

Family Home Evening Lesson - What Should I Do If I See Pornography?

Member of the High Council (Rob, Dale or Scott)

I am grateful to be here with you today. Today is a bit of a special day in that this same lesson that we will discuss today is being taught to all the youth of the stake in their wards - today. This message is important enough that the Stake Presidency has asked each ward to have a special 3rd hour meeting for the youth and the adults. The topic is Pornography and why we must avoid it! So, I am going to teach the first part of this lesson and then President (Stroud, Morgan or Ralph) will come in and teach the second half of the lesson.

What is Pornography? How is it distributed?

Pornography is any material that depicts or describes the human body or sexual conduct in a way that arouses or is intended to arouse sexual feelings inappropriately. It is distributed through many media, including magazines, books, television, movies, music and the Internet.

If you were to give an estimate of how many in this room has seen or heard something that is pornographic, what would it be?

Of course the answer is "Everyone has"; we've all have been exposed young and old. TV advertisement is rife with "soft porn", we run in to it while reading books and magazines and have been exposed to it on our electronic devises (computers, hand holds, etc.).

The question brings more meaning while talking about the next part of the lesson; "What Should I Do if I see Pornography" for it's an exercise for all of us. We're all in the same boat ... victims or not. It's what we do about it (take control of the situation or indulge in it) that's important.

How can I keep Good Thoughts in my Mind?

- 1) Start by staying away from people, things, and places that will harm you.
- 2) Be where the Spirit of the Lord is. Make sure that includes your own home or room.
Carefully choose the kind of art, music, and books you keep there.
- 3) Pray always. Ask for angels to help you.

What may begin as an unexpected exposure or curious exploration can become a destructive habit. When an accidental exposure occurs, or even if you have viewed pornography more than once, your reaction will determine its future effect on you. In those situations you need to do the following:

- 1) Call it what it is (i.e. pornography, immodesty, sexualized media, etc.)
- 2) Turn it off and turn away
- 3) Talk to your parent.

When you are open about your encounters with pornography you decrease the likelihood of returning to the damaging material.

PRIOR TO THE MEETING - ASK SOMEONE TO TELL THE STORY OF JOSEPH AND POTIPHER'S WIFE (Gen 39:7-12)

Joseph is a great example of the pattern we discussed. When Potipher's wife tempted him to be sexually inappropriate, he recognized what she was trying to do, left immediately and didn't go back. When you immediately follow the promptings of the spirit you can protect your spirit and stay close to our Heavenly Father. Talk to Heavenly Father and trusted family members about your experience and ask for strength.

WATCH VIDEO - DARE TO STAND ALONE (President Monson - **4 minutes 20 seconds**)

- <https://www.lds.org/media-library/video/2012-05-005-dare-to-stand-alone>

What are some situations where you might encounter Pornography?

Discuss how to respond in those situations (Call it what it is, Turn it off or turn away, talk with your parents)

Elder Neal A. Maxwell put it this way:

"What we insistently desire, over time, is what we will eventually become and what we will receive in eternity. ...

"... Only by educating and training our desires can they become our allies instead of our enemies!

One final thought comes from the Primary Song "If the Savior Stood Beside Me" - Would I do the things I do? That is a powerful message. I would like to read the words to the song as you listen to the music.

If the Savior stood beside me,

Would I do the things I do?

Would I think of His commandments and try harder to be true?

Would I follow His example?

Would I live more righteously if I could see the Savior standing nigh,
watching over me?

If the Savior stood beside me,

Would I say the things I say?

Would my words be true and kind if He were never far away?

Would I try to share the gospel?

Would I speak more rev'rently if I could see the Savior standing nigh,
watching over me?

If the Savior stood beside me, would my thoughts be clean and pure?

Would His presence give me strength and hope and courage to enduWould His counsel guide
my actions?

Would I choose more worthily if I could see the Savior standing nigh watching over me?

Watching over me, watching over me,
He is always near me, though I do not see Him there,
And because He loves me dearly,
I am in His watchful care,
So I'll be the kind of person that I know I'd like to be
if I could see the Savior standing nigh watching over me.
I will be the kind of person that I know I'd like to be
if I could see the Savior standing nigh watching over me.

Member of the Stake Presidency

Object Lesson:

Large pitcher of Orange Drink and two glasses (both preferably clear).

"Would anyone like a nice refreshing orange drink?"

When someone volunteers, pick up the glass and pull out the orange dishwashing soap from under the table and fill the glass.

Hand the volunteer the glass - they refuse to drink it. **"But it's orange and it is really useful to clean your dishes - come on! Just try it."**

DISCUSSION:

"WE WOULDN'T KNOWINGLY DRINK POISON! Even though the soap has its place in the home and is useful - we wouldn't drink it".

Take the other glass and mostly fill it with the Orange Drink and then put just a little bit of dishwashing soap in the glass. **"Orange juice is high in vitamin C and has all kinds of good things for you. Orange juice is very good for you. Will you drink this glass?"**

"A little bit won't hurt you. It is just that one part. You can drink around it, it is only a small part - and the rest is really good! You will like it"

DISCUSSION:

Talk about Satan and the World's view of pornography. **"Of course we wouldn't just drink in Satan's poison - however pornography is poison!"**

We might Sometimes rationalize while watching a movie or reading a book or "Twitter" : "a little bit is OK".fast forward that part of the movie, or skip reading those pages, or just wait, it is just a "little bit" - BUT IT IS POISON. We can rationalize all the benefits of what we think we are getting, or how the rest of the movie is SOOO good....but that one part might be the "poison" that ruins the whole movie or book ... or even worse your mind.

What are the different ways we might encounter pornography? (Television shows, movies, books, magazines, video games, text messages, on the internet, mobile apps and tablets).

How can you protect yourself while using these resources?

For the Strength of Youth - Entertainment and Media - Have a youth read the Second and Third Paragraphs.

What are some things that you can do if you accidentally encounter pornography?

(From Sister Reeves - Turn off your phone, sing a primary song, pray for help, think of a scripture, walk out of a movie, picture the Savior, take the sacrament worthily, study For the Strength of Youth, be an example to your friends, confide in a parent, go see your Bishop

Sister Reeves - "Filters are effective tools, but the greatest filter in the world, the only one that will ultimately work, is the personal filter that comes from a deep and abiding testimony of our Heavenly Father's love and our Savior's atoning sacrifice for each one of us."

Sister Reeves continues - "I know from my own experiences....I must testify of the blessings of daily scripture study and prayer.....these are good practices that help take away stress, give direction to our lives and add protection.....Then, if pornography or other challenges do strike.....we can petition the Lord for help and **expect** guidance from the Spirit, knowing that we have done what our Father has asked us to do.")

Other topics of discussion might include:

What is the difference between being attracted to the opposite sex and being attracted to pornography?

How does viewing pornography affect your future marriage?

What should you do if you find yourself viewing pornography on a regular basis?

Will the bishop tell your parents if you talked to him about a habit of viewing pornography?

WATCH VIDEO - "TO LOOK UPON" (Elder Oaks, 4 minutes 15 seconds)

- <https://www.lds.org/youth/video/to-look-upon>

THERE IS ALWAYS HOPE - My hope is that you will avoid pornography at all cost, it is a plague that will destroy the spirit. Put into practice the things we have talked about today. Those of you who are viewing pornography - get help. Get help from our Heavenly Father, your parents or your bishop.