

RESOURCE LIST FOR PORNOGRAPHY AND SEXUAL ADDICTION

Pornography and Sexual Addiction:

- What's the Big Deal about Pornography? A Guide for the Internet Generation, by Jill C. Manning.
- Protecting Your Child In an X-Rated World: What You Need to Know to Make a Difference, by Frank York
- Confronting Pornography, by Mark Chamberlain, Dan Gray, and Rory Reid (LDS audience)
- He Restoreth My Soul, by Donald L. Hilton (LDS audience)
- The Porn Trap: The Essential Guide to Overcoming Problems Caused by Pornography, by Wendy Maltz and Larry Maltz
- Out of the Shadows: Understanding Sexual Addiction, by Patrick Carnes, Ph.D.
- Home Invasion: Protecting Your Family in a Culture that's Gone Stark Raving Mad, by Rebecca Hagelin.
- Turn Yourselves and Live, by Rod Jeppson (LDS audience)
- Addiction Recovery Program: A Guide to Addiction Recovery and Healing, by LDS Family Services (LDS 12 Step Workbook)
- Pornography: the Great Lie – DVD (Communities for Decency) – Includes booklet for parents/families
- Fireproof – DVD

For Females/Partners:

- LDS 12 step booklet for Spouses of Addicts, by LDS Family Services (Unpublished - Contact LDS Family Service)
- But I Love Him: Protecting Your Teen Daughter from Controlling, Abusive Dating Relationships, by Jill Murray
- Healing the Trauma of Abuse, by Mary Ellen Copeland & Maxine Harris
- Hope After Betrayal: Healing When Sexual Addiction Invades Your Marriage, Meg Wilson (Christian Audience)

Filtering Services:

With Filtering Services, there is a variety to choose from. Gateway Filters are provided through the internet provider you are using (AOL, Infowest, etc.). Client Side Filters are ones that you generally will install and will either be free or have an annual fee associated with them. Despite there being a variety of filters available, be aware that these are often easily by-passed. In addition, it will not catch all the content. Therefore, if someone still wants to find offensive material, they likely can. Some filtering services allow monitoring in order to go back and review what sites have been visited. It is good to have these external filters, however, the best filter is the internal filter inside an individual determined to avoid pornography or offensive material.

Gateway Filters

- Ask your internet provider if they have this available. Is a filter service through the provider that limits offensive web browsing.

Client Side Filters

- Net Nanny (About \$40 a Year)
- Safe Eyes (About \$50 a Year)
- K9 Web Protection (Free – Search for on Yahoo Downloads) (Recommended)