

## Helpful Websites: (see over for books)

**PROGRAMS:** Strive21 – [strive21.com](http://strive21.com), Fortify – [Joinfortify.com](http://Joinfortify.com), Conquer Series – [conquerseries.com](http://conquerseries.com), Valiant Man (Australian) – [careforcelifekeys.org](http://careforcelifekeys.org), Paul’s program due for release in 2024 – see [www.MOSI.au](http://www.MOSI.au) or [www.paulnannes.com](http://www.paulnannes.com)

[www.pornfreemovement.com](http://www.pornfreemovement.com)

- A movement we started that has an extensive and updated resource list.
- It was set up to appeal to a secular audience but most links link to Christian bodies and people.

[www.realtalkaustralia.com](http://www.realtalkaustralia.com)

- (Our organisation) Provides Seminars and Reflection days to schools and church groups on sex, relationships and personal identity.

[www.realtalkeducation.org](http://www.realtalkeducation.org)

- Digital resources for schools and groups

[www.realtalkparents.com](http://www.realtalkparents.com)

- Digital membership site for parents

[www.paulnannes.com](http://www.paulnannes.com)

- Resources and blogs. Free video and audio content.

[www.chastityproject.com](http://www.chastityproject.com)

- Good source of resource, Q&A etc.
- Has a good section on Pornography with lots of good video’s

[www.fightthenewdrug.org](http://www.fightthenewdrug.org)

- A very well presented and contemporary non-religious USA movement with lots of interesting stuff on exposing porn for what it is.

[www.covenanteyes.com](http://www.covenanteyes.com)

- Offers a holistic approach to internet porn safety for all ages
- Definitely the go to site for **accountability software** etc

[www.safesurfer.co.nz](http://www.safesurfer.co.nz)

- Offers free software for phones and software for computers for a donation
- Run by a Christian guy from Tauranga, NZ

[www.integrityrestored.com](http://www.integrityrestored.com)

- Seeks to equip individuals families and churches in the battle against pornography. Includes section for clergy.

[www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)

- Science based Catholic online recovery program.

[www.menalive.org.au](http://www.menalive.org.au)

- National men’s movement that provides parish based weekends as well as numerous other events that minister to Catholic men

[www.opendns.com](http://www.opendns.com)

- The worlds largest internet security network
- Can filter content at different levels

[www.XXXChurch.com](http://www.XXXChurch.com)

- Good for lots of info and varied content and free podcasts
- Controversial in methods and very secular in style
- Offers accountability software

[www.yourbrainonporn.com](http://www.yourbrainonporn.com)

- Good basic info on the brain processes of porn use

[www.feedtherightwolf.org](http://www.feedtherightwolf.org)

- Has some good steps to help with porn habit. Pay for more content. Run by counsellors

[www.chastity.com](http://www.chastity.com) [www.catholic.com](http://www.catholic.com)

- Source of resources, teachings, Q& A etc.
- Catholic

[www.realtalkaustralia.com](http://www.realtalkaustralia.com)    [www.paulnannes.com](http://www.paulnannes.com)

## Pornography Topic - Books: (see over for websites)

- From Good Man to Valiant Man - Dr Allan Meyer
  - Good Aussie book – broader than sex struggles. Mainly for Married men. I regard it very highly/ Not Catholic (Has some non-Catholic teaching).
- Good News about Sex and Marriage - Christopher West
  - Catholic, answers all the big questions
- The Porn Myth – Matt Fradd
  - Great overview of all the big questions about Pornography. Very well researched and a comprehensive discussion
- Unwanted – Jay Stringer
  - Looks at the topic through the lens of how our unwanted sexual behaviours points us to the places that needs healing.
- Breaking Free - Russell Willingham
  - Good solid and goes into the psychology of addiction. Good for people with some serious stuff going on & issues at the core of their struggle. E.g. past abuse
- Every Man's Battle -Stephen Arterburn, Fred Stoker
  - Good to the point and detailed outline on the battle for men. Practical.
- Theology of the Body
  - Different authors but Chris West's TOB audio is accessible for the average person. TOB – Fr. Anthony Percy is a small version of TOB.
  - The "go to" theology for Catholic teaching on sexuality
- Wired for Intimacy - William Struthers
  - Focuses on science, the human brain and how porn hijacks it
- Delivered - Matt Fradd
  - A collection of stories of men and women who broke free from sexual addiction/porn use
- Treating Porn Addiction: the essential tools for recovery - Kevin Skinner
  - Small book but thorough and clinical.
- Hooked -Joe McIlhaney, Freda McKissic
  - New science on how casual sex is affecting our youth
- Big Porn inc - Melinda Tankard Reist, Abigail Bray
  - Exposing the harms of the global porn industry
- Pornland – How porn has hijacked our sexuality - Gail Dines
  - A hard hitting book that does what the title suggests
- Your brain on porn – Gary Wilson
  - Internet Porn and the science behind it
- Pure - Linda Marshall
  - Small, simple, good, solid book for teens
- Wild at Heart - John Elderidge
  - Good general Masculine Christianity book. Covers broad topics.
- If You Really Loved Me - Jason Evert
  - 100 questions on dating. Solid, Catholic.
- How to Find Your Soulmate without Losing Your Soul - Jason & Christalina Evert
- Pure Manhood / Pure Womanhood - Jason Evert
  - Small easy to read Catholic booklets for young adults/teens.
- God pictures/Bad pictures: Porn Proofing today's young kids- K Jenson G Poyner
  - \*\*\*Great for talking to kids about porn
- Not for kids - Liz Walker
  - \*\*\*For kids. Teaching what to do if see stuff online.
- The Courage to be Chaste- Fr. Benedict Groeschel
- He Restoreth my Soul- Donald L Hilton
  - Book about porn habit and addiction. Well regarded solid Author who is a MD
- Heartbroken yet Radiant – Ann-Maree Choi
  - A book for women impacted by their husbands porn use/infidelity
- Love you, Hate the Porn - Mark Chamberlain

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