

Helpful Websites: (see over for books)

PROGRAMS: Strive21 – Cardinalstudios.org, Fortify – Joinfortify.com, Conquer Series – conquerseries.com see goforgreatness.org, Valiant Man (Australian) – careforcelifekeys.org

www.realtalkaustralia.com www.realtalknz.com

- (Our organisation) Provides Seminars and Reflection days to schools and church groups on sex, relationships and personal identity. Mainly works with high school age but also does pre-teens, young adults, parents nights and staff PD.

www.thedatingwar.com

- Local Australian Brisbane based ministry to Catholic young adults on a variety of chastity and relationship topics.
- Has good videos, Q and A and resources.

www.paulinnes.com

- Resources and blogs. Free video and audio content.

www.theporneffect.com

- American based but set up by ex-pat Matt Fradd
- Good general website that covers most bases really well
- Catholic

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

- 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

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

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

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

www.reclaimsexualhealth.com

- Science based Catholic online recovery program.

www.goforgreatness.org

- Has both Christian and secular info. Australia based Christian organisation and has good connections in many cities with **counsellors**

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

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

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

- Good basic info on the brain processes of porn use

www.feedtherightwolf.org

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

www.chastity.com www.catholic.com

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

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 Restored my Soul- Donald L Hilton
 - Book about porn habit and addiction. Well regarded solid Author who is a MD