



# FOR THE SAKE OF GOD'S CHILDREN

Section Four  
Resources

DIOCESE OF WILMINGTON  
Revised 2015

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**RESOURCE INFORMATION**  
**REPRINTED FROM THE SAFE ENVIRONMENT MANUAL**  
**ST. ELIZABETH ANN SETON CATHOLIC COMMUNITY**  
**DALLAS TEXAS**

**What is child abuse or neglect?**

Child abuse includes, but is not limited to, the following:

1. Engaging in sexual activity with a child.
2. Denial of proper or necessary subsistence, education, medical care, or other care necessary for the child's health.
3. Use of restraint procedures on a child that cause injury or pain.
4. Administration of prescriptive drugs or medication without the ongoing supervision of a licensed physician.
5. Providing alcoholic beverages or controlled substances.
6. Commission of any act, other than by accidental means, that threatens or results in any injury or death to the child.

**Types of Child Abuse**

**Physical Abuse** is any non-accidental physical injury to a child cause by an adult which results in or threatens serious injury. Often adults who physically abuse children do not intend to seriously injure the children but get carried away by anger and frustration in their own lives.

**Neglect** is the failure of a parent or guardian to provide a child with adequate food, clothing, shelter, medical care, education or supervision. Neglect is a chronic problem often resulting not from poverty, but from lack of knowledge as to the proper care required by children.

**Sexual Abuse** is any physical contact with a child by an adult or older child in a position of power over the child, for the sexual gratification of the adult or older child. Other terms for sexual abuse include child molestation, incest (if the abuser is a member of the child's family), or child pornography. Usually, child sexual abuse is not violent, and the child knows the abuser.

**Emotional Abuse** is an important factor in all forms of child abuse. To be hurt so much by someone who should care and protect is very damaging to the emotional development of a child. Adults who do not physically harm a child may cause emotional harm by using words which threaten, harshly criticize, ridicule or harass.

If you observe that a child is exhibiting any one of the signs of child abuse, be aware that the presence of any one of the signs does not confirm abuse or neglect. However, the presence of a number of these signs may be reason for consultation. It is very important not to jump to conclusions but rather to look carefully at the entire situation for evidence that would give you reason to suspect child abuse.

None of the signs alone proves that a child is being maltreated but when the signs appear repeatedly they should elicit concern.

### **Indicators of Abuse**

#### **Behavior Indicators of Physical Abuse**

1. Wary of adults
2. Is either extremely aggressive or withdrawn
3. Is dependent and indiscriminate in his/her attachments
4. Is uncomfortable when other children cry
5. Generally controls his/her own crying
6. Exhibits a drastic behavior change when not with parents or caregivers
7. Is manipulative
8. Has poor self-concept
9. Exhibits delinquent behavior, such as running away from home
10. Uses or abuses alcohol and/or other drugs
11. Is self mutilating
12. Is frightened of parents, of going home
13. Is overprotective of or responsible for parents
14. Exhibits suicidal gestures and/or attempts suicide
15. Has behavior problems at school

#### **Physical Indicators of Abuse**

1. Has unexplained bruises or welts, often clustered or in a pattern
2. Has unexplained and/or unusual burns (cigarettes, doughnut-shaped, immersion lines, object-patterned)
3. Has unexplained bite marks
4. Has unexplained fractures or dislocations
5. Has unexplained abrasions or lacerations
6. Wets the bed. (Or explanation is inconsistent or improbable)

### **Indicators of Neglect**

#### **Neglect-Behavior Indicators**

1. Is truant or tardy to school often or arrives early or stays late
2. Begs or steals food
3. Attempts suicide
4. Uses or abuses alcohol or drugs

5. Is extremely dependent or detached
6. Engages in delinquent behavior, such as prostitution or stealing

### **Neglect – Physical Indicators**

1. Frequently is dirty, unwashed, hungry, inappropriately dressed
2. Engages in dangerous activities possibly because he/she generally is unsupervised
3. Is tired and listless
4. Has unattended physical problems
5. May appear to be over-worked and/or exploited

## **Emotional Abuse**

### **Emotional Abuse Behavioral Indicators**

1. Is overly eager to please
2. Seeks out adult contact
3. Views abuse as being warranted
4. Exhibits changes in behavior
5. Is excessively anxious
6. Is depressed
7. Is unwilling to discuss problems
8. Exhibits aggressive or bizarre behavior
9. Is withdrawn
10. Is apathetic
11. Is passive
12. Has unprovoked fits of yelling or screaming
13. Exhibits inconsistent behavior at home and school
14. Feels responsible for the abuser
15. Runs away from home
16. Attempts suicide
17. Has low self esteem
18. Exhibits a gradual impairment of health or personality
19. Has difficulty sustaining relationships
20. Has unrealistic goal setting
21. Is impatient
22. Is unable to communicate or express his/her feelings, needs or desires
23. Sabotages his/her chances of success
24. Lacks self confidence
25. Is self depreciating and has a negative self image

### **Emotional Abuse Physical Indicators**

1. Has a sleep disorder (nightmares or restlessness)
2. Wets the bed

3. Exhibited developmental lags (stunting his/her physical, emotional and or mental growth)
4. Is hyperactive
5. Exhibits eating disorder

### **Sexual Abuse**

#### **Sexual Abuse Behavioral Indicators**

1. Is reluctant to change clothes in front of others
2. Is withdrawn
3. Exhibits unusual sexual behavior and/or has venereal disease knowledge beyond that which is common for his/her development state
4. Has poor peer relationships
5. Either avoids or seeks out adults
6. Is pseudo-mature
7. Is manipulative
8. Is self conscious
9. Has problems with authority and rules
10. Exhibits eating disorders
11. Is self mutilating
12. Is obsessively clean
13. Uses or abuses alcohol and/or other drugs
14. Exhibits delinquent behavior such as running away from home
15. Exhibits extreme compliance or defiance
16. Is fearful or anxious
17. Exhibits suicidal gestures and/or attempts suicide
18. Is promiscuous
19. Engages in fantasy or infantile behavior
20. Is not willing to participate in sports activities
21. Has school difficulties

#### **Sexual Abuse Physical Indicators**

1. Has pain and or itching in the genital area
2. Has bruises or bleeding in the genital area
3. Has venereal disease
4. Has swollen genital parts
5. Has difficulty walking or sitting
6. Has torn, bloody and/or stained underclothing
7. Experiences pain when urinating
8. Is pregnant
9. Has vaginal or penile discharge.
10. Wets the bed

*The following information is from the Diocese of Wilmington Guidelines for Developing Parish Personnel Manuals*

#### 4.04 HARASSMENT POLICY

**The parish will not tolerate acts of harassment of its employees or any discrimination on the basis of age, race, color, national origin, sex, religion, or disability. All employees are responsible for ensuring that the workplace is free from all forms of harassment.**

*Refer to:  
Religious Education Manual #4129.9  
Catholic Schools Manual #4001.*

#### COMMENTARY

Harassment Defined:

Harassment is unwelcome verbal or physical conduct, directed at an individual based upon age, race, color, national origin, sex, religion, or disability, which disrupts or interferes with another's work performance, or which creates an intimidating, offensive or hostile environment.

Examples of Harassment:

Harassment includes the use of insulting epithets or nicknames; the display of insulting or offensive cartoons, pictures, slogans or symbols and, intimidation through physical violence or threats of such violence.

Sexual Harassment

Sexual harassment is a type of harassment which refers to any unwelcome sexual attention, sexual advances, requests for sexual favors, and other unwelcome verbal, visual or physical favors, and other unwelcome verbal, visual or physical conduct directed to an individual because of gender. Examples of sexual harassment include conditioning employment actions upon the granting of sexual favors; unwanted and unnecessary physical contact; offensive remarks, including unwelcome comments about appearance, obscene jokes or other inappropriate use of sexually

explicit or offensive language; and, the display in the work place of sexually suggestive objects or pictures.

## **PROCEDURE**

### Complaint:

Any employee who believes that he or she has been subject to harassment prohibited by this policy has a responsibility to report the harassment as soon as possible to his or her immediate supervisor. If the harassment is being perpetrated by the supervisor then the employee may bring his or her complaint to the Pastor. If the Pastor is the source of the harassment, or there are other compelling reasons which prevent bringing the problem to the attention of the Pastor the issue should be taken directly to the Vicar for Priests.

### Investigation:

All complaints of harassment will be investigated promptly and impartially. Information will be kept confidential as far as possible.

### Action:

Anyone who is found, after appropriate investigation, to have engaged in harassment of another employee, will be subject to disciplinary action, which may include termination of employment.

### Retaliation Prohibited:

No one who brings a harassment complaint in good faith will be subject to any adverse employment action for doing so, regardless of whether the complaint is ultimately determined to have merit.

## **4.05 CHILD ABUSE/NEGLECT**

### **INTRODUCTION**

Because of the nature of the parish ministries many employees and volunteers are in direct contact with children. All employees and volunteers should be aware of the Diocesan Policy regarding Child Abuse or Neglect. All employees and volunteers should also be familiar with the parish procedures as outline in the Personnel Manual.



The Diocese and this parish are committed to providing an environment that gives, nourishes and defends life. The Diocese and this parish deplore the harm and injury individuals and families suffer because of anyone's misconduct. Such misconduct violates the respect to which all persons have a right. When anyone engages in abusive behavior, that individual betrays the trust and commitment to contribute to the life and growth of others.

Parish staff members and members of the parish volunteer corps always bear the responsibility for maintaining boundaries and clear roles in ministerial relationships. The Diocese and parish take seriously any allegations of abuse and respond immediately in a pastoral, compassionate and responsible manner. With the ultimate aim of reconciling and bringing healing, the Diocese and parish pledge to treat justly, respectfully, and compassionately everyone involved in such cases.

**A. GENERAL LAWS OF THE STATES OF DELAWARE AND MARYLAND REGARDING THE REPORT OF ALLEGED CHILD ABUSE AND /OR NEGLECT**

The laws of the States of Delaware and Maryland require that any person who knows of or reasonably suspects child abuse or child neglect shall report the same promptly to appropriate civil authority. As persons who are often in contact with children, through church programs, through Religious Education classes, Youth Ministry activities or the Catholic School, we have a particularly serious responsibility to be aware of the law and to be alert to real or potential problems. In Delaware, the report is to be filed with the Division of Family Services; in Maryland to the appropriate county office or law enforcement agency. The initial report may be made by telephone or in person. The law further provides that persons making such reports in good faith shall be immune from any liability, civil or criminal, which might otherwise be incurred or imposed with respect to making such a report.

**Delaware: Report to Division of Family Services  
Hotline # 1-800-292-9582**

Maryland : Department of Social Services in the Maryland county where allegedly abused child lives or, if different, the Maryland county where the abuse is alleged to have occurred.

Hotline # 1-800-492-0618

**B. WHO MUST REPORT**  
**DELAWARE**

In Delaware, any person who knows or reasonably suspects child abuse or child neglect must report the matter to civil authorities. Failure to report makes one liable to fine (not more than \$1000) or imprisonment (not more than 15 days). The law also states that only the attorney/client privilege exempts reporting. Parish employees and volunteers must comply with the reporting statute.

**MARYLAND**

Any parish employee or volunteer who has reason to believe that the child has been subjected to abuse shall notify the local Department of Social Services or the appropriate law enforcement agency and give all information required by the law to their supervisor. Any doubts concerning serious suspicions about child abuse are to be resolved in the child's favor and are to be reported. The report should be submitted as soon as possible.

**C. WHAT TO DO:**

**If the alleged abuser is an employee**

**If the alleged abuser is a volunteer or**

**If the alleged abuse occurred on parish property:**

1. Any parish employee or volunteer who has reasonable cause to believe that a child has been subjected to abuse or neglect by a fellow employee or volunteer shall immediately make a report of such abuse or neglect by telephone or in person to the Division of Family Services in Delaware (hot line no. 1-800-292-9582); or to the Department of Social Services, in the Maryland County where the allegedly abused child

lives or, if different, where the abuse is alleged to have taken place (hot line no. 1-800-492-0618). Immediately

thereafter, the employee or volunteer shall, as applicable, promptly notify the Pastor and /or other responsible parish supervisor. In any and all cases the Pastor is to be informed and he will promptly notify the Vicar General for Administration.

2. The report to the civil authority may be made by telephone and/or in person and should include, if known, the name and address and other identification of the suspected child abuser; the name, age, sex, whereabouts, and home address of the child; the names and address(es) of the child's parents, guardian or other responsible person who has custody of the child; the nature of the abuse or neglect including any evidence and information of a history of abuse or neglect and any other relevant information. This information should be given to the Pastor.
3. The Pastor after consultation and at the direction of the Vicar General for Administration will make arrangements to notify the parent or guardian. Notice should NOT be given to the parent or guardian if he or she is the one against whom the complaint is made.
4. If the report of child abuse or neglect is against an employee or volunteer of the parish, the employee or volunteer shall be removed from all possible contact with children until such time as the suspect is exonerated by the proper civil authorities. This is to be done in consultation with the Vicar General for Administration.
5. In a case where the alleged child abuser is a priest, the Pastor will advise the Vicar General for Administration. In the case where the alleged child abuser is the Pastor the employee will contact the Vicar General for Administration.
6. If the alleged abuse takes place on church property by someone other than a parish staff member or a member of the parish volunteer corps, the alleged abuse must still be reported to both the civil authorities and diocesan officials.

7. Pastoral and psychological care of the abused child and his /her family is made available when and where appropriate.
8. All information related to a child abuse incident in which a complaint is made against an employee should be gathered and retained in written form in a confidential manner at the direction of the Vicar General for Administration. Files are to be entrusted solely to the care and safekeeping of diocesan officials and are not to be retained at the parish level.

**Additional procedures for Catholic School and Parish Religious Education programs can be found in the following manuals:**

*Diocesan School Policy Manual #4129 and #5151 and attending procedures.*

*Religious Education Manual Policy #4129.1 and attending procedures.*

**Complete Policies and Procedures regarding Reporting Alleged Child Abuse /Neglect are on file in the Safe Environments Office :  
302-295-0668**

## RELIGIOUS PRIVILEGE

### STATE OF DELAWARE

#### Uniform Rules of Evidence Rule 505

(a) Definitions. As used in this rule:

- (1) A "clergyman" is a minister, priest, rabbi, accredited Christian Science practitioner or other similar functionary of a religious organization, or an individual reasonably believed so to be by the person consulting him.
- (2) A communication is "confidential" if made privately and not intended for further disclosure except to other persons present in furtherance of the purpose of the communication.

(b) General rule of privilege. A person has a privilege to refuse to disclose and to prevent another from disclosing a confidential communication by the person to a clergyman in his professional character as a spiritual adviser.

(c) Who may claim the privilege? The privilege may be claimed by the person, by his guardian or conservator, or by his personal representative if he is deceased. The clergyman may claim the privilege on behalf of the person. His authority so to do is presumed in absence of evidence to the contrary.

### STATE OF MARYLAND

#### Courts and Judicial Proceedings §9-111 Minister, clergyman or priest.

A minister of the gospel, clergyman or priest of an established church of any denomination may not be compelled to testify on any matter in relation to any confession or communication made to him in confidence by a person seeking his spiritual advice or consolation. (Ann Code 1957, art. 35, § 13; 1973, 1<sup>st</sup> Sp. Sess., ch.2, § 1.)

**FOR THE SAKE OF GOD'S CHILDREN NOTES  
FOR ATHLETIC DIRECTORS/COACHES  
KEEPING OUR SPACE SAFE AND SECURE**

1. Please be sure that the children know the expectations/requirements for safe and secure environments while they are in the facilities - ex. going to the restroom, strangers in the building etc.
2. Be clear on how the two adult rule is applied in your school.
3. Be vigilant about the facility, know where children are suppose to be and where they are, know what areas are lighted, monitored and which are restricted.
4. When a child needs to leave the class be sure a buddy accompanies the individual.
5. If you have to leave the class be sure a cleared adult is notified and/or is present in the class.
6. Always conduct yourself in accord with the ethical standards you have signed.

**Reporting Allegations of Child Abuse to Civil Authorities**

Any regular volunteer who has cause to suspect an act of **child abuse or neglect** has occurred or receives a report of such an act, must report the incident to:

**Delaware:** Division of Family Services at 1-800-292-9582

**Maryland:** Should report to the Department of Social Services in Maryland County where the allegedly abused child lives, or if different, where the abuse is alleged to have occurred.  
(See attached list.)

If the individual suspects an act of **sexual abuse** of a child, receives a report of such an act by a cleric, employee or volunteer of the diocese they should immediately call:

**Delaware:** State Attorney General's Office: 302-577-8310 and ask to speak to someone in the Sex Crimes Unit.

**Maryland:** The call should be placed to the County Attorney General's Office in which the alleged crime occurred. (See attached list.)

**Reporting to the Diocese of Wilmington**

To report suspected sexual abuse of a minor by a priest or deacon, present or in the past call: Very Rev. Steven P. Hurley, VG, 302-573-3118. Send written allegations to Very Rev. Steven P. Hurley, VG, Diocese of Wilmington, P. O. Box 2030, Wilmington, DE 19899-2030.

**FOR THE SAKE OF GOD'S CHILDREN  
NOTES FOR CATECHISTS/HELPERS  
KEEPING OUR SPACE SAFE AND SECURE**

- (1) Please be sure that the children know the expectations /requirements for safe and secure environments while they are in the facilities – ex. Going to the restrooms, strangers in the buildings. etc.
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NOTES FOR COUNSELORS  
KEEPING OUR SPACE SAFE AND SECURE**

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2. Be clear on how the two adult rule is applied in your school.
3. Be vigilant about the facility, know where children are suppose to be and where they are, know what areas are lighted, monitored and which are restricted.
4. When a child needs to leave the class be sure a buddy accompanies the individual.
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**FOR THE SAKE OF GOD'S CHILDREN  
NOTES FOR TEACHERS  
KEEPING OUR SPACE SAFE AND SECURE**

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NOTES FOR COACHES/ASSISTANTS  
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**FOR THE SAKE OF GOD'S CHILDREN  
NOTES FOR YOUTH MINISTERS  
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## REPORTING NUMBERS MARYLAND

COUNTY	CHILD PROTECTIVE SERVICES	ATTORNEY GENERAL
CAROLINE COUNTY	410-479-5900 After hours 410-479-2515	410-479-0255
CECIL COUNTY	410-996-0100 After hours 410-398-3815	410-996-5338
DORCHESTER COUNTY	410-901-4100 After hours 410-221-3246	410-228-3611
KENT COUNTY	410-810-7000 After hours 410-758-1101	410-778-7479
QUEEN ANNE'S COUNTY	ALL HOURS 410-758-8000	410-758-2264
SOMERSET COUNTY	410-677-4200	410-651-3333
TALBOT COUNTY	410-822-1617 After Hours 410-822-3101	410-770-8060
WICOMICO COUNTY	410-543-6900 After Hours 410-548-4891	410-548-4880
WORCESTER COUNTY	410-677-6839 After Hours 410-632-1113	410-632-2166

**FOR THE SAKE OF GOD'S CHILDREN**  
**Talking Points for Parents and Children**

THINGS THAT PARENTS NEED TO TEACH	THINGS THAT CHILDREN NEED TO KNOW
1. As early as possible, teach children their full name, address and telephone number. Periodically ask them to repeat it back to you	Learn full name, address and telephone number.
2. Never leave children unattended.	When shopping or in a crowd know where to go (cashier, security officer, etc.) if separated from your parent/guardian. Never leave the store by yourself.
3. Explain the difference between good touching and bad touching. The doctor's examination is good touch but touching of the child's private parts by a relative, friend or a stranger is bad touching.	No matter who does the bad touching, tell parents/guardian.
4. In order for children to understand good touch/bad touch they need to know the proper names for body parts. Take away the embarrassment children have about talking about "private parts".	It is good to tell Mom and Dad if anyone tries to touch the private areas of their bodies.
5. You and your child should have a password worked out in case you cannot pick them up from school or day care center. If the child is unsure who is picking them up have the child go to the principal or teacher.	Never leave school with anyone except your parent or guardian and know the family password.
6. Do not leave your children unattended in a car.	Never get in the car alone to play or hide.
7. On the telephone your child is never to let anyone know they are home alone. Discuss responses like, "My Dad is in the shower or my Mom is busy right now."	Never tell anyone on the phone that your parents/guardians are not home. Use the responses you have practiced/been taught.
8. Instruct your children never to open the door without you being present.	Never open the door without your Mother or Father/guardian being present.
9. Know the route your child takes to and from school and have them use the buddy system.	Walk to and from school with a buddy and stay away from alleys, wooded lots and vacant areas. Follow the route you and your parents practiced.
10. Do not allow children to wear T-shirts that show their names.	Do not respond to strangers who call you by name.
11. Children should be taught that it is	If anyone grabs you, touches you or

<p>alright to say no to anyone if they are asked to</p> <ul style="list-style-type: none"><li>• Look at pictures offered by strangers</li><li>• Allow strangers to take pictures of them</li><li>• Approach the car of someone asking directions</li><li>• Enter someone's house or property of anywhere with anyone they cannot be seen by others</li><li>• Do anything that might frighten them or make them feel uncomfortable, including unwanted hugs, pats on the buttocks, or touches that make you uncomfortable</li></ul>	<p>otherwise threatens you, run away, scream for help, bite, kick, scratch or use any method necessary to escape.</p> <p>It is okay to say no to anyone who tries to hug or kiss you. It is okay not to go anywhere unless your parents/guardian approved.</p> <p>You can refuse someone if their request feels weird or separates you from the other children.</p>
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# BEGINNING THE YEAR WITH WAYS TO MAKE KIDS SAFER

## At Home

- Teach your children their full names, addresses and home phone number. Make sure the youngest knows your name.
- Make sure your children know how to reach you at work or on your cell phone.
- Teach your children how and when to use 911.
- Instruct your children to keep the door locked and not open the door to talk to anyone when they are home alone. Set rules with your children about having visitors over when you are not home and how to answer the phone when you are out.
- Choose babysitters with care. Obtain references. Once you have chosen a caregiver, drop in unexpectedly to see how your children are doing. Ask children how the experience with the caregiver was and listen carefully to their responses.

## On the Net

- Learn about the internet. The more you know about how the Web works, the better prepared you are to teach your children about potential risks.
- Place the family computer in a common area, rather than a child's bedroom. Also, monitor their time spent online and the websites they've visited.
- Use privacy settings on social networking sites to limit contact with unknown users.
- Make sure screen names don't reveal too much about your children.

## At School

- Don't display your children's names on clothing, backpacks, lunch boxes, or bicycle license plates. When children's names are visible, it may put them on a first-name basis with someone who means them harm.
- Remind kids to take a friend whenever they walk or bike to school.



- Walk the route to and from school with your children, pointing out landmarks and safe places to go if for any reason they are being followed or need help. If your children ride the bus visit the bus stop with them to make sure they know which bus to take.

## Out and about

- Take your children around the neighborhood and tell them whose homes they may visit without you.
- Tell your children to come and get you if they come across a dangerous object or situation.
- Teach your children to ask permission before leaving home.
- Remind your children not to approach any vehicle, occupied or not, unless they know the owner and are accompanied by a trusted adult.
- Remind your children it is okay to say NO to anything that makes them feel scared, uncomfortable or confused.
- Explain to the children not to go near pools or other bodies of water without adult supervision. If you have a pool at home, establish appropriate swimming hours and supervision.
- Set up "What if" situations and ask your children how they would respond.....What if you fell off your bike and needed help, whom would you ask?
- During family outings, establish a central easy-to-locate spot to meet for check-in or should you get separated.
- Teach your child to check in with you if there is a change of plans, especially teens.

# BEGINNING OUR YEAR.....FOR TEACHERS/RELIGIOUS EDUCATORS AND YOUTH MINISTERS

- Tell students what actions they can take against on line bullies:
  - Never respond.
  - Don't delete anything
  - Turn off the monitor.
  - Ask a trusted adult for help.
- Teach children about password protection.
  - Make it at least 8 characters long
  - Use a random mix of letters and numbers and special characters.
  - Avoid using words and names
  - Change password regularly.
- Discuss what not to share online
  - Name
  - Address
  - Phone number
  - School name
  - Parents' names
  - Revealing photos

Brainstorm with the children what it is safe to share.
- Be sure students have a "code" if someone else besides a parent or guardian is picking them up.

## PARENTS.....TALKING WITH CHILDREN ABOUT PHYSICAL OR SEXUAL ABUSE

Child abuse is unfortunately not a rare occurrence. Public health authorities estimate that about 81,000 children are victims of sexual abuse and 160,000 are victims of physical abuse each year. About 1 in 100 children will be victims of sexual abuse during childhood. Child abuse is a topic that should be discussed in every household. Families should teach children about safety and privacy and how to keep the lines of communications with trusted adults open.

There are no helpful stereotypes of who might be a predator, and so it is important to help children build skills and self-esteem that will help them avoid unsafe situations and ask for help if something is happening. Federal statistics indicate that perpetrators of sexual abuse are most commonly friends or neighbors (57.7%), followed by other relatives (32%), and child daycare providers. (23.9%). (US Department of Health and Human Resources)

Talk to your kids

Always start discussions with your child at a general level. Keep in mind some facts about your child's cognitive and emotional development.

Children aged 5-12

- Are quite suggestible

- Take their cues from their parents about how to react

- Are still developing abstract reasoning

- Tend to see things in black and white

- Tend to be quite rule-bound and rule-oriented

Start by setting up a general framework for discussion. For example:

"It's time to have a talk about good touch and bad touch because camp is coming up", or "because it is swimsuit season and kids will be wearing less clothing, we should talk about this:", or "because I read an article in the paper, I want to have a talk with you about this."

"It is important that we talk about this every once in a while, because it is a way that I make sure you are safe and I can teach you ways to stay safe."

"Only your parents and your doctor are ever supposed to touch your private parts". Good touch --- appropriate hugs, kisses, pats. Bad touch ....private parts, anything that makes you uncomfortable that doesn't stop. This is a good opportunity to talk with your kids about body boundaries and respect, in general.

Ask open ended questions:

"Has anyone at school, at camp, .....ever touched you in a bad way, or made you do anything you didn't like?" "Tell me about it".

Be calm and emphasize your acceptance:

"You can always tell me if something like that happens. I won't be mad at you."

Emphasize safety:

“Who are other people you can tell who can keep you safe?” “If someone makes you uncomfortable, you can always tell me, or a teacher, and we will protect you.”

Reassure your child that if someone touches him/her inappropriately, it is never his/her fault; he/she is not to blame. Say you appreciate being told. Since children at this age can incorporate hints or possibilities into their beliefs about a specific situation, it is important not to encourage the child to embroider. For example:

Avoid suggesting that something happened. E.g. “He did that, didn’t he?”

Avoid asking questions over and over again---it will communicate to the child that something is wrong, when nothing may have happened.

Avoid: putting words in their mouths or suggesting who, when, or where something might have happened.

Be patient this will be challenging if you are worried about your child. You may ask about a situation in a routine way, and she or he may not answer you right away. Be attentive for an answer some time after you ask about it.

How will elementary school-aged children react to specific questioning about sexual behavior? They:

Will have trouble understanding the idea of “alleged” behavior. In their minds, people are either rule breakers or rule followers, good or bad.

Will tend to interpret anxiety in parents as an indicator that something bad did happen, and that something “might have happened” or that you want to provide information “in case”

will try to read you and tell you what they think you want to hear.

Even if a child will not talk about what occurred, you may notice symptoms that are worth further evaluation, such as:

- Repetitive, sexualized play, with other kids or with dolls or in pretend
- A change in interest in play from usual patterns
- Seeming more cut off or withdrawn from peers or adults
- Seeming more emotionally numb
- Nightmares that are recurrent
- Increased irritability, jumpiness, wariness, and being easily startled
- Increased anxiety and worry, particularly in response to people or places that may be associated with the traumatic exposure.
- Efforts to avoid specific places, people or events that are not explicable.
- Changes in personality that seem linked in time to a potential event

If your child learns of specific details of an incident affecting another child, or asks specifically about a person in question:

- Give matter of fact answers about what you know for certain, and be honest about what you do not know.
- Let your child tell you what he/she knows, what she/he wonders about and what his/her concerns or worries are.
- Remind your child of all the ways in which people work to keep him safe, parents, teachers, police officers, administrators. Remind the child that he/she can always tell you or another trusted adult.
- Remain calm and neutral. It will not help your child to tell you something if he thinks you will be angry or frightened or sad.
- Don't tell your child what will happen, only that you think it would be a good idea to talk about what happened with someone else also.
- Do show real concern, but not alarm or anger
- Call your child's school

### **Responding to your child should he or she disclose sexual abuse:**

#### **During the conversation**

- Talk with your child in a place that is private
  - Do not panic; try to remain calm and reassuring
  - Do not seek more information than the child is prepared to give
  - Assure your child that it is not his or her fault and that he or she is not in trouble.
  - Assure your child you will protect them.
- In the event you do get upset, assure your child that you are upset with the abuser, not with your child.

#### **After the conversation**

Remember that you are dealing with your child, not an adult and treat them as your child, comforting and supporting the child.  
 Do not disrupt the family schedule, try to keep things as normal as possible.  
 Be prepared for depression for weeks or months and the child may act out or withdraw. Seek appropriate help.  
 Do not question about the event, do not jeopardize the investigation, if your child needs to talk, listen, support and reassure. Explain what is happening in age appropriate language so as not to create anxiety.  
 Acknowledge the feelings that the child experiences and assure the child it is okay. Teach appropriate ways to express these feelings.  
 Be conscious of how you are responding/reacting and seek help or support as necessary.  
 Never discuss the situation with others in the presence of your child.

Your support and encouragement are essential to the healing process.

**Suggestions on what to tell a child to say to someone who may be touching them or making them feel uncomfortable:**

- A stranger is someone you have never met. Most are nice, but some are not and you have to be aware of that.
- If a stranger asks you for help or to keep a “special secret”, it could be a dangerous situation. Say no and tell a trusted adult.
- If you feel scared or uncomfortable, get away from the situation. Make an excuse and run away and go to a safe place.
- Know what to do ---think....NO, GO, YELL, TELL. If you are in a dangerous situation, say no, run away, yell as loud as you can and tell an adult.
- If a stranger invites you to go somewhere, offers you a gift or just wants to talk, say you need to ask your parents for permission first.
- Stick with your friends because it is always safer to play in a group.

**Overall, the hardest job may be reassuring yourself that your child is fine and that nothing has happened. This uneasiness may even occur when all the evidence indicates that nothing happened to your child and that she or he is fine. Try to develop a clear sense of what signs or symptoms would indicate problems and a clear sense of what standards of normal you have for your child. If problems persist, consult with a mental health professional for help.**

Sources:

National Crime Prevention Council  
Article : Taking to Children About Physical and Sexual Abuse by Anthony Charuvastra, M.D.  
Child Lures Prevention Think First and Stay

## Important facts

### Young Adults

87% of young men and 31% of young women think pornography is acceptable; studies show pornography results in aberrant sexual attitudes and behaviors, substance abuse, and non-marital cohabitation values ("Generation XXX, Pornography Acceptance and Use Among Emerging Adults," *Journal of Adolescent Research*, Vol. 23, No.1, 2008).

### Families

47% of Christian families said pornography is a family problem (Focus on the Family, October 1, 2003); the Internet was a factor in 2 of 3 divorces (American Academy of Matrimonial Lawyers 2003, divorce-wizards.com).

### Children

Approximately 20% of Internet pornography involves children; 1 in 5 children (10-17 years old) receives unwanted sexual solicitations online (Youth Internet Safety Survey, U.S. Department of Justice, 2001).

76% of victims in Internet-initiated sexual exploitation cases were ages 13-15, 75% were girls ("*Most cases progressed to sexual encounters*"); 93% of face-to-face meetings involved illegal sex (*Journal of Adolescent Health*, November 2004).

9 of 10 children between 8-16 have viewed pornography on the Internet, in most cases unintentionally (London School of Economics, January 2002); the average age of first Internet exposure to pornography is 11 years old (Internet-filter-review.com).

The largest consumer of Internet pornography is 12 - 17 year-olds (Various sources, 2007).

## You know you have a problem with pornography if . . .

you quickly change websites when someone comes in the room;

you are preoccupied with being alone on the computer;

a printout of your browsing history would be embarrassing;

you've spent money on pornography;

your relationships are suffering at work or home because of your Internet porn use.

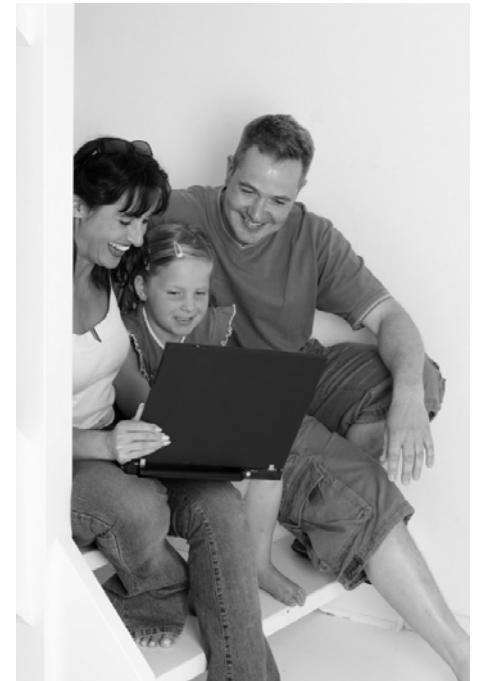
## As little as six hours of exposure to soft-core porn is enough to . . .

destroy satisfaction with one's spouse;

decrease the value of faithfulness;

lose ability to be with one person and cherish him or her.

# 7 Steps to Protect your Family from Pornography



**January 2010**



1. **Secure all Internet devices with filtering and accountability software**, keep them in a high-traffic area of the house, and limit the time children can use them.

**Computers** — Use accountability and filtering software such as [www.covenanteyes.com](http://www.covenanteyes.com) and [www.safeeyes.com](http://www.safeeyes.com).

**Cell phones** — *Sex & Cell Phones* has parental control information at [www.nationalcoalition.org](http://www.nationalcoalition.org); iPhone/iPod Touch filtering devices are available at [www.safeeyes.com](http://www.safeeyes.com); Windows Mobile 6 cell phone and PDA accountability services are available at [www.covenanteyes.com](http://www.covenanteyes.com).

**Video Games** — [www.iphantom.com](http://www.iphantom.com) and [www.opendns.com](http://www.opendns.com) help filter a home's wireless signal and protect children on X-Box, PlayStation, Wii, and other game systems.

2. **Monitor all social networking sites** for children and teens (Facebook, MySpace, xanga.com, etc).

3. **Know the user names and passwords** to email accounts, social networking sites, and any site that requires a user name and password for your children and teens. Don't forget to periodically check email, social networking sites, text and/or picture messages on cell

phones.

4. **Secure television and satellite radio**, and **screen all movies** before watching them.

**Christian movie review** sites such as [www.usccb.org/movies](http://www.usccb.org/movies) and [www.pluggedinonline.com](http://www.pluggedinonline.com) provide a detailed review of movies, including a written description of sexual content, violent content, or other morally offensive content.

**Satellite radio** — “Family-friendly” packages are available without “mature content.”

**Block “adult/mature” content on TV**, as well as channels with morally offensive content. See [www.skyangel.com](http://www.skyangel.com) for family-friendly TV packages.

**Use teachable moments** while watching a “family” show that depicts a situation contrary to your family values.

5. **Spend quality time** with your children and teens by:

eating family dinners together; affirming your children and teens daily; praying with your children and teens daily; turning off the TV, computer, cell phone, and talk to your children;  
having vacation/family gatherings together, and building positive memories.

**6. Have open, honest, regular, conversations about God’s glorious plan for creating us male and female and the beauty of our human dignity and sexuality.**

Become familiar with the following *Theology of the Body* resources:

**[www.LoveIsFaithful.com](http://www.LoveIsFaithful.com)**

**[www.purelove.com](http://www.purelove.com)**

**[www.christopherwest.com](http://www.christopherwest.com)**

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**7. Encourage family members to receive the Sacrament of Reconciliation** monthly, and go to Mass as a family each Sunday. Eucharistic adoration and weekday Mass are tremendous blessings.

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## When Children Seek Out Pornography:

**If you realize that your child has been purposely viewing pornography . . .**

The realization for parents that their child has viewed pornography is often difficult and challenging. Parents must address the situation and actively participate in the solutions. Children mistakenly understand parental silence to be support and endorsement for inappropriate activities.

**Initial discussion starters may be:**

- “I have noticed inappropriate images (pornography) on our computer and...”
- “I am interested in what you know about this.”
- “I want to get to the bottom of this and need your help.”
- “I am concerned about the effects this may have on us. We need to talk about it.”

**Remember that children are bombarded with sexualized messages and images in media each day.**

They can become desensitized to their inappropriateness and harmful effects. Images and messages offensive to parents may seem a normal part of culture to children. (Parents often hesitate to begin conversations about sexuality.)

## Ask...

**These questions may help parent use media for family discussion:**

### **Who's behind it?**

Who's responsible for this song, commercial, television show or movie? What is their motivation -- to amuse, entertain or persuade? Why did they choose to make it this way? (US Department of Health and Human Services)

### **Who's in front of it?**

To whom is this message directed? Young people or old people? Males or females? How can you tell? What clues does it give you? Does this message rely on stereotypes about different groups of people? (US Department of Health and Human Services)

### **What do they want from you?**

How does this song, movie, television show or commercial make you feel? Is this on purpose? Why would strangers want to make you feel this way? What might they get out of it? What's being left out? (US Department of Health and Human Services)

### **What values does it portray or support?**

What values of our family are portrayed or supported in this song, movie, television show or commercial? What values of our family are disrespected or disregarded? Who is being harmed? How can we change this?

# What to do • What to do • What to do

## Strategies for Effective Family Communication:

Know your own issues and how they contribute to your reaction. Process the situation with someone you trust and decide your approach before speaking with your child. This support will help you stay calm, firm and compassionate with your child.

### **Utilize Non-Verbal Communication Cues**

- Use open body gestures. Avoid crossing your arms, pointing your finger or putting hands on your hips. Use positive facial expressions—smile and nod affirmations. If needed, sit or kneel to be at eye-level with your child.

### **Establish Clear Expectations**

- State your values. Don't assume your child knows what is important to you.
- Decide non-negotiable limits. Strive to negotiate the others.
- Write down expectations, limits and action plans.

### **Use an Upbeat Tone in Your Voice and Speak Slowly**

- While emotions provide valuable information, try to keep them from overwhelming conversations.
- Volume often affects the meaning of your words.

### **Use Active Listening Skills**

- Stop any other activity you are doing.
- Look at your child.
- Listen and avoid interrupting.
- Comment on what you heard.

### **Seek Professional Help**

- Trust your instincts. If repeated viewing is suspected or if family communication strategies seem ineffective.



Photos By Corbis©

## How Pornography Hurts You:

Teenagers face many challenges in the world today, especially in the media. There is a limitless availability of video games, MTV, and Internet. As a teenager, it is hard to avoid the many negative influences that come via all the new technology, prime time TV, commercials, cell phones and even the local mall. Pornography is one such negative influence. It has become such a part of society that it is accepted as the norm. So much so, many teenagers would say because it so much a part of the culture they are no longer affected by it.

The reality is that pornography does have a tremendous negative impact on a person. The use of pornography can become as addictive as any other drug. Pornography has contributed to divorce, premarital sex (hooking up), abortion, sexual addiction, abuse -- these are sad realities of today, the result of misdirected desire for love.

Pornography negatively shapes how we interact with others. It uses sex to turn people into objects for someone's personal pleasure. Pornography warps a person's view of sex and is extremely detrimental to a healthy, happy relationship now and in the future. Viewing sexually explicit materials and images can adversely affect loving relationships. There is no mutual sharing or intimacy, and those are two of the values that make a sexual activity so holy and meaningful.

True love is a gift. God created our sexuality and gave us that gift to do two important things: show love to another person in a committed chaste relationship and to cooperate with God to conceive human life. Watching pornography does neither of these two things and is actually almost the exact opposite of what real sexuality is all about. Paul gives us the most beautiful description of love:

**“Love is patient, love is kind. It is not jealous, it is not pompous, it is not inflated, it is not rude, it does not seek its own interest, it is not quick-tempered, it does not brood over injury, it does not rejoice over wrongdoing but rejoices with the truth. It bears all things, believes all things, hopes all things, and endures all things. Love never fails.”**

**1 Corinthians 13: 4-8**

## Consider this...

- **1 in 7** children who use the Internet have been sexually solicited.  
(Internet Filter Review)
- **1 in 5** children (10 to 17 years old) receives unwanted sexual solicitations online.  
(Youth Internet Safety Survey, U.S. Department of Justice)
- **2 in 5** abductions of children ages 15-17 are due to Internet contact.  
(San Diego Police Dept.)
- **76%** of victims in internet-initiated sexual exploitation cases were 13-15 years old. **75%** were girls.

## What can I do?

**Know the difference between infatuation and love.** The mainstream media and the Internet bombard teens with distorted views of intimate relationships. Infatuation is highly emotional, self-centered and largely focused on outward or physical characteristics. Infatuation changes quickly and is not usually rooted in reality. Love is based on the whole person, other – centered and develops over time. Love is rooted in self giving, trust, faith and lasting commitment to another.

Unless specified, information came from <http://archkck.org>

# Tweens & Teens • Tweens & Teens

**Be up front:** Tell your close friends and those you may be dating your expectations about “going with someone” and your desire to abstain from sexual activity before marriage. Express your views that pornography steals one’s ability to achieve profound intimacy in marriage. A true friend will respect your views and support you by warning you of potential risky situations, i.e. parties with alcohol.

**Make a plan:** Make a plan of what to do if you get into a risky situation, (i.e. pornographic material being viewed in your presence, pressure to engage in sexual behaviors, pressure to drink or smoke). The plan might include a “code” word you share with a loved one or friend. This word or phrase can alert them you need help getting out of an uncomfortable situation.

**Participate in the Sacraments:** Our culture many times invades us with temptations that are hard to resist alone. Participating in the sacraments of the Eucharist and Reconciliation can fortify us to resist these temptations and say “yes” to follow our Catholic teachings.

**Break the Silence:** Tell a friend or loved one when pornography is a problem. Secrecy is not helpful to making any positive changes. Honesty is a powerful tool that can lead you to freedom from this addiction.

**Seek Professional Help:** It is vital to seek professional help when pornography is a problem. This will help you with the tools you need to change the addictive behavior and provide support to make the changes long lasting.

## Even clothes send a message...

The mainstream media and the Internet bombard teens with distorted images of what they need to look like in order to achieve acceptance and happiness. Remember, these images promote a certain product or cause.

Clothes give other people clues about our values and how we want to be treated. Our clothes also give clues about how we will treat other people. The way you dress sends messages about yourself to others and often influences the way you and others act. You should dress in such a way to bring out the best of yourself and those around you. Your individuality can be expressed by the style and color of your clothes and accessories. Avoid exposing or accentuating areas of your body in a way that engages others to focus more on those than you as a person. This can be a distraction from you, the beautiful person God created.



Photos by Corbis©

Unless specified, information came from <http://archkck.org>



# Did You Know? • Did You Know?

## Addiction & Industry: Pornography Statistics

- **4.2 million** pornographic Web sites; 420 million pages. (<http://archkck.org>)
- Total porn industry revenue for 2006: **\$13.3 billion** in the United States; **\$97 billion** worldwide. (Internet Filter Review)
- U.S. adult DVD/video rentals in 2005: almost **1 billion**. (Adult Video News)
- Hotel viewership for adult films: **55%**. ([cbsnews.com](http://cbsnews.com))
- Number of hardcore pornography titles released in 2005 (U.S.): **13,588**. (Internet Filter Review)
- Adults admitting to Internet sexual addiction: **10%; 28% of those are women**. ([internet-filter-review.com](http://internet-filter-review.com))
- More than **70%** of men from 18 to 34 visit a pornographic site in a typical month. (comScore Media Metrix)
- More than **20,000 images of child pornography** posted online every week. (National Society for the Prevention of Cruelty to Children, 10/8/03)
- Approximately **20% of all Internet pornography involves children**. (National Center for Mission & Exploited Children)
- **100,000** Web sites offer illegal child pornography. (U.S. Customs Service estimate)
- As of December 2005, **child pornography was a \$3 billion** annual industry. ([internet-filter-review.com](http://internet-filter-review.com))
- **40 million** US adults who regularly visit Internet pornography Web sites. (<http://archkck.org>)

## Christian Churches: Pornography Statistics

- **51%** of pastors say cyber-pornography is a possible temptation, **37%** say it is a current struggle. (Christianity Today, Leadership Survey, 12/2001)
- Over half of evangelical pastors admit viewing pornography last year.
- **20%** of the calls received on the Pastoral Care Line are for help with issues such as pornography and compulsive sexual behavior.
- **33%** of clergy admitted to having visited a sexually explicit Web site. Of those who had visited a pornography site, **53%** had visited such sites "a few times" in the past year, and **18%** visit sexually explicit sites between a couple of times a month and more than once a week.
- **29%** of born again adults in the U.S. feel it is morally acceptable to view movies with explicit sexual behavior. (The Barna Group)
- **57%** of pastors say that addiction to pornography is the most sexually damaging issue to their congregation. (Christians and Sex Leadership Journal Survey, March 2005)

Unless specified, information came from <http://archkck.org>

# Did You Know? • Did You Know?

## Young Adults: Pornography Statistics

- **67%** of 18-26 year-old men believe viewing pornography is acceptable.
- **49%** of 18-26 year-old women believe viewing pornography is acceptable.
- **87%** of young men report using pornography is acceptable.
- **31%** of young women report using pornography is acceptable.
- Studies show an association between pornography acceptance and its use results in risky sexual attitudes and behaviors, substance use and patterns and nonmarital cohabitation values. (Generation XXX, Pornography Acceptance and use Among Emerging Adults" (Journal of Adolescent Research, Vol.23, No.1 2008)
- **Half of unmarried men ages 20-29** said they would have sex without any interest in marriage. (Why Men Won't Commit: Exploring Young Men's Attitudes About Sex, Dating and Marriage, Barbara Dafoe Whitehead and David Popenoe. The National Marriage Project, 2002)
- **42%** of adults believe it is "morally acceptable" to have a sexual relationship with someone of the opposite sex to who you are not married. (Morality Continues to Decay. Barna Research Group, 3 November, 2003)

## Child Pornography Use Statistics

- More than **20,000 images** of child pornography are posted online every week. (National Society for the Prevention of Cruelty to Children, 10/8/03)
- **Approximately 20%** of all Internet pornography involves children. (National Center for Mission & Exploited Children)
- **100,000 Web sites offer illegal child pornography.** (U.S. Customs Service estimate)
- As of December 2005, child pornography was a **\$3 billion** annual industry. (internet-filter-review.com)
- Adult pornographic industry traffic is **20-30% children.** (NRC Report 2002, 3.3)

## Online Perpetrator Statistics

- **1 in 7 children** who use the Internet have been sexually solicited - 2005. (Internet Filter Review)
- **1 in 4 children** participate in real time chat. (FamilyPC Survey, 2000)
- **1 in 5 children** (10 to 17 years old) receives unwanted sexual solicitations online. (Youth Internet Safety Survey, U.S. Department of Justice, 2001)
- **2 in 5 abductions of children** ages **15-17** are due to Internet contact. (San Diego Police Dept.)
- **76%** of victims in Internet-initiated sexual exploitation cases were **13-15**, **75%** were girls. "*Most cases progressed to sexual encounters,*" - **93%** of the face-to-face meetings involved illegal sex. (Journal of Adolescent Health, November 2004)

Unless specified, information came from <http://archkck.org>

# Did You Know? • Did You Know?

## Women: Pornography Statistics

- **28%** those admitting to sexual addiction are women. ([internet-filter-review.com](http://internet-filter-review.com))
- **34%** of female readers of Today's Christian Woman's online newsletter admitted to intentionally accessing Internet porn in a recent poll and **1 out of every 6 women**, including Christians, struggles with an addiction to pornography.

(Today's Christian Woman, Fall 2003)

- **13%** of women admit to accessing pornography at work. (<http://archkck.org>)
- **70%** of women keep their cyber activities secret. (<http://archkck.org>)

## Men: Pornography Statistics

- **72%** of men visit pornographic sites.
- **70%** of **18-24 year old** men visit pornographic sites monthly.
- **66%** of men in their 20's and 30's report being regular users of pornography.
- **20%** of men admit to accessing pornography at work.
- **10%** of adults admit to sexual addiction.

(<http://archkck.org>)

## Marriages & Families: Pornography Statistics

- **47%** of Christian families said pornography is a problem in their home.  
(Focus on the Family Poll, October 1, 2003)
- The Internet was a significant factor in **2 out of 3** divorces.  
(American Academy of Matrimonial Lawyers in 2003 - [divorcewizards.com](http://divorcewizards.com))
- **9 out of 10 children** between the ages of 8 and 16 have viewed pornography on the Internet, in most cases unintentionally. (London School of Economics January 2002)
- Average age of first Internet exposure to pornography: 11 years old. ([internet-filter-review.com](http://internet-filter-review.com))
- Largest consumer of Internet pornography is **12 - 17 year-olds**. (various sources, as of 2007)
- Youth with significant exposure to sexuality in the media were shown to be significantly more likely to have had **intercourse at ages 14 to 16**. (Report in Pediatrics, April, 2006)
- **89%** of youth admit to receiving sexual solicitation in chat rooms. (<http://archkck.org>)
- **80%** of 15-17 year olds have had **multiple hard-core exposures**. (<http://archkck.org>)
- The more pornography men watch, the more likely they are to describe women in sexual terms and categorize women in traditional gender roles. (The Porn Factor, [www.time.com](http://www.time.com). 19 January, 2004)
- **As little as 6 hours of exposure to soft-core porn (soft core porn is anything designed to arouse one sexually) is enough to:**
  - Destroy satisfaction with his or her spouse.
  - Decrease in the value of faithfulness.
  - Decrease in partner satisfaction.
  - Increase in the thought that women enjoy rape.
  - Lose ability to be with one person and cherish that one person.

(<http://www.archkck.org/content/view/154/122>)

Unless specified, information came from <http://archkck.org>

# Parents • Parents • Parents • Parents

## How Pornography Hurts You:

The Internet offers extensive knowledge, but it does not teach values; and when values are disregarded, our very humanity is demeaned and we easily lose sight of our transcendent dignity. (Evangelization! Deacon Bob Killoren, 2007)

Pornography once was found only in the shadows of society. Today it has made its way into the American mainstream. Of even greater concern is how it has made its way into our homes through cable television and the Internet and even cell phones. You may think this trend is harmless, think again.

The effects of pornography damages society. It desensitizes us as individuals. It breeds a culture of violence that comes from inappropriate sexual expression. It also creates an ever-escalating climate in which the guardians of popular culture, especially those in the entertainment industry, continuously push the boundaries of proper behavior. Pornography's effects have chipped away at the decency of our society in the past 30 years.

### **The following are just a few effects:**

- Increased incidents of rape and other sexual assaults.
- Increased exploitation of children.
- Increase in the abortion rate.
- Increase in extra-marital affairs and divorces.
- Increased vulgarity on television, in magazines and in film.
- Increasing coarsening of American culture.

## Consider this...

- **47%** of Christian families say pornography is a problem in their home.  
(Focus on the Family Poll, October 1, 2003)
- **9** out of **10** children ages **8** to **16** have viewed pornography on the Internet, mostly unintentionally.  
(London School of Economics January 2002)
- The average age of first Internet exposure to pornography is **11**-years-old.  
(Internet-filter-review.com)
- The largest consumer of Internet pornography is **12-17** year olds.  
(Various sources, as of 2007)

Most people think of Internet pornography as naked, airbrushed women or “pin-up girls.” This view is hopelessly naive. In addition to graphic sex between two adults, every imaginable sexual deviation is displayed, involving violence, animals, excrement and group sex, to name a few.

Parents may mistakenly believe that the “bad” or hard-core pornography requires a credit card to obtain, and thus children are not likely to view it. While porn sites do invite you to use a credit card to get deeper into the site, many of them have numerous free sample images. Innumerable free sites offer the same content found on the larger “play sites,” as well as countless homemade pornography galleries.

Parents often have a rose-colored view of what their kids may or may not do. In one sense, that's good--kids need to know their parents will error in the direction of trust rather than mistrust. But their parents must not let that trust lull them into complacency.

Unless specified, information came from <http://archkck.org>



# Parents • Parents • Parents • Parents

A teenager's hormone-fueled curiosity is an extremely powerful force; you should not underestimate its power to draw your "good kid" into the darker side of the Internet. Many parents never imagined this could be a problem in their home-- until it was. (Internet Guide for parents, By Stephen Sweet. Family Research Council, 2007)

friends.

## Warning Signs of Inappropriate Internet Usage:

- Your child is hiding CDs, disks or flash drives and spending excessive amount of time on the Internet.
- Your child quickly changes/ turns off the computer when you enter the room.
- Your history files or "cookies" have been deleted (meaning someone is trying to remove traces of their accessed Web sites).
- Your child is often on the computer late at night and is more distant, withdrawn and secretive.
- Watch for behavioral changes, unusual language use, inappropriate sexual knowledge, or lost interest in areas of their life that previously had great meaning.

## What We Can Do:

**Set ground rules with your children and post them near the computer.** The most effective way parents can shape their childrens' Internet behavior is to supervise their online activity. Model good behavior in your Internet usage.

- **Teach them to avoid sites that ask for personal information.** It may be shared publicly without your knowledge. Instruct your child to never give out his or her name, address or any other personal information on the Internet/social networks (facebook, myspace, etc.).
- **Put your computer in a common room** (family room, kitchen, etc. – NOT a bedroom) where the computer screen is clearly visible at all times and use a filtering device.
- **Be sure to ask your children about their online friends** just as you would their other

- **Limit the time spent on the computer.** If you think your child is spending an inordinate amount of time at the computer, limit the time spent on Internet activities. If there is a concern about your child being on the computer after hours, consider “putting the keyboard to bed” with you when you retire at night.

**Make it clear to your child what he/she should do if he comes across an inappropriate web site.**

1. Instruct them to leave the computer and find their parent.
2. Remain calm. Observe the image yourself so you will know what your child has been exposed to.
3. Try to figure out what went wrong (how they fell into this particular site).
4. Exit out of the site and have a discussion with your child about what he/she saw and how to avoid a reoccurrence.
5. Let your child know he/she did the right thing in finding your help. Be aware that eliminating

computer privileges may discourage your child from finding adult help.

Photos by Corbis©

Unless specified, information came from <http://archkck.org>



# Parents • Parents • Parents • Parents

**Be aware of other places your child may access pornography.** Computers and cell phones at friends homes, the library, in school or after school care programs may not have appropriate Internet safeguards.

**Remind your children not everything they read on the Internet is true.** Internet chat rooms have become a stalking ground for sexual predators who give phony information about themselves in order to lure unsuspecting young people.

**Take the checklist for a Spiritually Healthy Family.** <http://archkck.org>

## Ask Your Child the Following Questions:

1. Does the programming, dialogue, images, music videos, or lyrics contain values you hold true?
2. Does it encourage you to overstep your personal or sexual boundaries?
3. Has it influenced your values regarding sexual activity outside of marriage?
4. Does it reflect the values of your friends?
5. How do these values compare/contrast with what has been modeled and taught at home?

([www.nationalcoalition.org/talkingpoints.asp](http://www.nationalcoalition.org/talkingpoints.asp))



Photos by Corbis©

Unless specified, information came from <http://archkck.org>

# Married Couples • Married Couples

## How Pornography Hurts You:

- It increases marital distress and risk of separation and divorce.
- It increases appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices.  
(Pornography's Impact on Marriage & The Family. 2005)

Pornography usage inhibits true intimacy. Building and maintaining a vibrant, intimate relationship with your spouse is the work of married love. By God's design, sex gives us a capacity to give to someone in a startling unique and human way ([christianitytoday.com](http://christianitytoday.com)). However, the use of any kind of pornography will be detrimental to your relationship. What appears to be a little stimulation can become an addiction that soon replaces the close talking and caring touches that leads to satisfying long –lasting marital sex.

Too often our sexual relationship is divorced from our faith experience; popular media tell us a fulfilling sexual relationship is all about passion, physical pleasure, performance, desire and technical know how. Although important, these elements are secondary. God can use the sexual relationship to teach us how to serve our mates ([christianitytoday.com](http://christianitytoday.com)). Don't fool yourself, if you use pornography your children will find it. Studies show that 70% of all pornographic materials end up in the hands of children. Remember you can not teach what you do not practice.

## What Can I Do?

- **Keep your marriage centered** on love of God and each other. Take time together. Set a regular "date night" even when life seems busy.
- **Take time to pray as a couple.** Prayer is a great way to safeguard your marriage
- **Begin to understand Catholic teaching** on the relationship between sexuality and spirituality. Consider studying Pope John Paul's writings on "Theology of the Body."

- **Grow in purity of heart.** Identify and work on those potential areas that keep you from experiencing a deeper intimacy with your spouse.
- **Participate frequently in the Sacraments.** Our culture invades us with temptations that are hard to resist alone. Participating in the Eucharist and Reconciliation can fortify us to resist these temptations and say "yes" to our Catholic faith.
- **Seek professional help** when pornography is an issue. You can choose from many therapeutic approaches in your journey toward healing.

## Consider this...

As little as **6** hours of exposure to soft-core porn (soft core porn is anything designed to arouse one sexually) is enough to:

- destroy the viewer's satisfaction with his or her spouse.
- decrease the value of faithfulness.
- decrease partner satisfaction.
- increase the thought that women enjoy rape.
- lose the ability to be with one person and cherish that one person.  
(<http://www.archkck.org/content/view/154/122>)



Unless specified, information came from <http://archkck.org>



# Protect Your Family

## Is your family safe?

- 1) Does your family pray together?
- 2) Does your family celebrate Sunday Mass together and participate in the life of the parish?
- 3) Does your family enjoy regular meals together?
- 4) Do you set rules and expectations for the children regarding such things as telephone and computer use, video games, study time, and curfews?
- 5) Do you monitor and limit what the children are allowed to watch on television?
- 6) Are all computers and televisions within the home in open and visible places (and, in particular, not in children's bedrooms)?
- 7) Do you regularly participate together in activities aimed at physical and mental development?
- 8) Do you make wise and virtue-centered choices about your own entertainment, including television, movies, reading material, and Internet?
- 9) Do you, both publicly and privately, model the kind of behavior you want your children to emulate?
- 10) Will you seek or recommend pastoral or professional care if needed and will be advocates?

Never 1	Sometimes 2	Always 3
Total:		

If you scored **25-30**, you are clearly concerned about making good choices for your family. Keep up the good work.  
If you scored **15-25**, perhaps your family could benefit from better monitoring.  
If you scored less than **15**, we urge you to begin to make some positive changes for the health of your family.

Unless specified, information came from <http://archkck.org>



# Cycle of Addiction • Cycle of Addiction

## Cycle of Pornography Addiction

Pornography addiction is a form of sexual addiction. Viewing pornography solicits sexual arousal causing a neuro-chemical response in the brain. A habitual pattern of the stimulus (pornography) and the arousal becomes embedded in the brain establishing a habitual behavior.



# Cycle of Addiction • Cycle of Addiction

## Key Interventions to All Phases

### Those Who Are Addicted:

#### **Break the Silence.**

You must recognize a problem exists. Secrecy can be cancerous to any hope of healing. Tell a friend or loved one of your struggles with this addiction. Ask them to hold you accountable when you make changes to stop. This may be by checking in everyday and giving an honest report. This is an important and difficult step for someone who is addicted.

#### **Seek professional help.**

You may use a 12-step program or individual counseling. You can choose many therapeutic approaches to assist you in your journey toward freedom.

#### **Participate frequently in the Sacraments.**

Our culture invades us with temptations that are hard to resist alone. Participating in the Eucharist and Reconciliation can fortify us to resist these temptations and say “yes” to follow our Catholic faith. Consider finding a priest/spiritual director that you can talk honestly with about your struggles. This can provide a spiritual safety net as you make the difficult but necessary changes.

### Those hurt by this behavior...

- Respond with compassion while keeping them accountable.
- Be honest with your feelings if you are a family member who has been hurt.
- Be open to participating in individual, marital or family counseling.
- Know there is hope for healing. Many people have achieved freedom from this addiction by frequent participation of the sacraments, counseling and the support from their loved ones.
- SANON ([sanon.org](http://sanon.org)) Can help provide hope and support for spouses and family members struggling with pornography addiction.



Photos by Corbis©

# Cycle of Addiction • Cycle of Addiction

## Intervention Strategies at Every Phase:

- **Stressor/Trigger** Although some first view pornography out of curiosity, most engage in this behavior due to an unmet need and or stressor. Stress is different for each of us. It may be one stressor or many that leads to the addictive behavior. Unresolved emotions (anger, sadness), relationship struggles, unrealistic expectations, work issues, spiritual disconnection are some of the stressors that can trigger addictive behavior. You must identify which stressors lead to the addictive behavior. This addictive behavior is most likely a substitute for a healthy way of dealing with the unmet need or experience of stress.
- **Addictive Behavior** Addiction is being abnormally tolerant, preoccupied or dependent (physically or psychologically) on a substance or behavior (Webster). Frequent viewing of pornography is harmful and most likely addictive. Masturbating while viewing pornography fuels the addiction because of the body's intense, short lived chemical responses (adrenaline, endorphins, orgasm). Stopping this behavior is crucial to breaking the cycle of addiction.
- **Guilt/Remorse/Depression** Guilt and remorse may lead to depression if ignored. Listen to these emotions because they give you information about yourself and the world. They may be an invitation from the Holy Spirit to take steps to heal and gain freedom from the addiction.
- **Vow To Change Behavior** Just like New Year's resolutions, we all make vows to change behaviors and fall short. Those addicted to pornography have a difficult time making these changes on their own. This inability to make these changes may lead to despair. Make small and realistic changes that over time, will lead you to stopping the cycle and gaining freedom. Put the computer in a public place and install filtering software. Throw out any pornographic materials and consider disconnecting Internet services.

# Age-Appropriate Talking Points About Pornography

## Birth to 5 years

- Tell your children they are a child of God and are valuable in his sight and yours.
- Create family traditions and rituals.
- Remember you are your child's protector.
- Teach body privacy.
- Discourage secrets and secret friends.
- Show love and build trust.
- Watch out for red flags that indicate your child may be in trouble.

## Primary Grades 1, 2, & 3

- Continue to remind your children they are a child of God and have great dignity.
- Teach appropriate touching.
- Express feelings appropriately.
- Show respect for others.
- Give permission to say "NO."
- Explain to your children love means to do what is right for the good of another.
- Define who you are as a family in Christ. Let that definition guide your family in your decision making process.
- Make virtue a habitual and firm disposition to do good. What virtues describe your family -- Prudence, Justice, Fortitude, Temperance, etc.
- Pray often with your children.

## Upper Grades 4 & 5

- Help your children to internalize that every person is a child of God, worthy of being treated with kindness and respect for his/her dignity.
- Remind children they are smart and you trust them to make good choices.
- Discuss choosing friends wisely.
- Guard against sexual exposure -- a child's innocence must always be protected.
- Encourage your children's intrinsic self worth to you, as parent(s) and to God.

- Share feelings and talk openly.
- Warn about seductions and tricks.
- Initiate conversations with your child about sexuality and be a parent who your child turns to find out the truth about sex and sexuality.

## Middle School

- Keep your family centered in God and faith.
- Explain that God calls us to love one another and the opposite of love is to use someone for our own wants. To use another is always wrong.
- Praise your children for the good they do.
- Teach children to set goals for themselves and help them understand what can keep them from reaching those goals.
- Listen to your children -- they need to know you care and value them.
- Ask their opinion and draw them out.
- Guide appropriate dress and self respect.
- Create fun times together.

## High School

- Know God's plan for the gift of human sexuality, which he instituted for the Sacrament of Marriage, has the power to protect the relationship and the person.
- Know the difference between love and infatuation.
- Love is to will the good of the other.
- Help set healthy sexual boundaries.
- Establish dating guidelines.
- Remind them that pornography rips them off.
- Realize rape is never, ever OK.
- Recognize girls will sometimes give sex in hopes of getting love, but instead will be used.
- Remember pornography warps your view of sex and is extremely detrimental to a healthy, happy relationship now and in the future.

Unless specified, information came from National Coalition for the Protection of Children and Families.

## How Pornography Hurts You:

Learning the truth about pornography helps us to understand why we must fight to keep ourselves from being deceived. Most people believe pornography is used by only a small percentage of the population. The opposite is actually true. Forty million U.S. adults regularly visit pornographic Web sites. Forty-seven percent of Christians say pornography is a major problem in the home.

Research shows use of pornography will negatively affect your relationships in the future. Pornography *can* and *will* invade your thoughts, language and moral values. It can lower your self-worth and your respect for others. The more pornography men watch, the more they describe women in sexual terms.

(The Porn Factor, [www.time.com](http://www.time.com). 2004)

Each of us has a God-given desire for intimacy and union. Pornography actually perverts desires and makes true union impossible. Pornography distorts your attitude toward sex and encourages objectifying others for your own gain. It promotes immediate self-gratification as the *only* element in satisfying your desire for intimacy. Our Catholic faith teaches us we are created to love and be loved. Perfect love and true union is rooted in self giving. "Sexuality is a wonderful gift of God which enables each of us, through our bodies, to lovingly and respectfully care for one another."

(Formation and Education in Sexuality, Archdiocese of Omaha, 2006)

## What Can I Do?

- **Grow** in your understanding of the relationship between sexuality and spirituality. Consider studying Pope John Paul's "Theology of the Body."
- **Develop** friendships where you can truly be yourself. True intimacy flourishes by acceptance, honesty and mutual self-giving environment.
- **Recognize** the tremendous gift you have in being single. You have great opportunities in total self giving to your family, church and community.
- **Participate** in the Sacraments: Our culture many times invades us with temptations that are hard to resist alone. Participating in the sacraments of the Eucharist and Reconciliation can fortify us to resist these temptations and say "yes" to follow our Catholic faith.
- **Seek Professional Help:** It is important to seek professional help when pornography is a problem. This will help you with the tools you need to change the addictive behavior and provide support to make the changes long lasting.

## Consider this...

- **70%** of men, ages **18-24** years old visit pornographic sites monthly. (<http://archkck.org>)
- **66%** of men in their **20's** and **30's** report being regular users of pornography. (<http://archkck.org>)
- **87%** of young men report viewing pornography is acceptable. (Journal of Adolescent Research, 2008)
- **31%** of young women report viewing pornography is acceptable. (Journal of Adolescent Research, 2008)
- Studies show adults with an association between pornography acceptance and its use result in risky sexual attitudes and behaviors, substance use and patterns of non-marital cohabitation values. (Journal of Adolescent Research, 2008)

Unless specified, information came from <http://archkck.org>

# Proteja a su Familia

¿Esta segura su familia?	Nunca 1	Algunas Veces 2	Siempre 3
1) ¿Rezán juntos en familia?			
2) ¿Asisten a Misa los domingos como familia y participan en la vida de la parroquia?			
3) ¿Disfruta su familia comiendo juntos regularmente?			
4) ¿Establece reglas y expectativas para los niños en cosas tales como el teléfono, uso de la computadora, juegos de video, tiempo para estudiar, y límite de horario para estar fuera?			
5) ¿Supervisa y limita lo que los niños pueden ver en la televisión?			
6) ¿Estim las computadoras y televisiones que tiene en casa en lugares abiertos y visibles (y, en particular, no en las recamaras de los niños?)			
7) ¿Participan juntos en actividades dirigidas al desarrollo físico y mental?			
8) ¿Hace decisiones prudentes y centradas en la virtud acerca de su propio entretenimiento, incluyendo la televisión, películas, material para leer, y el Internet?			
9) ¿Modela pública y privadamente el tipo de comportamiento que desea que sus hijos imiten?			
10) ¿Busca o recomendará ayuda pastoral o profesional si es necesario y se defiende?			
	<b>Total:</b>		

Si obtuvo un puntaje de 25 a 30, claramente está preocupado/a acerca de hacer buenas decisiones por su familia. Continúe el buen trabajo.  
 Si obtuvo un puntaje de 15 a 25, tal vez su familia puede beneficiarse de una mejor supervisión.  
 Si obtuvo un puntaje menor de 15, le urge que empiece a hacer algunos cambios positivos para la salud de su familia.



# Preadolescentes y Adolescentes - Preadolescentes y Adolescentes

## Como te Dana la Pornografía:

Hoy en día, los adolescentes se enfrentan a muchos desafíos en el mundo, especialmente en los medios informativos. Hay una disponibilidad sin límite de juegos en video, *MTV*, y el Internet. Como adolescente, es difícil evitar las muchas influencias negativas que vienen a través de toda la nueva tecnología, televisión en horas de máxima audiencia, comerciales, teléfonos celulares y aun en el centro comercial local. La pornografía es una de tal influencia negativa. Se ha convertido en tal parte de la sociedad que es aceptada como una norma. Tanto así, que muchos adolescentes dirían que es tanta parte de la cultura que ellos ya no son afectados por ella.

La realidad es que la pornografía tiene un tremendo impacto negativo en una persona. El uso de la pornografía se puede volver tan adictivo como cualquier otra droga. La pornografía ha contribuido al divorcio, sexo prematrimonial (viviendo juntos), aborto, adicción sexual, abuso—estas son tristes realidades de hoy en día, el resultado del deseo mal dirigido por amor.

La pornografía moldea negativamente como interactuamos con los demás. Usa el sexo para volver a las personas en objetos para el placer personal de alguien. La pornografía tuerce la visión de una persona por el sexo y es extremadamente perjudicial a una relación saludable y feliz, ahora y en el futuro. El ver materiales e imágenes que sean sexualmente explícitos pueden afectar adversamente las relaciones amorosas. No hay un comportamiento mutuo o una intimidad, y esos son dos de los valores que hacen que una actividad sexual sea tan santa y significativa.

El verdadero amor es un don. Dios creó nuestra sexualidad y nos dio ese don para hacer dos cosas importantes: mostrar amor a otra persona en una relación casta y entregada, y para cooperar con Dios para concebir la vida humana. Ver pornografía no hace ninguna de estas cosas y es actualmente casi lo opuesto de lo que es la verdadera sexualidad. San Pablo nos da la descripción más bella del amor:

"El amor es paciente, servicial y sin envidia. No quiere aparentar ni se hace el importante. No actúa con baja, ni busca su propio interés. El amor no se deja llevar por la ira, sino que olvida las ofensas y perdona. Nunca se alegra de algo injusto y siempre le agrada la verdad. El amor disculpa todo; todo lo cree, todo lo espera y todo lo soporta. El amor nunca pasará."

1 Corintios 13:4-8

## Considere esto...

- 1 en 7 niños que usan el Internet han recibido solicitudes sexuales. (Revisión del Filtro del Internet)
- 1 en 5 niños/jóvenes (de 10 a 17 años) recibe solicitudes sexuales no deseables por el Internet. (Encuesta de Seguridad de Jóvenes en el Internet, Departamento de Justicia de los Estados Unidos)
- 2 de 5 secuestros de jóvenes de 15 a 17 años de edad se debe a contactos por medio del Internet. (Departamento de Policía de San Diego)
- El 76% de las víctimas en casos de explotación sexual iniciada en el Internet son jóvenes de 13 a 15 años de edad. El 75% fueron jovencitas.

## ¿Que Puedo Hacer?

**Sepa la diferencia entre el encaprichamiento y el amor.** Los medios informativos principales y el Internet bombardean a los adolescentes con vistas distorsionadas de relaciones íntimas. El encaprichamiento es muy emocional, egocéntrico y muy enfocado en características externas o físicas. El encaprichamiento cambia muy rápidamente y generalmente no tiene sus raíces en la realidad. El amor se basa en la persona en total, centrado en lo demás y se desarrolla con el tiempo. El amor tiene sus raíces en entregarse a sí mismo, en la confianza, fe y el compromiso duradero del uno con el otro.



# Preadolescentes y Adolescentes - Preadolescentes y Adolescentes

**Se franco:** Di a tus amistades cercanas y aquellos con quienes puedas salir en citas acerca de tus expectativas acerca de "salir con alguien" y tu deseo de abstenerte de actividad sexual antes del matrimonio. Expresa tus puntos de vista que la pornografía roba la habilidad de uno para lograr una profunda intimidad en el matrimonio. Un verdadero amigo respetará tus puntos de vista y te apoyará al prevenirte de posibles situaciones peligrosas, por ejemplo, fiestas donde se consume alcohol.

**Haz un plan:** Haz un plan acerca de lo que harás si se te presenta una situación peligrosa, (por ejemplo, que se este viendo material pornográfico en tu presencia, la presión de participar en comportamientos sexuales, presión a tomar o fumar.) El plan puede incluir una palabra "clave" que tu compartes con un ser querido o con un amigo. Esta palabra o frase puede ponerlos en alerta de que necesitas ayuda para salir de una situación incómoda.

**Participa en los Sacramentos:** Nuestra cultura muchas veces nos invade con tentaciones que son difíciles de resistir uno solo. Participar en los sacramentos de la Eucaristía y Reconciliación puede fortalecernos para resistir esas tentaciones y decir "sí" a seguir nuestras enseñanzas católicas.

**Rompe el Silencio:** Dile a un amigo tuyo o amistad cuando la pornografía es un problema. Guardar el secreto no es beneficioso para hacer cualquier cambio positivo. La honestidad es una herramienta poderosa que te puede guiar a la libertad de esta adicción.

**Busca Ayuda Profesional:** Es vital que se busque ayuda profesional cuando la pornografía es un problema. Esto te ayudara con las herramientas que necesitas para cambiar el comportamiento adictivo y proporcionar apoyo para hacer cambios duraderos.

## Aun la ropa envía un mensaje

Los medios informativos principales y el Internet bombardean a los adolescentes con imágenes distorsionadas de como necesitan verse para poder lograr la aceptación y felicidad. Recuerda, estas imágenes promueven cierto producto o causa.

La ropa da claves a otras personas acerca de nuestros valores y como queremos que se nos trate. Nuestra ropa también da claves acerca de como trataremos a otras personas. La manera en que vestimos envía mensajes acerca de uno mismo a los demás y frecuentemente influencia la manera en que tu y los demás actúan. Debes vestir de tal manera que haga resaltar lo mejor de ti mismo y de los demás a tu alrededor. Tu individualidad puede expresarse por el estilo y color de tu ropa y accesorios. Evita exponer o acentuar áreas de tu cuerpo de una manera que cause que otros se fijen más en esas partes en vez de ti como una persona. Esto puede ser una distracción de ti, la hermosa persona que Dios creó.

# Padres - Padres - Padres - Padres

## Como te Dana la Pornografía:

El Internet ofrece un extenso conocimiento, pero no enseña valores; y cuando se ignoran los valores, nuestra propia humanidad es degradada y fácilmente perdemos vista de nuestra dignidad trascendente. (¡Evangelización!, Diacono Bob Killoren, 2007)

La pornografía fue una vez fundada en las tinieblas de la sociedad. Hoy en día se ha abierto camino en la corriente principal Americana. Una mayor preocupación es como se ha abierto camino en nuestros hogares a través del cable de televisión, el Internet y aun los teléfonos celulares. Usted puede pensar que su orientación no es dañina, piénselo otra vez.

Los efectos de la pornografía dañan a la sociedad. Nos insensibiliza como individuos. Produce una cultura de violencia que proviene de una expresión sexual inapropiada. También crea un ambiente intensificado en el cual los guardianes de la cultura popular, especialmente aquellos en la industria del entretenimiento, continuamente empujan los límites del comportamiento apropiado. Los efectos de la pornografía ha dañado la decencia de nuestra sociedad en los últimos 30 años.

## Los siguientes son solo unos cuantos efectos:

- Un aumento en los incidentes de rapto y otros ataques sexuales.
- Un aumento en la explotación de niños.
- Un aumento en el promedio de abortos.
- Un aumento en las aventuras extra-matrimoniales y los divorcios.
- Aumento de la vulgaridad en televisión, en las revistas y películas.
- Aumento en la vulgarización de la cultura americana.

## Considere esto...

- El 47% de las familias cristianas dicen que la pornografía es un problema en su hogar. (Encuesta en el Enfoque de la Familia, Octubre I, 2003)
- 9 de 10 niños/jóvenes entre las edades de 8 a 16 años han visto pornografía en el Internet, la mayoría fue sin intención. (Escuela de Economía de Inglaterra, Enero del 2002)
- La edad promedio de la primera exposición a la pornografía en Internet es a los 11 años de edad. (Revisión del Filtro de Internet.com)
- La mayor parte de clientes de pornografía en el Internet son los jóvenes de 12 a 17 años de edad. (Varios recursos, hasta 2007)

La mayoría de las personas creen que la pornografía en el Internet es la desnudez, mujeres retocadas con pincel de aire o chicas de calendario. Esta vista es desesperadamente ingenua. Además del sexo gráfico entre dos adultos, se exhibe cada desviación sexual imaginable, participando la violencia, animates, excremento y sexo en grupo, y estos son solo unos cuantos.

Los padres pueden creer erróneamente que la pornografía "mala" o muy explícita requiere una tarjeta de crédito para obtenerla, y por lo tanto, los niños con seguridad no la pueden ver. Ya que los sitios de pornografía invitan a usar una tarjeta de crédito para ir más profundamente al sitio, muchos de ellos tienen numerosos ejemplos de imágenes gratis. Innumerables sitios gratis ofrecen el mismo contenido que se encuentra en los mayores "sitios de juego," así como también las incontables galerías caseras de pornografía.

Los padres con frecuencia tienen una vista color de rosa de lo que sus hijos pueden o no pueden hacer. En un sentido, eso es bueno--los hijos necesitan saber que sus padres erraron en la dirección de la confianza en vez de la desconfianza. Pero sus padres no deben permitir que esa confianza los engañe en complacencia.

# Padres - Padres - Padres - Padres

La curiosidad llena de hormonas de un adolescente es una fuerza extremadamente muy poderosa; no debe subestimar su poder de atraer a su "buen hijo" al lado mas oscuro del Internet. Muchos padres nunca se imaginan que esto podria ser un problema en su hogar – hasta que lo fue. (Guia de Internet para los Padres, por Stephen Sweet, Concilio de Investigación de la Familia, 2007)

## Sefiales de Advertencia del Uso Inapropiado del Internet:

- Su hijo esconde COs, discos, o memorias flash (*flash drives*) y pasa una excesiva cantidad de tiempo en el Internet.
- Su hijo cambia/apaga rapidamente la computadora cuando usted entra a la recamara.
- Sus archivos historiales o "cookies" han sido borrados (significa que alguien esta tratando de remover rastros de sus sitios visitados en el Internet).
- Con frecuencia, su hijo esta en la computadora hasta muy tarde por la noche y esta muy distante, apartado y reservado.
- Este alerta por cambios en el comportamiento, uso inapropiado de lenguaje, conocimiento sexual inapropiado, o perdida de interes en areas de su vida que anteriormente significaban mucho.

## Lo Que Podemos Hacer:

Establezca reglas con sus hijos y colóquelos cerca de la computadora. La manera mas efectiva que los padres pueden moldear el comportamiento de sus hijos en el Internet es supervisando su actividad en el Internet. Modele un buen comportamiento en su uso del Internet.

- Enseñeles a evitar lugares que pidan su informacion personal. Puede ser compartida publicamente sin su conocimiento. Instruya a su hijo a que nunca de su nombre, domicilio o cualquier otra informacion personal en el Internet/redes sociales (*facebook, myspace, etc*).
- Coloque la computadora en un cuarto comun (la sala, cocina, etc. – NUNCA en la recamara) donde la pantalla de la computadora este claramente visible a todo tiempo y use un aparato para filtrar.
- Asegurese de preguntar a sus hijos acerca de sus amigos en el Internet asi como lo hiciera con sus otros amigos.

- Limite el tiempo que pasen en la computadora. Si usted cree que su hijo esta pasando mucho tiempo en la computadora, limite el tiempo que pasa en las actividades del Internet. Si tiene una preocupacion acerca de cuando su hijo esta en la computadora despues de horas regulares, considere llevarse "el teclado a la cama" cuando usted se vaya a acostar.

Ponga en claro con su hijo/a lo que el/ella debe hacer si entra a un sitio inapropiado del Internet.

1. Dele instrucciones de dejar la computadora y buscar a uno de los padres.
2. Permanecer calmado. Observe usted mismo la imagen para que usted sepa a lo que ha estado expuesto su hijo/a.
3. Trate de figurar lo que paso mal (cómo fue que llego a este sitio en particular).
4. Salga del sitio y tenga una discusion con su hijo/a acerca de lo que el/ella vio y como evitar a que vuelva a ocurrir.
5. Comunique a su hijo/a que el/ella hizo lo correcto al buscar su ayuda. Este consciente que eliminar los privilegios de la computadora puede desanimar a su hijo/a a que busque ayuda de los adultos.

# Padres - Padres - Padres - Padres

Entere de otros lugares donde su hijo pueda tener acceso a la pornografía. Las computadoras y los teléfonos celulares en casas de sus amigos, la biblioteca, en la escuela o en los programas después de la salida de clases, pueda ser que no tengan protecciones apropiadas para el Internet.

Recuerde a sus hijos que no todo lo que leen en el Internet es verdadero. Los sitios *chat* del Internet se han convertido en lugares de acecho para los depredadores sexuales quienes dan falsa información acerca de sí mismos para poder engatusar a los jóvenes desprevenidos.

Tome la lista de control para una Familia Espiritualmente Saludable. <http://archkck.org>

## Haga las Sigüientes Preguntas a su Hijo/a:

1. ¿La programación, el diálogo, las imágenes, los videos de música, o la letra de las canciones contienen valores que los consideras verdaderos?
2. ¿Te animan a sobrepasar tus límites personales o sexuales?
3. ¿Han influenciado en tus valores acerca de la actividad sexual fuera del matrimonio?
4. ¿Refleja los valores de tus amigos?
5. ¿Como se comparan/contrastan estos valores con lo que se te ha puesto como modelo y enseñado en el hogar?

[www.nationalcoalition.org/talkingpoints.asp](http://www.nationalcoalition.org/talkingpoints.asp)

# Parejas de Casados - Parejas de Casados

## Como te Dana la Pornografía:

- Aumenta el estrés conyugal y el riesgo de separación y divorcio.
- Aumenta el apetito por tipos de pornografía más gráficos y actividad sexual asociada con prácticas abusivas, ilegales o peligrosas.  
(Impacto de la Pornografía en el Matrimonio y la Familia, 2005)

El uso de la pornografía cohibe la verdadera intimidad. El formar y mantener una relación íntima y vibrante con su esposo/a es el trabajo del amor de casados. Por el diseño de Dios, el sexo nos da la capacidad de dar a alguien en una forma humana extraordinaria y (micha christianitytoday.com). Sin embargo, el uso de cualquier tipo de pornografía será perjudicial para su relación. Lo que parece ser una pequeña estimulación se puede convertir en una adicción que muy pronto reemplazará la conversación íntima y los toques cariñosos que conducen a un sexo conyugal que es duradero.

Con mucha frecuencia, nuestra relación sexual está separada de nuestra experiencia de fe; los medios informativos populares nos dicen que la relación sexual satisfactoria es todo acerca de pasión, placer físico, desempeño, deseo y técnicas de saber cómo hacerlo. Aun cuando es importante, estos elementos son secundarios. Dios puede usar la relación sexual para enseñarnos cómo servir a nuestra pareja (christianitytoday.com). No se engañen a sí mismos, si usan la pornografía, sus hijos se enterarán. Los estudios demuestran que el 70% de todos los materiales pornográficos terminan en las manos de los niños. Recuerden que no pueden enseñar lo que no practican.

## ¿Qué Puedo hacer?

- Mantenga su matrimonio centrado en el amor de Dios y de los demás. Pasen tiempo juntos. Tengan una "noche de cita" regular aun cuando la vida parece estar muy ocupada.
- Haga tiempo para orar en pareja. La oración es una grandiosa forma para proteger su matrimonio.
- Empiece a comprender la enseñanza Católica en la relación entre la sexualidad y la espiritualidad. Considere estudiar los escritos del Papa Juan Pablo II acerca de "La Teología del Cuerpo."

- Crezca en la pureza de corazón. Identifique y trabaje en esas áreas potenciales que lo priva de experimentar una intimidad más profunda con su esposo/a.
- Participe frecuentemente en los Sacramentos. Nuestra cultura nos invade con tentaciones que son difíciles de resistir uno solo. Participar en la Eucaristía y la Reconciliación puede fortalecernos para resistir estas tentaciones y decir "sí" a nuestra fe católica.
- Busque ayuda profesional cuando la pornografía es un problema. Usted puede escoger entre varias formas de acercamiento terapéutico en su jornada hacia la curación.

## Considere esto...

Tan poco así como 6 horas de exponerse a pornografía no muy explícita (pornografía no muy explícita es algo diseñado para excitar a uno sexualmente) es suficiente para:

- destruir la satisfacción del observador con su esposo/a.
- disminuir el valor de la fidelidad.
- disminuir la satisfacción de su pareja.
- aumentar el pensamiento que las mujeres gozan del rapto.
- perder la habilidad de estar con una persona y atesorar esa persona.  
(<http://www.archkck.org/content/view/154/122>)

# (,Sabia Usted? • (,Sabia Usted?

## Adicción e Industria: Estadísticas de la Pornografía

- **4.2 millones** de sitios pornográficos en el Internet; 420 millones de páginas (<http://archkck.org>)
- Ingresos totales de la industria de pornografía en 2006: **\$13.3 billones de dolares** en los Estados Unidos; **\$97 billones de dolares** mundialmente. (Revisión del Filtro del Internet)
- Renta de videos/DVD por adultos en los Estados Unidos en 2005: casi **1 billon**. (Noticiero de Videos para Adultos)
- Televidentes de películas para adultos en los hoteles: **55%**. ([cbsnews.com](http://cbsnews.com))
- Número de títulos de pornografía muy explícita lanzados al mercado en 2005 (EE.UU.): **13,588**. (Revisión del Filtro del Internet)
- Adultos que admiten la adicción sexual en el Internet: **10%**; **28% de esto son mujeres**. ([internet-filter-review.com](http://internet-filter-review.com))
- Mas del **70%** de hombres entre 18 y 34 años visitan un sitio pornográfico en un mes regular. ([comScore Media Metrb:](http://comScore.com))
- Mas de **20,000 imágenes de pornografía de niños** son puestas cada semana en el Internet. (*National Society for the Prevention of Cruelty to Children, 10/8/03*) (Sociedad Nacional para la Prevención de Crueldad a los Niños, 10/8/03)
- Aproximadamente el **20% de toda la pornografía en el Internet consiste de niños**. (*National Center for Missing & Exploited Children*) (Centro Nacional para Niños Perdidos y Explotados)
- **100,000** sitios en el Internet ofrecen pornografía ilegal de niños. (Estimación de los Servicios de Aduana de EE.UU.)
- A partir de diciembre del 2005, **la pornografía de niños fue una industria anual de \$3 billones**. ([internet-filter-review.com](http://internet-filter-review.com))
- **40 millones** de adultos en los Estados Unidos regularmente visitan sitios pornográficos en el Internet. (<http://archkck.org>)

## Iglesias Cristianas: Estadísticas de la Pornografía

- El **51%** de pastores dicen que la pornografía en el Internet es una posible tentación, el 37% dicen que es una lucha actual. (*Christianity Today, Leadership Survey 12/2001*) (Cristiandad Hoy en Día, Encuesta de Liderazgo 12/2001)
- Mas de la mitad de pastores evangelistas admiten haber visto pornografía el año pasado.
- El **20%** de las llamadas recibidas en la Línea de Ayuda Pastoral son para ayuda con temas tal como pornografía y comportamiento compulsivo sexual.
- El 33% del clero admite haber visitado un sitio explícito en el Internet. De aquellos que han visitado un sitio pornográfico, el **53%** ha visitado tales sitios "unas cuantas veces" durante el año pasado, y un **18%** visita sitios sexualmente explícitos entre unas dos veces al mes y mas de una vez por semana.
- El **29%** de adultos cristianos renacidos en los Estados Unidos creen que es moralmente aceptable mirar películas que tienen un comportamiento sexual explícito. (*The Barna Group*) (El Grupo Barna)
- El **57%** de pastores dicen que la adicción a la pornografía es el tema mas dañino sexualmente para su congregación. (*Christians Only Sex Leadership Journal Survey, March 2005*) (Encuesta de la Publicación de Liderazgo de Cristianos y el Sexo, Marzo:2005)



# I,Sabia Usted? • I,Sabia Usted?

## Jóvenes Adultos: Estadísticas de la Pornografía

- El 67% de hombres entre 18 y 26 años creen que es aceptable mirar pornografía.
- El 49% de mujeres entre 18 y 26 años creen que es aceptable mirar pornografía.
- El 87% de hombres jóvenes reportan que es aceptable usar la pornografía.
- El 31% de mujeres jóvenes reportan que es aceptable usar la pornografía.
- Los estudios muestran que los adultos que tienen una asociación entre la aceptación de la pornografía y su uso resulta en actitudes y comportamientos sexuales en riesgo, uso de sustancias y patrones de valores de cohabitación no conyugal.

*(Generation XXX, Pornography Acceptance and use Among Emerging Adults) (Journal of Adolescent Research, Vol. 23, No. 1, 2008)*

*(Generación XXX, Aceptación de la Pornografía y su uso Entre Adultos Emergentes) (Publicación de Estudios de Investigación de Adolescentes, Vol. 23, No. 1, 2008)*

- La mitad de los hombres solteros entre 20 y 29 años dicen que hubieran tenido sexo sin ning(m interés en el matrimonio. *(Why Men Won't Commit: Exploring Men's Attitudes About Sex, Dating and Marriage, Barbara Dafne Whitehead and David Popenoe. The National Marriage Project, 2002)* (Por que los Hombres no se Comprometen: Explorando las Actitudes del Hombre hacia el Sexo, Noviazgo y Matrimonio, Barbara Dafne Whitehead y David Popenoe. El Proyecto Nacional de Matrimonio, 2002)
- El 42% de adultos cree que es "moralmente aceptable" tener una relación sexual con alguien del sexo opuesto con quien no están casados.

*(Morality Continues to Decay, Barbara Barna Research Group, 3 November. 2003)* (La Moralidad Continua Decayendo. Grupo de Estudios de Investigación de Barbara Barna, 3 de noviembre del 2003)

## Estadísticas del Uso de Pornografía de Niños

- Más de 20,000 imágenes de pornografía de niños son puestas en el Internet cada semana. *(National Society for the Prevention of Cruelty to Children, 10/8/03)* (Sociedad Nacional para la Prevención de Crueldad a los Niños, 10/8/03)
- Aproximadamente el 20% de toda la pornografía en el Internet consiste de niños. *(National Center for Missing & Exploited Children)* (Centro Nacional para Niños Perdidos y Explotados)
- 100,000 sitios en el Internet ofrecen pornografía ilegal de niños. (Estimación de los Servicios de Aduana de EE.UU.)
- A partir de diciembre del 2005, la pornografía de niños fue una industria anual de \$3 billones. *(internet-filter-review.com)*
- El tráfico de la industria pornográfica por adultos es de 20 a 30% de niños. (Reporte de NCR 2002, 3-3)

## Estadísticas de los Perpetradores en el Internet

- 1 en 7 niños que usan el Internet se le ha sido solicitado sexualmente-2005. (Revisión del Filtro del Internet)
- 1 en 4 niños participan en tiempo actual de "chat" (conversar). (Encuesta de FamilyPC, 2000)
- 1 en 5 niños/jóvenes (de 10 a 17 años) recibe solicitudes sexuales no deseadas en el Internet. *(Youth Internet Safety Survey, U.S. Department of Justice, 2001)* (Encuesta de la Seguridad de los Jóvenes en el Internet, Departamento de Justicia de los Estados Unidos, 2001)
- 2 en 5 secuestros de niños/jóvenes entre las edades de 15 a 17 años se deben al contacto en el Internet. (Departamento de Policía de San Diego)
- El 76% de víctimas en casos de explotación sexual iniciados en el Internet eran de edades entre 13 y 15 años, el 75% eran niñas.

*"La mayoría de los casos progresaron a encuentros sexuales, "–el 93% de las reuniones cara a cara involucraron sexo ilegal. (Journal of Adolescent Health, November 2004)* (Publicación de Salud de Adolescentes, Noviembre del 2004)

A menos que se especifique, la información fue tomada de <http://archkck.org>

# (,Sabia Usted? • (,Sabia Usted?

## Mujeres: Estadísticas de la Pornografía

- El 28% de aquellos que admiten adicción sexual son mujeres. ([internet-filter-review.com](http://internet-filter-review.com))
- El 34% de lectores femeniles del noticiero en el Internet *Today's Christian Woman*, durante una encuesta reciente, admiten haber tenido acceso intencionalmente a pornografía, y 1 de cada 6 mujeres, incluyendo mujeres Cristianas, lucha con una adicción a la pornografía. (*Today's Christian Woman, Fall 2003*) (La Mujer Cristiana de Hoy en Día, Otoño del 2003)
- El 13% de mujeres admiten haber tenido acceso a la pornografía en su lugar de trabajo. (<http://archkck.org>)
- El 70% de mujeres mantienen en secreto sus actividades en el Internet. (<http://archkck.org>)

## Hombres: Estadísticas de la Pornografía

- El 72% de hombres visitan sitios pornográficos.
- El 70% de hombres entre las edades de 18 a 24 años visitan mensualmente sitios pornográficos.
- El 66% de hombres entre los 20 y 30 años reportan ser usuarios regulares de la pornografía.
- El 20% de hombres admiten haber tenido acceso a la pornografía en su lugar de trabajo.
- El 10% de adultos admiten tener adicción sexual.

## Matrimonios y Familias: Estadísticas de la Pornografía

- El 47% de las familias cristianas dicen que la pornografía es un problema en su hogar. (*Focus on the Family Poll, October 1, 2003*) (Encuesta del Enfoque en la Familia, Octubre 1, 2003)
- El Internet fue un factor significativo en 2 de 3 divorcios. (*American Academy of Matrimonial Lawyers in 2003-divorcewizards.com*) (Academia Americana de Abogados para Matrimonios, en 2003)
- 9 de 10 niños/jóvenes entre las edades de 8 y 16 años vieron pornografía en el Internet, en la mayoría de los casos fue sin intención. (*London School of Economics, January 2002*) (Escuela de Economía de Inglaterra, Enero del 2002)
- La edad promedio de la primera exposición a la pornografía: 11 años de edad. ([internet-filter-review.com](http://internet-filter-review.com))
- El mayor consumidor de la pornografía en Internet es de 12 a 17 años de edad. (Varios recursos, hasta 2007)
- Los jóvenes que tienen una significativa exposición a la sexualidad en los medios informativos, fue demostrado que es muy seguro que tengan relaciones sexuales entre los 14 y 16 años. (*Reponen en Pediatría, Abril, 2006*)
- El 89% de jóvenes admite haber recibido una solicitud sexual en los sitios *chat*. (<http://archkck.org>)
- El 80% de jóvenes de 15 a 17 años de edad han tenido múltiples exposiciones muy explícitas. (<http://archkck.org>)
- Entre más pornografía vean los hombres, es más seguro que describan a las mujeres en términos sexuales y categoricen a las mujeres en papeles tradicionales del género. (*The Porn Factor, www.time.com 19 die enero del 2004*)
- Tan poco así como 6 horas de exponerse a pornografía poco explícita (la pornografía poco explícita es algo designado para excitar sexualmente a alguien) es suficiente para:
  - destruir la satisfacción del observador con su esposa/a.
  - disminuir el valor de la fidelidad.
  - disminuir la satisfacción de su pareja.
  - aumentar el pensamiento que las mujeres gozan del rapto.
  - perder la habilidad de estar con una persona y atesorar esa persona. (<http://www.archkck.org/content/view/154/122>)

A menos que se especifique, la información fue tomada de <http://archkck.org>

# Ciclo de Adicción - Ciclo de Adicción

## Intervenciones Clave para Todas las Fases

### Los que son Adictos:

#### **Rompa el Silencio.**

Usted debe reconocer que existe un problema. Los secretos pueden ser cancerosos para cualquier esperanza de curación. Dígame a un amigo o ser querido acerca de sus luchas con esta adicción. Pídale que lo hagan responsable cuando usted haga cambios para dejar de hacerlo. Esto puede ser por medio de reportarse a diario y dar un reporte honesto. Este es un paso importante y difícil para alguien que es adicto.

#### **Busque Ayuda Profesional.**

Puede usar un programa de 12 pasos o consejería individual. Puede escoger entre muchos enfoques terapéuticos para ayudarse en su jornada hacia la libertad.

#### **Participe frecuentemente en los Sacramentos.**

Nuestra cultura nos invade con tentaciones que son difíciles de resistir uno solo. Participando en la Eucaristía y la Reconciliación nos puede fortalecer para resistir estas tentaciones y decir "sí" a seguir nuestra fe Católica. Considere buscar a un sacerdote/director espiritual con quien hablar honestamente acerca de sus luchas. Esto puede proporcionar una red de seguridad espiritual en cuanto usted hace los cambios difíciles pero necesarios.

## Aquellos heridos por este comportamiento...

- Respondan con compasión pero a la vez hagan los responsables.
- Sean honestos con sus sentimientos si usted es un miembro de familia a quien se le ha herido.
- Este disponible a participar en consejería individual, matrimonial o familiar.
- Sepa que hay esperanza para la curación. Muchas personas han logrado la libertad de esta adicción por medio de la participación frecuente en los sacramentos, consejería y el apoyo de sus seres queridos.
- *SANON*([sanon.org](http://sanon.org)) puede ayudar a proporcionar esperanza y apoyo para los esposos/As esposas y los miembros familiares que están luchando con la adicción a la pornografía.

# Ciclo de Adicción - Ciclo de Adicción

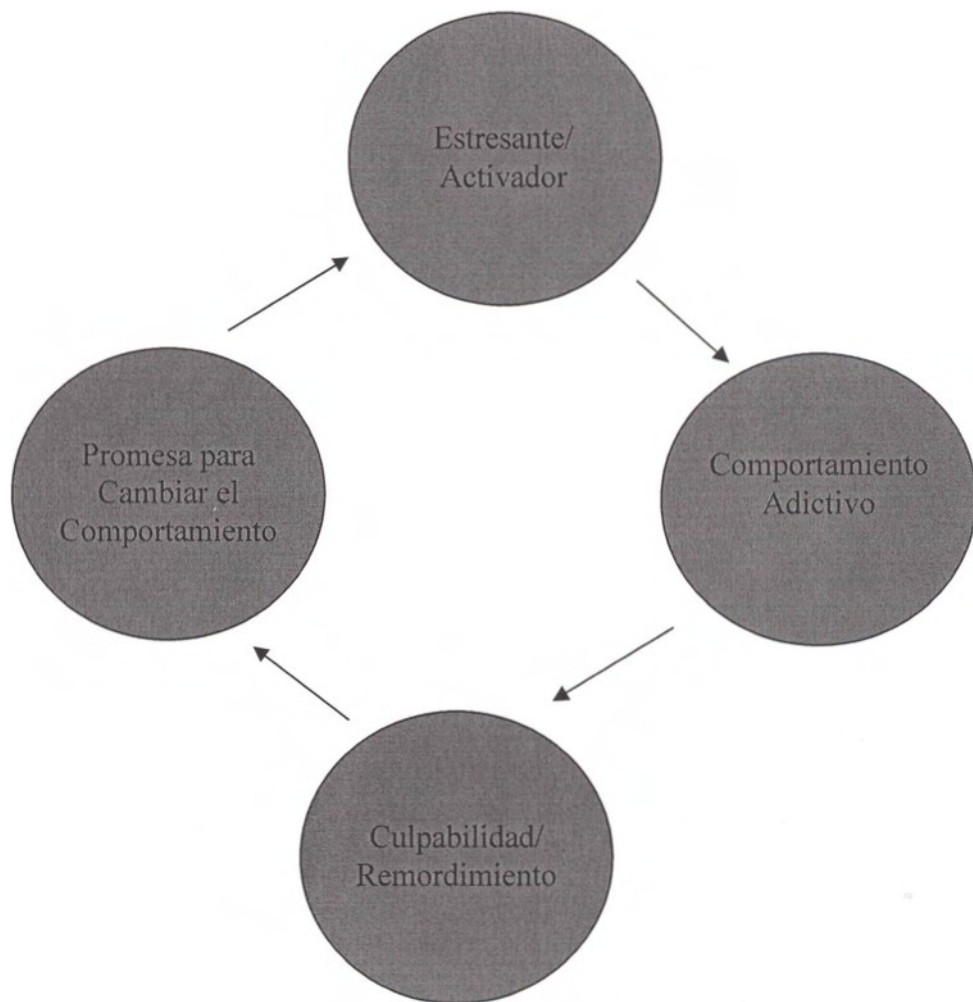
## Estrategias para la Intervención en Cada Fase:

- **Estresante/Activador** Aun cuando algunos ven pornografía por primera vez de pura curiosidad, la mayoría participan en este comportamiento debido a una necesidad no satisfecha y o un estresante. El estrés es diferente para cada uno de nosotros. Puede ser un estresante o muchos que conducen al comportamiento adictivo. Las emociones no resueltas (coraje, tristeza), problemas con relaciones, expectativas poco realistas, problemas en el trabajo, desconexión espiritual, son algunos de los estresantes que pueden activar el comportamiento adictivo. Usted debe identificar cuales estresantes conducen al comportamiento adictivo. Este comportamiento adictivo es mas bien un sustituto por una manera saludable de tratar con una necesidad no satisfecha o una experiencia de estrés.
- **Comportamiento Adictivo** La adicción esta siendo anormalmente tolerable, preocupada o dependiente (física o psicológicamente) en una sustancia o comportamiento (*Webster*). Mirar frecuentemente la pornografía es dañina y de seguro adictiva. La masturbación mientras se esta viendo la pornografía aumenta la adicción debido a las respuestas químicas intensas de corta duración del cuerpo (adrenalina, orgasmo). Poner fin a este comportamiento es crucial para romper el ciclo de la adicción.
- **Culpabilidad/Remordimiento/Depresión** La culpabilidad y el remordimiento pueden conducir a la depresión si son ignorados. Escuche a estas emociones, porque le dan información acerca de usted mismo y del mundo. Ellos pueden ser una invitación del Espíritu Santo para tomar pasos para sanar y lograr la libertad de la adicción.
- **Promesa para Hacer un Cambio** Así como las resoluciones de Año Nuevo, todos hacemos promesas para cambiar comportamientos y fallamos. Aquellos adictos a la pornografía se les hace difícil hacer estos cambios ellos solos. Esta inhabilidad para hacer estos cambios puede conducir a la desesperación. Haga cambios pequeños pero realistas, que con el tiempo, le conduzcan a parar el ciclo y lograr la libertad. Coloque la computadora en un lugar público e instale un programa de filtración. Tire todos los materiales pornográficos y considere desconectar los servicios del Internet.

# Ciclo de Adicción - Ciclo de Adicción

## Ciclo de la Adicción a la Pornografía

La adicción a la pornografía es una forma de adicción sexual. Ver pornografía solicita la excitación sexual causando una respuesta neurológica-química en el cerebro. Un patrón habitual del estímulo (pornografía) y la excitación se aloja en el cerebro estableciendo un comportamiento habitual.



# Adultos Jóvenes - Adultos Jóvenes - Adultos Jóvenes

## Como te daña la Pornografía:

Aprendiendo la verdad acerca de la pornografía nos ayuda a comprender por que debemos luchar para librarnos de ser engañados. La mayoría de las personas creen que la pornografía es usada unicamente por un pequeño porcentaje de la población. Lo contrario es actualmente verdadero. Cuarenta millones de adultos en los Estados Unidos visitan regularmente sitios pornográficos en el Internet. Cuarenta y siete por ciento de cristianos dicen que la pornografía es un gran problema en el hogar.

Los estudios de investigación muestran que la pornografía afectará negativamente sus relaciones en el futuro. La pornografía puede e invadir sus pensamientos, lenguaje y valores morales. Puede disminuir su propio merito y su respeto por los demás. Entre más pornografía vean los hombres, más describen a las mujeres en terminos sexuales.

(*See Porn Factor, [www.time.com](http://www.time.com), 2004*)

Cada uno de nosotros tiene un deseo dado por Dios para la intimidad y la unión. La pornografía en realidad pervierte los deseos y hace que la verdadera unión sea imposible. La pornografía distorsiona su actitud hacia el sexo y anima a hacer objetos de los demás para su propia ganancia. Promueve la propia gratificación inmediata como el único elemento para satisfacer su deseo por la intimidad. Nuestra fe católica nos enseña que somos creados para amar y ser amados. Las raíces del amor perfecto y la unión verdadera están en entregarse a sí mismo. "La sexualidad es un don maravilloso de Dios que nos permite a cada uno de nosotros a través de nuestros cuerpos, a amar y cuidar respetuosamente del uno por el otro."

(*Formation and Education in Sexuality, Archdiocese of Omaha, 2006*)  
(Formación y Educación en Sexualidad, Arquidiócesis de Omaha, 2006)

## <,Que Puedo Hacer?

- Crezca en su comprensión de la relación entre la sexualidad y la espiritualidad. Considere estudiar "La Teología del Cuerpo" escrita por el Papa Juan Pablo II.
- Desarrolle amistades en las que pueda comportarse como usted mismo. La verdadera intimidad florece por la aceptación, honestidad y el ambiente de entregarse a sí mismos mutuamente.

- Reconozca el tremendo don que usted tiene en estar soltero. Tiene grandes oportunidades para entregarse a sí mismo totalmente a su familia, iglesia y comunidad.
- Participe en los Sacramentos: Nuestra cultura muchas veces nos invade con tentaciones que son difíciles de resistir uno solo. Participar en la Eucaristía y la Reconciliación puede fortalecernos para resistir estas tentaciones y decir "sí" a nuestra fe católica.
- Busque Ayuda Profesional: Es importante buscar ayuda profesional cuando la pornografía es un problema. Esto le ayudara con las herramientas necesarias para cambiar el comportamiento adictivo y proporcionar apoyo para hacer los cambios duraderos.

## Considere esto...

- El 70% de los hombres, entre las edades de 18 a 24 años visitan sitios pornográficos mensualmente. (<http://archkcl.org>)
- El 66% de los hombres entre los 20 y 30 años de edad reportan ser usuarios regulares de la pornografía. (<http://archkcl.org>)
- El 87% de hombres jóvenes reportan que el mirar pornografía es aceptable. (*Journal of Adolescent Research, 2008*)  
(Publicación de Estudios de Investigación de los Adolescentes, 2008)
- El 31% de mujeres jóvenes reportan que el mirar pornografía es aceptable. (*Journal of Adolescent Research, 2008*)  
(Publicación de Estudios de Investigación de los Adolescentes, 2008)
- Los estudios muestran que los adultos que tienen una asociación entre la aceptación de la pornografía y su uso resulta en actitudes y comportamientos sexuales en riesgo, uso de sustancias y patrones de valores de cohabitación no conyugal. (*Journal of Adolescent Research, 2008*)  
(Publicación de Estudios de Investigación de los Adolescentes, 2008)

## **List of Resources for FSGC**

I-Safe [http://isafe.org/channels/sub.php?ch=dwilmington&sub\\_id=1](http://isafe.org/channels/sub.php?ch=dwilmington&sub_id=1)

Center for Safe & Responsible Internet Use <http://www.cyberbully.org/>

[Net Cetera](#) (Chatting with kids about being online)

[Sex and Tech](#) -Results from this new survey show that 21% of teen girls and 18% of teen boys have sent/posted nude or semi-nude images of themselves. What is going on with teens, tech, and sex?

[Abuse : How Can I Be Safe?](#) By Jim Auer Published by Liguori , one Liguori Drive , Liguori MO 63057, a booklet for families.

[Child Sexual Abuse: Resource Information for the Community](#) Compiled by Linda Leonard, Consumer Health Librarian, Sussex County, Delaware Academy of Medicine, 302-227,2854.