

Kent Stake-Preventing and Overcoming Pornography

OvercomingPornography.org

The Lord Jesus Christ makes it possible for us to overcome all things. No matter our circumstances, He asks us to trust that He is the way. You will be reminded of the power of Jesus Christ and His Atonement as you discover practical guidance and resources for individuals, families, and leaders seeking healing, forgiveness, protection, and power in overcoming pornography.

LESSONS

Lessons are designed for Adults. To tailor to your specific family needs please refer to the sections "Ideas for children" or "Ideas for youth".



PREPARE SPIRITUALLY

Lessons contain scriptures and resources that can help deepen your knowledge of the doctrine related to this topic. As you study, consider ways to share the doctrine with your children.



INTRODUCE THE DOCTRINE

Choose from the ideas listed or think of your own to introduce the doctrine.



LEARN TOGETHER

Follow the guidance of the Spirit as you select one or more of the listed activities that will be appropriate for the age groups and needs of your family.



INVITE TO ACT

Invite each member of the family to make a personal action plan and avoid all forms of media that do not help them feel close to the Lord. Ensure that each family member has an increased understanding of God's love for him or her individually.



FAMILY HOME EVENING LESSONS

Each Family gives lessons in their home in the months of February, June & October

OvercomingPornography.org
Resources / Family Home Evening Lessons

Sexual Intimacy is Sacred and Beautiful

What Should I Do If I See Pornography

My Body Is From God

The Spirit Can Help Me Choose Good Media

The Savior Desires to Forgive and Heal the Wounds of Pornography

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Resources / Prevention

Keeping Safe and Balanced in a Technology World

WARD AUXILIARY LESSONS

Each Ward gives a lesson during the 3rd Hour in the months of February, June & October

Adult Themes

Feb, June, Oct-A 3rd Hour Lesson based on the FHE Lessons listed above presented by Ward Leadership.

Youth Themes

Feb, June, Oct-A 3rd Hour Lesson based on the FHE Lessons listed above presented by Ward Leadership.

Primary Themes

One Primary Sharing Time presented by the Bishop & Ward Primary President.

Feb - Learn what to do when you see pornography and know that you are not a bad person for stumbling upon it.

Jun - Learn to listen to the Spirit in choosing good media.

Oct - What to do with the aftermath of being exposed to pornography.

TECHNOLOGY LAB

Internet Family Safety
Technology Safeguards
Training Discussion
Hands on Setup
On Demand Research

4th Thursday of each month
7:00pm
Kent Stake Center
High Council Room

SPECIAL FIRESIDE

Protecting Families
Against Pornography

Special Guest Speaker
Kristen A. Jenson, MA

Sunday, February 18
Kent Stake Center

5:30pm - 6:30pm
For Parents of Children
Ages 3-12

7:00pm - 8:00pm
For Youth 12-18 & Adults

ADDITIONAL RESOURCES

Addiction Recovery
Program
addictionrecovery.lds.org

A Parent's Guide
[www.lds.org/
manual/a-parents-guide](http://www.lds.org/manual/a-parents-guide)