



## Safe Environment e-Newsletter January 2017



### Protecting Your Family from Pornography

Today, children are encountering pornography at younger ages and more easily than ever before.

Here are some practical measures you can take to help protect your family from pornography: \*

1. **Protect all internet devices** with software that offers filtering and accountability, such as [www.covenanteyes.com](http://www.covenanteyes.com), [www.netnanny.com](http://www.netnanny.com), and [www.opendns.com](http://www.opendns.com). Require that devices only be used in public areas of the home; be mindful about the data plans young children and teens have on cell phones; and set a time when all devices are turned off and turned in.
2. **Provide positive resources** about love and sexuality! Many positive Catholic websites and books are available. *Theology of the Body* is an excellent resource: <http://www.usccb.org/issues-and-action/marriage-and-family/natural-family-planning/catholic-teaching/theology-of-the-body.cfm>
3. **Monitor** Facebook, Twitter, email and other social networking sites. Know everyone's passwords and user names. It's important that you see what they see.
4. **Educate your children and teens** at age-appropriate times about the damages of pornography. (If they never hear it from you, they'll only ever hear it from the world.)
5. **Screen** all movies, TV, and satellite radio. Excellent resources are available through <http://www.catholicnews.com/movies.cfm> and [www.pluggedin.com](http://www.pluggedin.com).
6. **Get to know the parents** of your children's friends. Find out if they take precautionary measures on their internet devices. Don't assume they take the same interest you do.
7. **Create a positive and encouraging home life**, and spend time together. Attend Mass and be an example to the child God has entrusted to your care.

\* Adapted from: <http://www.archkck.org/file/ss-documents/7-Steps-for-Protecting-Families---New.pdf>