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**Steps to Help Prepare Teens Ages 11 and**

**Older for a Pornified World**

1. Teach youths about the dangers of pornography.
  - a. It is an addictive substance, similar to drugs and alcohol, and should be avoided.
  - b. It fosters selfishness and narcissism
  - c. It leads men to use women
  - d. It is disrespectful to everyone involved
  - e. It can harm future relationships
  - f. It is a grave sin that affects one's relationship with God
2. Carefully monitor all media that enters the home and remove anything pornographic
  - a. Television
  - b. Movies
  - c. Mail/Catalogs
  - d. Newspapers/Magazines
  - e. Internet

**Steps to Help Prepare Teens Ages 11 and Older for a Pornified World cont.**

- f. Music
  - g. Video Games
3. Keep the computer in a public area of the home and monitor what youths are viewing online
  4. Limit screen time: television, computer, cell phone, etc.
  5. Monitor all email, text messages and cell phone internet use.
  6. Talk to youths about the dangers of sexting.
  7. Monitor all social media
    - a. Facebook
    - b. Myspace
    - c. You-tube
  8. Subscribe to an internet accountability service for all computers and cell phones
    - a. I recommend CovenantEyes.com
    - b. An accountability service differs from a blocking service in that it does not block any websites. Instead, it will send email reports to parents if questionable websites are visited.
    - c. Knowing that parents will be receiving email reports can deter teens from visiting pornographic websites. It can also help them develop the habit of avoiding such sites.
  9. Monitor what teens are doing at their friend's houses
  10. Promote modesty in dress. Teach teens to respect themselves and others

**Steps to Help Prepare Teens Ages 11 and Older for a Pornified World cont.**

11. Teach youths about healthy sexuality and relationships
  - a. John Paul II's *Theology of the Body* and *Love and Responsibility*
12. Focus on character development in youths; teach them to be virtuous

