



Peter C. Kleponis, Ph.D.

Resources to Prevent and Overcome Pornography Use

Recommended Books

Integrity Restored: Helping Catholic Families Win the Battle Against Pornography by Peter C. Kleponis, Ph.D.

The Pornography Epidemic: A Catholic Approach by Peter C. Kleponis, Ph.D.

Be a Man by Fr. Larry Richards

Boys to Men by Tim Gray and Curtis Martin

Breaking Free: 12 Steps to Sexual Purity by Stephen Wood

Every Man's Battle, Every Young Man's Battle, and Preparing your Son for Every Man's Battle by Stephen Arterburn and Fred Stoeker

In the Shadows of the Net by Patrick Carnes

Clean: A Proven Plan for Men Committed to Sexual Integrity by Doug Weiss

Delivered: True Stories of Men and Women Who Turned from Porn to Purity by Matt Fradd

Out of the Shadows by Patrick Carnes

Facing the Shadow by Patrick Carnes

Good Pictures Bad Pictures by Kristen S. Jenson and Gail Poyner, Ph.D.

Pure Eyes by Craig Gross and Steven Luff

Theology of the Body for Beginners by Christopher West

Wired for Intimacy: How Pornography Hijacks the Male Brain by William M. Struthers

Shattered Vows by Debra Laazer

Healing the Wounds of Sexual Addiction by Mark Laazer

The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography by Wendy and Larry Maltz

Treating Pornography Addiction: The Essential Tools for Recovery by Kevin B. Skinner

The Drug of the New Millenium: The Science of How Internet Pornography Radically Alters the Human Brain and Body by Mark B. Kastleman

Online Resources

www.PeterKleponi.com: A website created by Peter C. Kleponis that is designed for Catholic men and teens struggling with pornography use.

www.maritalhealing.com: The official website of The Institute for Marital Healing

www.catholicmodesty.com: A site promoting modesty in dress

www.familylifecenter.net: The official website for Family Live Center International

www.dads.org: The official website for St. Joseph's Covenant Keepers

www.fathersforgood.com: A parenting website sponsored by the Knights of Columbus

www.reclaimsexualhealth.com: An online program designed to help people overcome unwanted sexual behavior.

www.isafe.org: A website for internet safety education

www.filterreview.com: A website that describes and rates different internet filters

www.covenanteyes.com: An accountability service for those struggling with internet pornography. Use promo code: *pursuitofholiness* for first month free!

www.focusonthefamily.com: A website that provides Christian resources for parenting

- www.familysafemedia.com: A website that provides resources for protecting your family online
- www.newlifepartners.com: A support group for wives whose husbands are caught in the web of sexual addiction
- www.pureonline.com: An online sex and pornography addiction recovery resources site that utilizes online workshops
- www.nationalcoalition.org: A website for the National Coalition for the Protection of Children and Families
- www.moralityinmedia.org: the leading national organization opposing pornography and Indecency through public education and the application of the law.
- www.freedomeveryday.org: A site sponsored by L.I.F.E. Ministries (Living In Freedom Everyday), a sexual addiction recovery ministry
- www.flrl.org>truefreedom.com: A website sponsored by the Archdiocese of New York that provides resources for overcoming pornography use
- www.NFCMUSA.com: Official website of the National Fellowship of Catholic Men
- www.PornProofKids.org: A website dedicated to protecting kids from pornography.
- www.theporneffect.com: A website created by Matthew Frad to educate Catholics on the dangers of pornography
- www.loveisfaithful.com: A website created by Sam Meier to educate Catholics on the dangers of pornography
- www.dirtygirlsministries.com: An excellent website for women struggling with pornography addiction

Self-Help Groups

Sexaholics Anonymous: www.sa.org

S-Anon International: www.sanon.org

Sex Addicts Anonymous: www.saa.org

Sex and Love Addicts Anonymous: www.slaafws.org

My House Catholic Men's Groups: www.loveisfaithful.com

COSA: www.cosa-recovery.org

Recovering Couples Anonymous: www.recovering-couples.org

Celebrate Recovery: www.celebraterecovery.com

L.I.F.E. Recovery Groups: www.FreedomEveryday.org

Men's Groups

The King's Men: www.thekingsmen.org

St. Joseph's Covenant Keepers: www.dads.org

Promise Keepers: www.promisekeepers.org

That Man is You: www.paradisusdei.org

Knights of Columbus: www.kofc.org

National Fellowship of Catholic Men: www.nfcmusa.org

Crossing the Coal Workout Groups: www.crossingthegoal.com



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Steps to Protect Children Ages 10 and Under from Pornography

1. Carefully monitor all media that enters the home and remove anything pornographic
 - a. Television
 - b. Movies
 - c. Mail/Catalogs
 - d. Newspapers/Magazines
 - e. Internet
 - f. Music
 - g. Video Games
2. Keep all Internet use in a public area of the home
3. Monitor what children are viewing online: computer, cell phone, iPod, MP3 Player etc.
4. Never leave a child alone with the internet
5. Limit screen time: television, computer, cell phone, etc.
6. Monitor all email and text messages
7. Monitor all social media
 - a. Facebook
 - b. Twitter
 - c. You-tube
8. Subscribe to an internet monitoring and blocking service for computers and cell phones.
 - a. I recommend CovenantEyes.com
 - b. Note: Although these services are helpful, they are not foolproof. Parents still need to monitor their children's computer use.
9. Monitor what children are viewing at public access computers
 - a. School, library, etc.

10. Monitor what children are doing at their friend's houses. Make sure their parents are also protective against pornography
11. Teach children about healthy modesty in dress
12. Teach children to come talk to you if they see an improperly clothed person.



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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
 - f. Music
 - g. Video Games
3. Do not allow youths to isolate with the internet
4. Limit screen time: television, computer, cell phone, etc.
5. Monitor all internet, 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. You-tube
 - c. Twitter
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 who your teen hangs out with
- 10. Promote modesty in dress. Teach teens to respect themselves and others
- 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



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- **Suggestions for what to tell penitents who confess struggling with pornography use:**
 - Thank God for your strength in coming forward and admitting you have a problem. This is the first step in your journey to recovery.
 - You're not alone. Thousands of men struggle with compulsive pornography use.
 - Do you want to be free from this sin? Are you willing to pay the price?
 - Healing and freedom from sin is possible, but know that you can't do it alone.
 - It requires God's grace, professional help, and support from other men who understand your struggle.
 - Here is a card that will direct you to helpful resources. If you're serious about overcoming pornography use, I urge you to explore them.
 - Know that God, the Father of Mercy and Love, will provide the grace to overcome this sin.
 - Developed with the Archdiocese of New York Priest Personnel and Family Life Offices



Have questions? Call or e-mail our team.

Toll free in the U.S. at 855.373.5568 or 989.720.8000. Resources@CovenantEyes.com

The Internet is helpful and entertaining, but because most Internet activity is anonymous, it is also full of hidden dangers. Did you know these facts?

- 67% of kids clear their browser history to hide Internet use from their parents.
- 86% of men are likely to click on porn sites if no one else will know.

Protect yourself and the ones you love. Choose Accountability or Filtering, or use both services together.

Internet Accountability

When someone you trust receives a report of the websites you visit, it changes how you use the web. You think twice before you click. And when you monitor your children's Internet use, you have peace of mind knowing you'll see if they start down a potentially dangerous path.

- Get a report showing the websites visited.
- Each site is rated for content, such as T for Teen and M for Mature.
- Accountability service is available for your computers and your smartphones.



For 30 days free use the code **safeguard** when signing up online.

Internet Filtering for Windows

With a new website being launched every second, kids need your guiding hand. Give your kids the extra protection they need online with the Internet Filter for Windows.

- Block content by age-appropriateness.
- Create custom block and allow lists for each child.
- Set the amount of time and the times of day each of your kids spend online.

For more details, including pricing, visit CovenantEyes.com.

Teams with:



For 30 days free use the promo code:

PursuitOfHoliness

How does Internet Accountability work?

- 1** Sign up and download the software. Then go online like normal. Covenant Eyes Internet Accountability monitors all Internet use and scores each website visited for mature content.

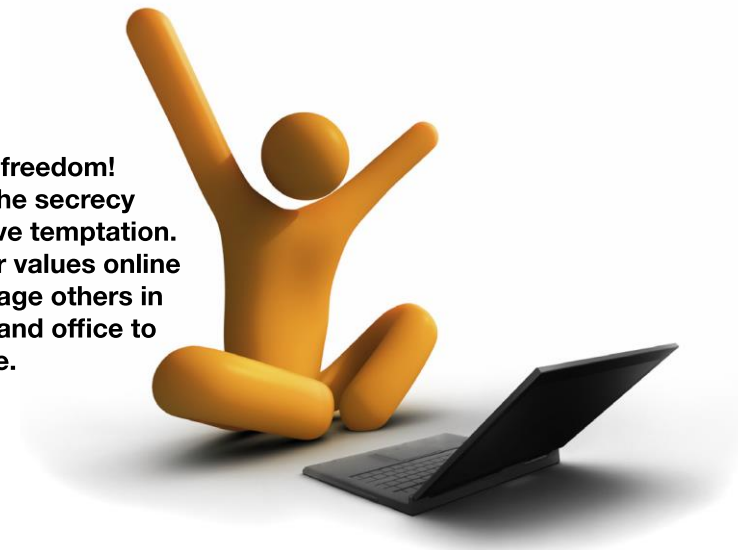


- 2** We automatically send reports to an Accountability Partner you choose, such as a friend, parent or other trusted person. These reports show how you've used the Web. **Parents:** Consider using Internet Accountability for your children or college students to teach responsible Internet use.



- 3** Your Accountability Partners can then talk to you about the report, or you can talk with your kids about theirs. It may be as simple as a quick e-mail or as personal as a conversation.

- 4** Experience freedom! Removing the secrecy helps remove temptation. Uphold your values online and encourage others in your home and office to do the same.



www.CovenantEyes.com

For 30 days free use the promo code: **pursuitofholiness**



About Peter C. Kleponis, Ph.D.

Peter C. Kleponis, Ph.D. is a Licensed Clinical Therapist and Assistant Director of Comprehensive Counseling Services in West Conshohocken, PA. He holds an M.A. in Clinical-Counseling Psychology from LaSalle University in Philadelphia, PA and a Ph.D. in General Psychology from Capella University in Minneapolis, MN. Dr. Kleponis has over eighteen years of professional experience working with individuals, couples, families and organizations. He specializes in marriage & family therapy, pastoral counseling, resolving excessive anger, men's issues, and pornography addiction recovery.

Dr. Kleponis currently travels around the country educating people on how to win the battle against pornography through his *Fighting Porn in Our Culture...and Winning!* program. He has presented his conferences to numerous dioceses, colleges, seminaries religious communities and other Catholic organizations. Dr. Kleponis has also been a guest on EWTN television programs such as *Women of Grace*, *Franciscan University Presents*, and *Crossing the Goal*. He is a regular guest on Relevant Radio's *On Call* program. Dr. Kleponis resides in Phoenixville, PA with his wife, Maria, and their sons, John Paul and Matthew.

For information about counseling sessions with Dr. Kleponis, or to schedule a *Fighting Porn in Our Culture...and Winning!* conference, please contact:

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Book by Dr. Kleponis

Integrity Restored: Helping Catholic Families Win the Battle Against Pornography

The Pornography Epidemic: A Catholic Approach

DVDs featuring Dr. Kleponis:

Unfiltered: Equipping Parents for an Ongoing Conversation about Internet Pornography – Parent Workshop Kit by Covenant Eyes. www.CovenantEyes.com.

Blessed are the Pure in Heart: Commentaries on the Dignity of the Human Person and the Dangers of Pornography. www.familyland.org.

Porn: The Addiction, The Remedy, the Hope. Five episodes of EWTN's Women of Grace. <https://shop.womenofgrace.com/product/1602/dvds>

The Porn Trap: Two episodes of EWTN's Crossing the Goal. www.crossingthegoal.com

Franciscan University Presents: The Pornography Epidemic. www.franciscan.edu