## **Protecting Our Families Online**

- Filtering and accountability software for all computers and devices
- Ongoing conversations about God's beautiful plan for love and sexuality
- 3. Monitor social networks
- 4. Age-appropriate conversations about the harms of pornography
- Screen movies/secure TVs and satellite radio
- Daily affirmations and prayers with kids/regular Mass and Confession
- 7. Kids at their friend's houses? Are their parents taking these steps?



www.archkck.org/myhouse



## Freedom From Pornography

Many good people have struggled with pornography who are now breaking free.

## www.archkck.org/MyHouse has:

- · Articles about the brain science of sexuality
- · Surprising myths about pornography
- Accountability to fight this battle with others
  Our website has tests for addiction.

## If addicted:

- 1. Join a 12-step group: Kansas City 913-647-0378 / Topeka 785-220-0457
- 2. Meet with a counselor a Catholic counselor list is at www.archkck.org/catholic-counselors
- If married or dating, get support through SANON, Retrouvaille and couples counseling



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