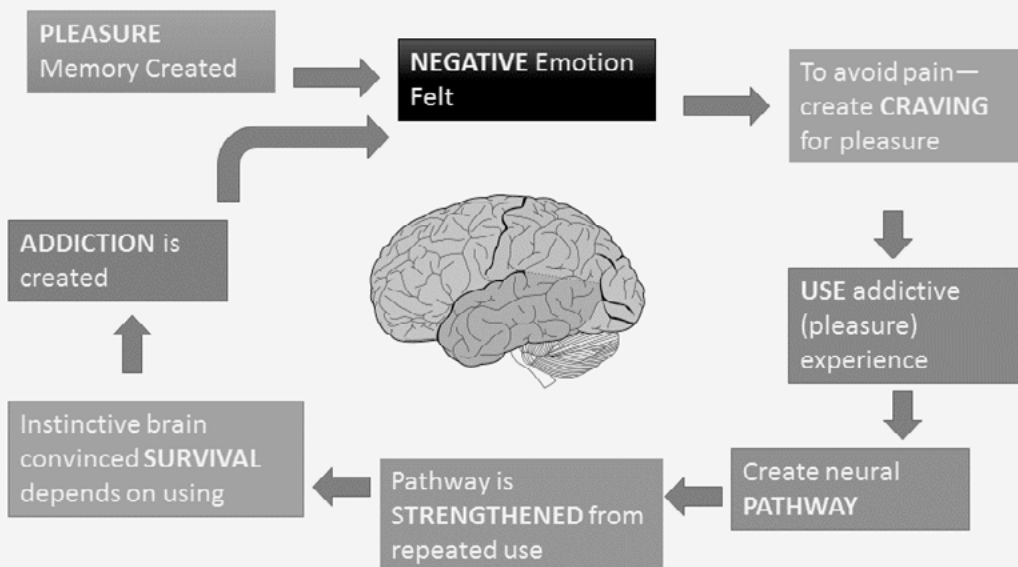


**RIGHTEOUS**

# #SurvivalSkills4Rebels

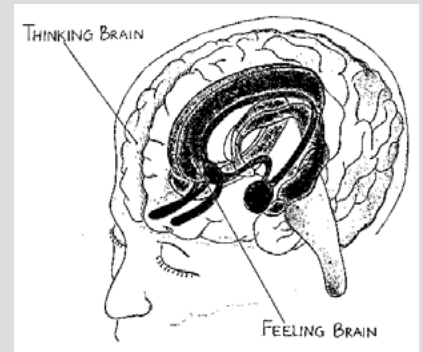
## **PREPARE by gaining knowledge so you aren't caught in the trap of ignorance**

- What is pornography?
- Porn hurts marriages
- Porn tells lies about sex
- Porn tricks viewers into mating with a decoy
- Porn is addictive—just like a drug
- The process of addiction
- Dopamine drives addiction
- Porn addicts escalate their use to achieve the same effect
- Porn has become more “vile, evil and graphic.”
- Addictions physically alter the brain
- Porn can cause sexual dysfunction
- Masturbation can re-wire the brain
- Porn fuels sex trafficking (“renting out” a person for sex)
- Porn fuels child on child harmful sexual behavior
- Porn normalizes rape



## **PRACTICE rejecting pornography so you are not deceived by apathy**

- You have two brains
- Use the CAN DO Plan to keep the thinking brain in charge
- Map out healthy ways to meet emotional needs
- Focus on relationships
- Parents and youth — talk about sex!
- Practice integrity online and within apps and games



## **PERSEVERE by staying strong, humble and reaching out so you don't give in to discouragement**

- Build and maintain your defense
- Humility + Honesty = Help + Hope + Healing
- Brian's story of recovery
- Check out Fortify at [JoinFortify.com](http://JoinFortify.com)
- Recovery from addiction is worth any sacrifice — Aron's story
- Be rebels WITH a cause! The cause of Christ. The cause of Zion.

## **Resources**

### **BOOKS**

[\*Facing the Facts: The Truth about Sex and You\*](#)

by Stan and Brenna Jones (a Christian approach)

[\*Good Pictures Bad Pictures: PornProofing Today's Young Kids\*](#)

### **WEBSITES**

[OvercomingPornography.org](http://OvercomingPornography.org) — the LDS website with resources for individuals, spouses, parents, and leaders.

[Utah Coalition Against Pornography](#) — Lots of videos of previous conference presentations.

[Fight the New Drug](#) — Information and encouragement to “fight for love”.

### **BLOG POSTS**

[Marriage and Porn: What Everyone Needs to Know](#)

[Protect Kids from Porn: A Simple Lesson from \(Fake\) Butterflies](#)

[How Porn Use Becomes an Addiction](#)

[5 Proven Ways Porn Harms Kids that No One Talks About](#)

[10 Reasons Colleges are Producing Rapists](#)

[You Have Two Brains!](#)

[Block Porn Interest: A Proactive Parenting Plan](#)

[Teen Shares 7 Tips for Overcoming Pornography](#)