

## 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) – [careforcelifeykeys.org](http://careforcelifeykeys.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.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 and great info on a lot of pornography related topics.
- Christian organisation
- Definitely the go to site for blocking and **accountability software** etc

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

- Good general website that covers most bases really well

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

- Wifi and device filter
- Highly recommend

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

- The world’s largest internet security network
- Can filter content at different levels
- NB: there are many different filtering companies

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

- Good for lots of info and varied content and free podcasts
- Offers accountability software

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

- The Porn Myth – Matt Fradd
  - Great overview of all the big questions about Pornography. Very well researched and a comprehensive discussion
- Pornland – How porn has hijacked our sexuality - Gail Dines
  - A hard hitting book that discusses what the title suggests
- Big Porn inc - Melinda Tankard Reist, Abigail Bray
  - Exposing the harms of the global porn industry
- From Good Man to Valiant Man - Dr Allan Meyer
  - Good Aussie book – broader than sex struggles. Mainly for married Christian men. I regard it very highly.
- 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. Christian.
- 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.
- He Restoreth my Soul- Donald L Hilton
  - Book about porn habit and addiction. Well regarded solid Author who is a MD
- Good pictures/Bad pictures: Porn Proofing Today’s young kids- K Jenson G Poyner - available from Focus on the Family
  - \*\*\*Great for talking to kids about porn
- Not for kids - Liz Walker
  - \*\*\*For kids. Teaching what to do if see stuff online.
- Put a lid on it – E Olivia –
  - Children’s book addressing porn exposure
- Heartbroken yet Radiant – Ann-Maree Choi
  - A book for women impacted by their husbands porn use/infidelity
- Love you, Hate the Porn - Mark Chamberlain