

Men Against Porn 2017 RESOURCES

“I made a covenant with my eyes not to look lustfully at a girl.”

Job 31:1 (NIV)

Websites:

Covenant Eyes

Internet software that can be downloaded onto your computer after creating an online account at www.covenanteyes.com. It allows the user's internet usage to be recorded and emailed to an accountability partner. Also offers further restrictions. This software is \$8.99/mo.

K9 Web Protection

Free online software that blocks certain websites. Can also monitor web activity.

AdBlock, Block site, StayFocused

Chrome web-browser extensions that allow you to set up timers for when you have internet access (through Chrome), allows you to block websites, or even block all websites (to which you can set up exceptions in advance). Usually marketed as a “productivity tool” but functions great against “danger sites” (like YouTube) and “danger times” for porn temptation.

Setting Captives Free

This website has recovery programs for all sorts of addictions and addictive behaviors. The 60-day detox program, “The Way of Purity” comes recommended by several CCF student leaders.

FightTheNewDrug.com

Non-religious website that has excellent breakdowns of the history, effects, and solution to porn use in America. Well-written, with a catchy and accessible lay-out, and fantastic media content.

Online Articles, Ted Talks, etc.

<http://www.dailymail.co.uk/femail/article-2432591/Porn-pernicious-threat-facing-children-today-By-ex-lads-mag-editor-MARTIN-DAUBNEY.html>

“Experiment That Convinced Me Online Porn Is The Most Pernicious Threat Facing Children Today” article highlights porn use in Europe (our forerunner in “sexual license”), written by a former “men's magazine” editor, about the availability and impact of children watching porn.

http://nymag.com/nymetro/news/trends/n_9437/

“The Porn Myth” article from New York magazine, highlights the impact watching porn has on real relationships. Subtitle: “In the end, porn doesn't whet men's appetites – it turns them off the real thing.”

<http://www.relevantmagazine.com/life/8-things-i%E2%80%99ve-learned-about-overcoming-porn-addiction>

“8 Things I've Learned About Overcoming Porn Addiction” article from Relevant Magazine – brief, helpful, and insightful.

“The Great Porn Experiment” Ted Talk <https://www.youtube.com/watch?v=wSF82AwSDiU>

Overview of where our culture is at with pornography, and why. Note: this is not a presentation from a Christian worldview.

“Why I Stopped Watching Porn” Ted Talk https://www.youtube.com/watch?v=gRj_QfP2mhU
Personal story of why one guy stopped looking at porn, and how porn twists true sexual relationships. Note: this is not a presentation from a Christian worldview.

Books:

The Game Plan – A 30-day Strategy for Attaining Sexual Integrity (by Joe Dallas)

This book has helped many Christian guys break free from lust, addiction, and pornography. Very practical steps mixed with good theology to help reform habits and values. Prescribed by the CCF Staff to any incoming leader struggling with porn.

Every Young Man's Battle (by Fred Stoeker and Stephen Arterburn)

This book outlines our culture's addiction with lust and how young, single men can retrain their minds and eyes to accomplish integrity.

Wired for Intimacy (by Dr. William Struthers)

This book details out the growing science behind pornography's effect on the male brain. Focusing mostly on the science of what happens in the brain, it gives good insights into just how “drug-like” pornography is – from the first time it's viewed, to the first time in a long time.