue of healing for those who have been harmed by pornography’s destructive effects, a deepened understanding of the beauty of our sexuality and a recommitment to live the virtue of chastity consistent with our state of life as a single person, married couple, religious or priest.”

- Archbishop Joseph F. Naumann

As for me and my house, we will serve the Lord.
- Joshua 24:15

Text “SafetyKCK” to 22828 for email updates to protect Catholic children and families.

For confidential help, contact Sam Meier, MA, Licensed Professional Counselor at 913-647-0348 or smeier@archkck.org

References:

1. Psychologies Magazine, Aug. 2010
2. The Social Costs of Pornography, pg. 38, the Witherspoon Institute, Princeton, NJ
3. resources.archkck.org - The Impact of Brain Science - Dr. Todd Bowman



THE ARCHDIOCESE OF KANSAS CITY IN KANSAS

Office of Marriage and Family Life
www.archkck.org/myhouse



As for me and my house, we will serve the Lord.
- Joshua 24:15

Many Catholic children and families are being inundated by the negative effects of pornography, but *there is hope!*

archkck.org/myhouse



THE ARCHDIOCESE OF KANSAS CITY IN KANSAS

We live in a challenging time when many Catholic children and marriages are being profoundly affected by pornography.

- Countless children from good Catholic families are being exposed to Internet pornography at very young ages.
- Large numbers of good Catholic couples are losing trust and intimacy in their marriages.

“Pornography teaches us to use people. It objectifies people, and as a result, pornography is destroying marriages and families, and robbing children of the chance just to be children.”

- Mathew Kelly

Despite these challenging times, there is hope for protecting children and families from the destructive effects of pornography. There is also hope for the many Catholics who are seeking freedom from struggles and addictions to pornography.

Safer Families

Protecting Children and Families

The strongest instinct of every good parent is to protect the innocence of his or her children. But, a recent survey indicates that nearly one third of children were exposed to pornography before the age of 10.¹ The good news is there are many helpful resources to protect families from internet pornography including accountability and filtering software. There are many positive and new Catholic resources that help parents have ongoing conversations with their children about God's beautiful plan for love and sexuality.

Resources to protect your family:

- archkck.org/myhouse – 7 Steps to Protect Families from Pornography
- ChastityProject.com – resources
- CovenantEyes.com – software
- NetNanny.com – software
- TOBforTeens.com – resources

True Sexual Happiness

Creating Passionate Marriages

Our culture often reduces sex to attainment of pleasure, and despite the proliferation of erotic imagery and the so called “liberation” of sexuality, more and more people today are feeling isolated and alone, even in their marriages. Yet, the Church offers a beautiful truth about God's gift of human sexuality. Used in accord with the Creator's design, marital love offers spouses an opportunity for a deep physical, emotional and spiritual connection, which enables them to experience a taste of divine love in their marriage. The Church presents an understanding of sex that is not only good, or great, but even more - it's holy.

Resources for passionate marriages:

- archkck.org/family – Living In Love Marriage Retreats
- ForyourMarriage.org – resources
- Livinginlove.org – marriage retreats
- tobinstitute.org – resources
- wwme.org – marriage retreats

Freedom from Pornography

There is Hope

Sadly the scourge of pornography is infiltrating countless good Christian homes. Research indicates that porn use decreases sexual satisfaction and adversely impacts marriages.² Porn can impact the levels of dopamine and oxytocin in the brain, and become addictive.³ The good news is that there are many good Catholics who are breaking free from pornography! There are many hopeful resources, accountability groups and counselors to help people fight this battle!

Resources for breaking free:

- archkck.org/myhouse – 7 Steps to Freedom from Pornography
- IntegrityRestored.com – resources
- PornHarms.com – research
- ReclaimSexualHealth.com – resources
- ThePornEffect.com – resources

How My House Can Help . . .

• Building Safer Families

Parents looking for ways to protect their families from pornography

• Creating Happier Marriage

Couples seeking true intimacy and passion in their marriages

• Breaking Free from Pornography

Catholic individuals and couples wanting freedom from pornography

“Pornography consists in removing real or simulated sexual acts from the intimacy of the partners, in order to display them deliberately to third parties ... It does grave injury to the dignity of its participants (actors, vendors, the public), since each one becomes an object of base pleasure and illicit profit for others. It immerses all who are involved in the illusion of a fantasy world. It is a grave offense.”

– Catechism of the Catholic Church, 2354

The listing of a particular website or resource on this brochure does not imply an endorsement by the Archdiocese of Kansas City in Kansas or the My House Initiative.

