

St. Colman's held an educational night for parents titled "Protecting Families Online." The presenter was parishioner Amanda Zurface, the Catholic Campaign Coordinator for Covenant Eyes—a company committed to Internet accountability and filtering which provides faith-based resources that foster the virtue of chastity and provides the necessary tools to overcome pornography use and addiction. During the night, those in attendance had the opportunity to learn about the realities of the harmfulness of Internet pornography and how to keep children safe, how to prepare children to be exposed to pornography, as well as bring healing to adults who have struggled with occasional or habitual use of pornography. TV. Billboards. The Internet. Sexualized images are everywhere we go and pornography is within very easy reach of our kids. In fact, 77% of teens have at least one friend who watches pornography. As a response, in November 2015, the United States Conference of Catholic Bishops released *Create in Me a Clean Heart: A Pastoral Response to Pornography*. Thus, parishes and dioceses nationwide are taking action on pornography...and the place to start is in the home. To equip parents and grandparents form, protect and guide children, the following is recommended:

1. **Equip Yourself** by watching "Safe Haven" on CMGConnect Parents at <http://cmgparent.org/>. This will help you:

- Better understand how easy it is for a child to find pornography, even when under your care.
- Decide who to talk to if your child has been exposed to pornography.
- How to protect your children from other digital dangers, including sexting and cyberbullying.

2. **Sign up for Covenant Eyes** and install it on all devices that have access to the Internet. You can start out with the 30 day free trial you receive when you sign up for CMGConnect Parents at <http://cmgparent.org/>. Covenant Eyes will help you see where your kids go online, and have conversations about making wise choices.

3. **Have age-appropriate conversations** about pornography and human sexuality with your children. These great resources can help you know how to say things you might not be comfortable saying:

- *Wonderfully Made! Babies* by Ellen Giangiordano (Catholic book about sex, Elementary school)
- *Good Pictures Bad Pictures* by Kristen A. Jenson (Secular book about pornography, Elementary and Middle school)
- *God's Design for Sex* series by San and Brenna Jones (Catholic education series on sexuality, Elementary and Middle school)
- *There's What on My Phone? How God's Good Gift Beats Porn* by Lisa Taylor (Christian book about sex and technology, Middle school to Sophomores)
- *Educate Empower Kids* (secular book about pornography, all ages)

4. **Download other free e-books** from Covenant Eyes. You can find several helpful books on

parenting, and even some books that might be appropriate for older teens, like *Your Brain on Porn*. See the full list at <http://www.covenanteyes.com/e-books/>.

If you have questions or additional needs, please contact Amanda Zurface at amanda.zurface@covenanteyes.com.