

Implementing Online Safety and Media Sobriety Through Churches

Presented on April 6, 2006
Global Ministries Christian Church
Boston, MA 02124

TechMission
Safe Families
KEEPING CHILDREN SAFE ONLINE



Implementing Online Safety and Media Sobriety Through Churches

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*Association of Christian Community
Computer Centers (AC4)*

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Implementing Online Safety and Media Sobriety Through Churches

"COMPUTER SKILLS TO MAKE A LIVING.
A SPIRITUAL FOUNDATION TO MAKE A LIFE."

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Pornography's Effect on Families

- The Internet was a significant factor in 2 out of 3 divorces

(American Academy of Matrimonial Lawyers in 2003 - divorcewizards.com)

- More than 70% of men from 18 to 34 visit a pornographic site in a typical month

(comScore Media Metrix).

- Adults admitting to Internet sexual addiction: 10%
(28% of those are women)

(internet-filter-review.com)

- 1 out of every 6 women, including Christians, struggles with an addiction to porn (34% of Christian women view porn)

(Today's Christian Woman, Fall 2003)

- 47% of families said pornography is a problem in their home

(Focus on the Family Poll, October 1, 2003).

Pornography's Effect on Pastors and Churches

- 50% of Promise Keepers attendees viewed porn within a week before the event.

(<http://www.crosswalk.com/faith/1224639.html>)

- 51% of pastors say cyber-porn is a possible temptation; for 37%, a current struggle. Over half of evangelical pastors admit viewing pornography last year.

(Christianity Today Leadership Survey, 2001;
<http://www.crosswalk.com/faith/1224639.html>)

- 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.

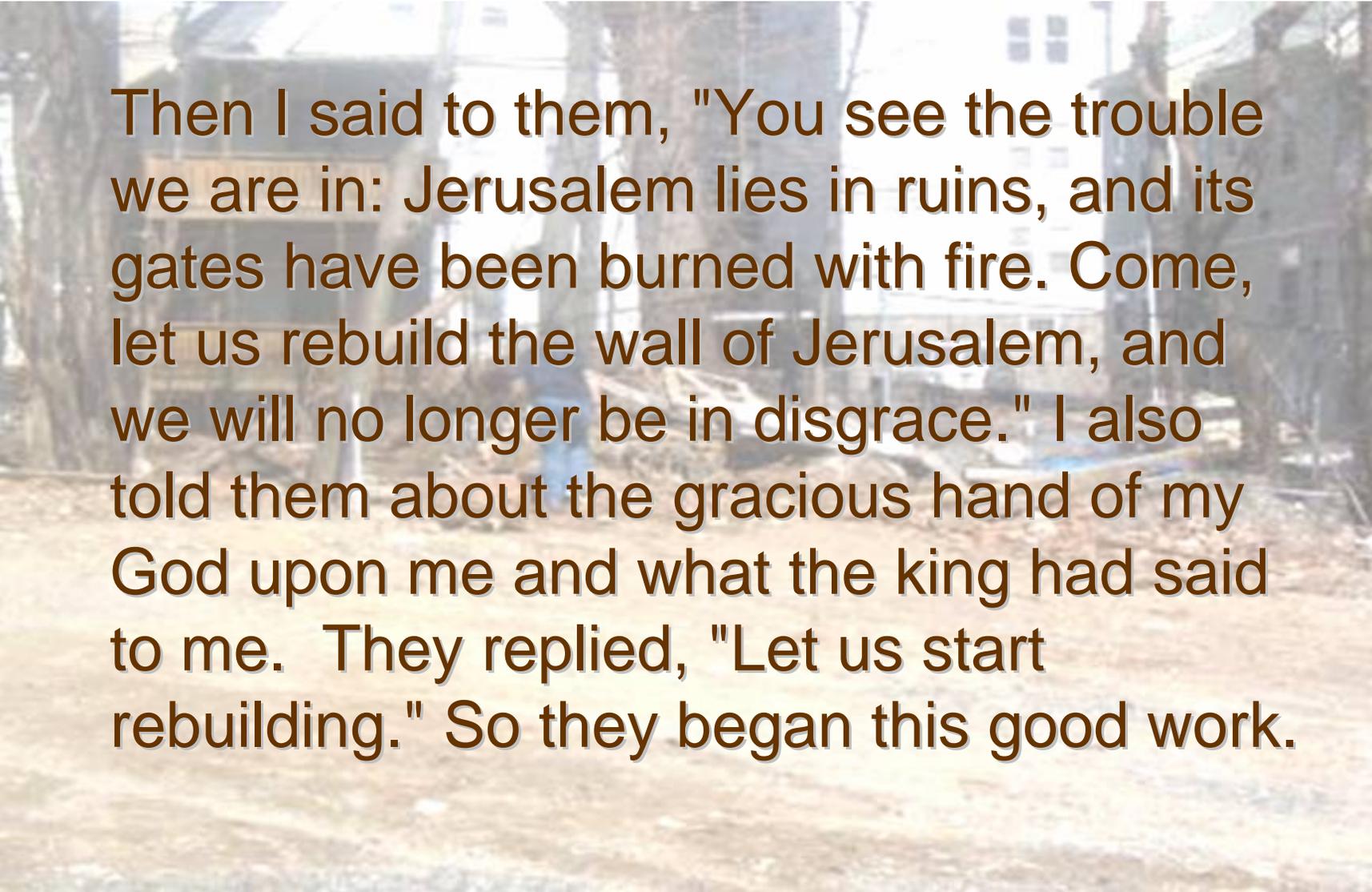
(Christians and Sex" Leadership Journal Survey, March 2005)

TechMission Safe Families: A Nehemiah Ministry in the Church

Nehemiah 2: 13-18

By night I went out through the Valley Gate toward the Jackal Well and the Dung Gate, examining the walls of Jerusalem, which had been broken down, and its gates, which had been destroyed by fire. Then I moved on toward the Fountain Gate and the King's Pool, but there was not enough room for my mount to get through; so I went up the valley by night, examining the wall. Finally, I turned back and reentered through the Valley Gate. The officials did not know where I had gone or what I was doing, because as yet I had said nothing to the Jews or the priests or nobles or officials or any others who would be doing the work.

TechMission Safe Families: A Nehemiah Ministry in the Church



Then I said to them, "You see the trouble we are in: Jerusalem lies in ruins, and its gates have been burned with fire. Come, let us rebuild the wall of Jerusalem, and we will no longer be in disgrace." I also told them about the gracious hand of my God upon me and what the king had said to me. They replied, "Let us start rebuilding." So they began this good work.

Pornography Industry and the Sexualization of Society

- **Like Tobacco Industry**
 - industry hooks them early
 - 2nd hand smut effects non-users
 - Inescapable
(magazines in grocery stores)

Pornography Industry and the Sexualization of Society

- **The Response**
 - Pornography is damaging
 - Is porn for perverts or is porn cool?
 - 2nd Hand smut should be treated like smoke
 - Should be able to keep it out of your home
 - Should require age verification

Pornography Industry Targets Youth

- 90% of children 8 to 16 have viewed pornography on the Internet, in most cases unintentionally
(London School of Economics January 2002)
- 11 is the average age of first Internet exposure to porn (internet-filter-review.com)
- Largest consumer of Internet porn: 12 - 17 age group (internet-filter-review.com)
- Adult industry says traffic on its websites is 20-30% children
(NRC Report 2002, 3.3)

Pornography Industry Exploits Youth: Child Pornography

- 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 Missing & Exploited Children).
- 100,000 websites offer illegal child pornography
(U.S. Customs Service estimate).
- As of December 2005, child pornography is a \$3 billion annual industry
(Internet-filter-review).

Online Perpetrators

- 1 in 5 children who use chat rooms have been approached by a pedophile online

(Telegraph.co.uk. 1/02)

- 2 in 5 abductions of victims ages 15-17 were due to the Internet

(San Diego Police Dept.)

- 76% of victims in Net-initiated sexual exploitation cases were 13-15; 75% were girls. "Most cases progressed to face-to-face sexual encounters" - 93% of the face-to-face meetings involved illegal sex.

([Journal of Adolescent Health](#), November 2004)

Bil Mooney-McCoy
Director, Safe Families

Adult Industry Statistics

- Total U.S. revenue (2005): \$12.6 billion
(Adult Video News).
- U.S. adult DVD/video rentals in 2005: almost 1 billion
(Adult Video News).
- Hotel viewership for adult films: 55%
(cbsnews.com).
- As of 2003, 1.3 million pornographic websites
(N2H2, 2003)
- Unique visitors to adult web sites monthly: 45 million
(Nielsen Net Ratings).

Shelley Lubben

<http://www.shelleylubben.com>



Former Porn Actress and Prostitute

The Truth Behind the Fantasy of Porn

<http://www.shelleylubben.com/articles/TheTruth.doc>

Internet Porn: Perfect Drug Delivery System

Accessible

Affordable

Anonymous

Pornography's Effect on USERS

Porn Has Completely Destroyed Me

Full text (explicit language) available at

<http://www.craigslist.com/about/best/bos/70028811.html>

I am ashamed.

I am ruined.

...changed for the worse.

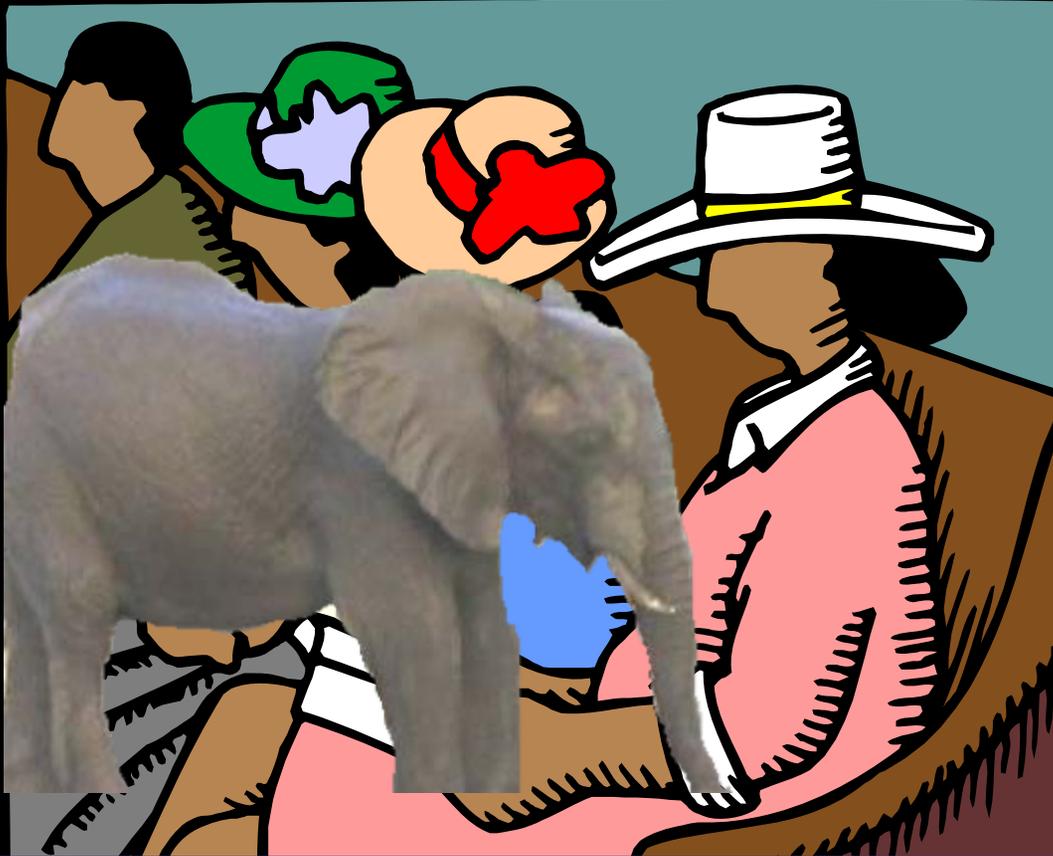
“Look good or you're alone.”

Pornography's Effect on USERS

Porn perpetuates legitimacy of violence against women.

All the girls we have on this site are treacherously put to sleep by these guys and then they are....

Porn.....



– the elephant in the pew!!!

What to do: How to respond to someone who's addicted?

What it's like to be in the grip,
the addict's dilemma

A Sex Addict's Core Beliefs

- 1) I am basically a bad, unworthy person
- 2) No one would love me if they really knew me
- 3) My needs are never going to be met if I have to depend on others
- 4) Sex is my most important need/if I don't act out, I'll die

What to do: How to respond to someone who's addicted?

What it's like to be in the grip,
the addict's dilemma

[Safe Families Articles Archive](#)

<http://safefamilies.techmission.org/articles.php>

What to do: How to respond to someone who's addicted?

Denial (lying), minimizing

STEPS for helping someone in addiction

1. Immediately emergency response
2. Church-based accountability partner(s)
3. Advise the person and spouse to adopt Media Sobriety Covenant
4. Provide the person with Safe Families Online Safety & Media Sobriety Manual
5. Family support
6. Peer support group
7. Professional counseling

Step 1: Immediate response

- a. Designate point persons for addict, spouse, children, and parents
- b. Consider divestment of ministry responsibilities for the addict
- c. STD testing if physical boundaries were crossed
- d. Getting support for children during stressful family time
- e. Other emergency measures as needed (relocation, legal or financial support)

All these steps should be undertaken with compassion and respect for privacy, yet with the awareness that an addict cannot be trusted to be completely honest.

1 2 3 4 5 6 7

Step 2: Church-Based Accountability Partner(s)

Qualifications

Same Sex

Is experiencing victory and healing

Is not easily fooled

Can keep confidence

Is available for daily check in by phone or email

Will meet for regular face to face meetings (2 - 4 month)

Is willing to be “on call” for times of stress and temptation

Is willing to be “not so nice”, to ask difficult questions

Will monitor addict’s internet usage

1 2 3 4 5 6 7

Sample Accountability Questions

For those in recovery from pornography or other media addiction, we suggest developing 1-3 regular accountability partners that you check in at least once or twice a week if not daily. The following is a list of suggested questions; feel free to modify as appropriate for your situation.

1. Have you viewed any pornographic image since we last spoke, intentionally or not? Have you acted out in any way since we last spoke? If so, how and what steps will you take to avoid doing so in the future?
2. Have you done anything since we last spoke that you are ashamed of? If your wife (or husband) knew what you've done today, would she (or he) be pleased? If not, why not?
3. Have you been monitoring when you become Hungry, Angry, Lonely or Tired (HALT)? Have you dealt with those needs before they could become triggers?
4. Are you willing to do whatever is necessary to protect your sobriety for the next 24 hours, including:
 - rigorous honesty
 - physical care of your body
 - praying to God
 - calling on others
 - forgiving all resentments
 - refusing all lust opportunities as toxic
 - reading literature
 - going to meetings
 - setting boundaries
 - maintaining an attitude of gratitude
5. How has your spiritual life been? Have you prayed, sincerely? Is there anything you need prayer for?
6. Are you keeping the commitments from your Media Sobriety and Recovery covenant?



<http://www.firesofdarkness.com>

Used with permission

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<http://www.firesofdarkness.com>

Used with permission

Accountability Software

- **Software that runs in the background of your computer**
- **Reports on your internet usage on a regular basis**
- **Cannot be deactivated without your partner's knowledge**
- **Does not prevent questionable web surfing, but flags it**

Filters are for children; accountability software is for adults

1 2 3 4 5 6 7



Covenant Eyes

- \$6.99/mo. or less
- Pricing for households/ministry staff/business
- Regularly sends list of ALL web visits to selected recipients



Covenant Eyes Usage Report

The following report reflects Internet activity for [REDACTED] between 2006-01-18 and 2006-01-25.



Covenant Eyes Usage Report

The list below reflects Internet activity that highly suggests mature or objectionable content:

Score	Date	Hits	Type	URL
34	Jan 20, 11:32 PM	1	http	de.fc.yahoo.com/s/sexualitaet.html
26	Jan 19, 10:36 PM	1	http	search.yahoo.com/search/age_restrict?accept=http%3A%2F%2Fsearch.yahoo.c 252Fpreferences%252Fpreferences%253Fpref_done%253Dhttp%25253A%2525
20	Jan 21, 10:24 PM	1	http	sourceforge.net/
20	Jan 21, 10:23 PM	1	http	sourceforge.net/
20	Jan 21, 10:22 PM	1	http	sourceforge.net/
20	Jan 21, 10:21 PM	1	http	sourceforge.net/
20	Jan 21, 10:20 PM	1	http	sourceforge.net/
20	Jan 21, 10:24 PM	1	http	sourceforge.net/
20	Jan 21, 10:20 PM	1	http	sourceforge.net/index.php
20	Jan 21, 10:20 PM	1	http	sourceforge.net/index.php
15	Jan 21, 10:11 PM	1	http	www.amazon.com/gp/product/0971508038/qid=1137899431/sr=1-9/ref=sr_1_5
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Covenant Eyes Usage Report

9	2	http	spe.atdmt.com
0	2	http	swapstart.walmart.com
0	1	http	toc.music.metaservices.microsoft.com
3	128	http	toolbarqueries.google.com
0	3	http	us.ard.yahoo.com
0	5	http	us.rd.yahoo.com
3	16	http	video.msn.com
0	12	http	view.atdmt.com
0	3	http	wdirect.apple.com
0	4	http	windowsmedia.com
0	2	http	wmpinc.real.com
0	2	http	www.cinemanow.com
0	2	http	www.music.getvcast.com
0	2	http	www.quicktime.com
3	8	http	www.thedreamersilfilm.it
0	7	http	www.yahoo.com

2006-01-20

Score	Hits	Type	URL
0	1	http	62.26.121.2
0	19	http	amch.questionmarket.com
0	5	http	as1.falkag.de
0	30	http	bc.us.yahoo.com
34	1	http	de.fc.yahoo.com
0	1	http	es.biz.yahoo.com
0	1	http	hmt.connexpromotions.de
0	318	http	isapi60.wxbug.com
0	13	http	it.news.yahoo.com
0	1	http	java.europe.yahoo.com
0	6	http	my.yahoo.com
0	4	http	personal.news.yahoo.com

Accountability Software:



- FREE
- Ministry of xxxchurch
- Regularly sends list of questionable web visits to selected recipients
- Works for Macs!

Other Accountability Software

ComputerCOP <http://www.computercop.com/homeprods.html>

- \$19.95 for download
- Scans files and Internet history for potentially offensive material
- Deluxe version (\$39.95 + S&H): includes keystroke monitoring, scans chats and emails, expanded dictionary of key words

Parents CyberAlert <http://www.itcompany.com/cyberalert.htm>

- \$39.95 for download; Free trial
- Records email, IM, websites, keystrokes, file access, screen snapshots
- Website, email, chat, IM blocking
- Games & applications alerts & blocking

Guardian Monitor <http://www.guardiansoftware.com/index.html>

- \$39.95
- Monitors websites, email, chat, IM, p2p applications
- Records keystrokes & downloads
- Website blocking

1 2 3 4 5 6 7

Step 3: Adopt Media Sobriety Covenant

- **For All Adults**
 1. **Commitment to Media Sobriety**
 2. **Commitment to Protect Children Online**
 3. **Commitment to Protect Children from All Second Hand Smut**
 4. **Commitment to Get Educated on Online and Media Safety**
 5. **Commitment to Appropriate Communication**
 6. **Commitment to Avoid Online Affairs**
 7. **Commitment to Recovery**
 8. **Commitment to Supporting Others in Recovery**

1 2 3 4 5 6 7

Step 3: Adopt Media Sobriety Covenant

- **For All Adults**
- **For Those in Recovery for Pornography or Media Addiction**

Step 3: Adopt Media Sobriety Covenant

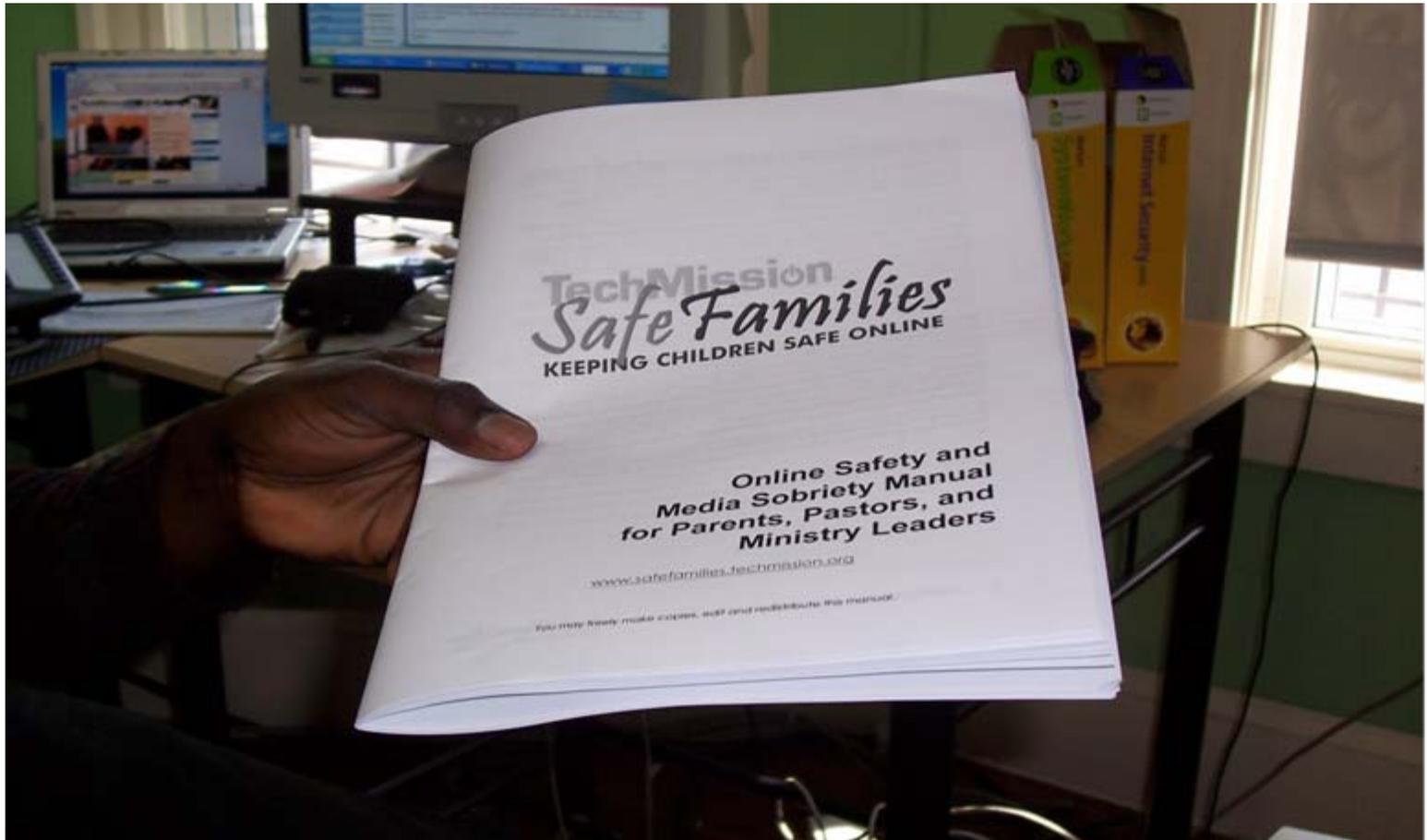
- **For All Adults**
- **For Those in Recovery for Pornography or Media Addiction**
 1. **Have Accountability Partner**
 2. **Have Accountability Software**
 3. **Recovery Groups**
 4. **Close Entry Points**
 5. **Learn about Recovery**
 6. **Have Transparency with Spouse**
 7. **End Online Affairs**
 8. **Avoid Hiding**

1 2 3 4 5 6 7

Step 4: Provide TechMission Online Safety Manual

- Items Covered in Manual
 - Websites with Recovery Resources
 - Book Recommendations
 - Audio, Video and Media Recommendations
 - Recovery Programs
 - Model covenant agreement for adults
 - Online safety materials for protecting children
- Electronic Copy of Manual available at:
<http://safefamilies.techmission.org/manual.doc>
 - Can also make unlimited copies paper of materials in manual

Step 4: Provide TechMission Online Safety Manual



1 2 3 4 5 6 7

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Step 5: Provide Support to Family

For parents of children addicted:

Refer to online safety strategies

Encourage parents to take it seriously

Get the child to meet with adult recovering addict, if possible (counseling may be necessary).

1 2 3 4 5 6 7

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For parents of adults addicted:

Provide family with info (like the manual and resources)

1 2 3 4 5 6 7

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For parents of adults addicted:

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1 2 3 4 5 6 7



Step 5: Provide Support to Family

For spouses

Love Your Sister

<http://www.loveyoursister.com>

“just keep praying.”

“...lack of relationship with his father.”

“Men need ...a lot of strokes”

“...expect to see [his] life go downhill...”

There were no offers of help or suggestions for seeking help...

... the church was neither prepared nor ready to meet this challenge.

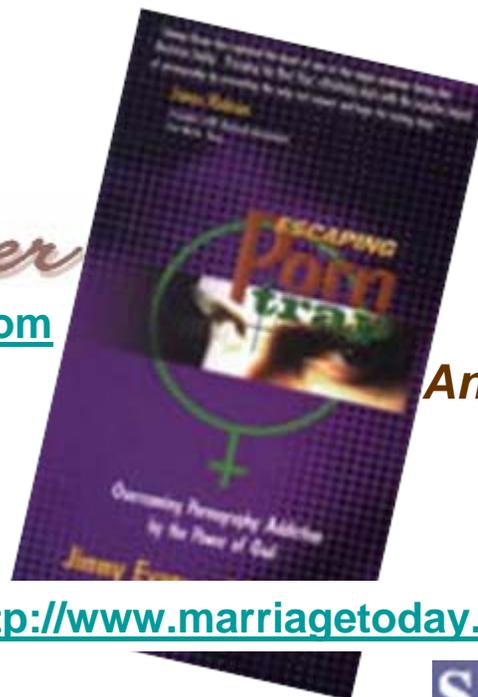
1 2 3 4 5 6 7

Step 5: Provide Support to Family

For spouses

Love Your Sister

<http://www.loveyoursister.com>



<http://www.marriagetoday.org>



An Affair of the Mind
by Laurie Hall



<http://www.awomanshealingjourney.com>



<http://www.sanon.org>

1 2 3 4 5 6 7

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Escaping the Porn Trap-Video

Step 6: Peer support group for addict

12 step groups

[Concerns about 12 step groups](http://safefamilies.techmission.org/docs/about%20the%2012%20steps.doc)

<http://safefamilies.techmission.org/docs/about%20the%2012%20steps.doc>

by Marcia Means, M.A. – Christian counselor and writer

1 2 3 4 5 6 7

Step 6: Peer support group for addict

12 step groups

Living Waters



<http://desertstream.org>

1 2 3 4 5 6 7

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Step 6: Peer support group for addict 12 step groups

Living Waters

Online groups



<http://www.settingcaptivesfree.com>



Christians in Recovery®

Your Internet Community for Recovery

Always Available, Always Caring

<http://www.christians-in-recovery.com>

1 2 3 4 5 6 7

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Step 7: Professional counseling

Use our handout for counseling resources.

[Boston Area Counselors](#)

[National Counseling Resources](#)

Make sure the therapist deals with sexual addiction and believes healing is possible (<http://safefamilies.techmission.org/counselingquestions.php>).



Jayson Graves, M.MFT
Christian Psychotherapist
<http://www.healingforthesoul.org/>

Therapist should have a strong “exit strategy” to release client into the recovery community.

1 2 3 4 5 6 7

Step 7: Professional counseling

National Resources in the Manual

<http://safefamilies.techmission.org/pastorindividualstep7.php>

Telephonic recovery groups



<http://www.healingforthesoul.org>

Residential programs for severe cases



<http://www.purelifeministries.org>

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STEPS FOR CHURCH WIDE STRATEGY

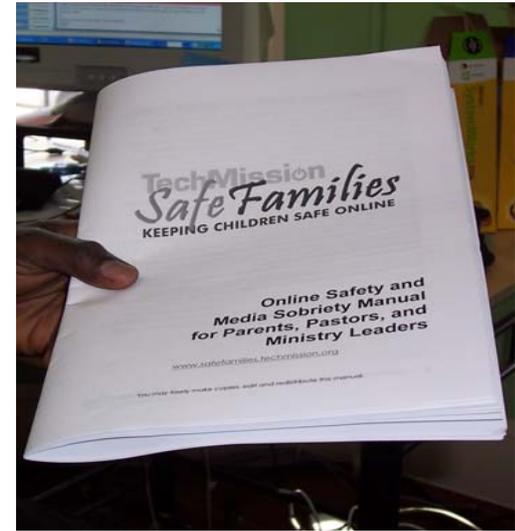
1. Meet with staff and leadership team
2. Begin with Men's Group Meeting
3. Start Church-based Accountability Groups
4. Focus on Online Safety in Church Wide Initiative
5. Sermons and Special Events

Step 1: Meet with Staff and Leadership Team

- **Establish Accountability**
Establish accountable relationships (25% – 80% of pastors have no close friends)
Get accountability/monitoring software
- Share with them the significance of the issues; use suggested resources
- Share this webcast to your leadership team
<http://Safefamilies.techmission.org/pastorswebcast/>
- Develop strategy for your church
(one size doesn't fit all)

Step 2: Begin with Men's Group Meeting

- Make copies of manual for men



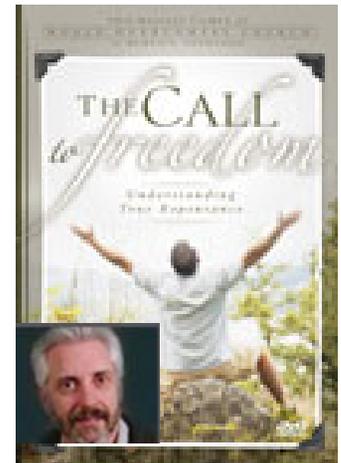
<http://safefamilies.techmission.org/manual.doc>

1 2 3 4 5

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Safe Families
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Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video



Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video
- Show Temptation webcast



<http://safefamilies.techmission.org/webcasts/temptation>

1 2 3 4 5

Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video
- Show Temptation webcast
- Distribute Safe Families flyers



<http://safefamilies.techmission.org/flyers.php>

1 2 3 4 5

TechMission
Safe Families
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Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video
- Show Temptation webcast
- Distribute Safe Families flyers
- Discuss Covenant from manual

<http://safefamilies.techmission.org/mediasobrietycovenantgeneral.php>

1 2 3 4 5

Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video
- Show Temptation webcast
- Distribute Safe Families flyers
- Discuss Covenant from manual
- Provide CD's or web links for accountability and filtering software

Step 2: Begin with Men's Group Meeting

- Make copies of manual for men
- Show Call to Freedom video
- Show Temptation webcast
- Distribute Safe Families flyers
- Discuss Covenant from manual
- Provide CD's or web links for accountability and filtering software
- Review other steps church will take

Step 3: Start Church-based Accountability Groups

- 1) Meeting for 6 - 12 weeks, 2 hours a week
- 2) Read through suggested books or work through recovery kit

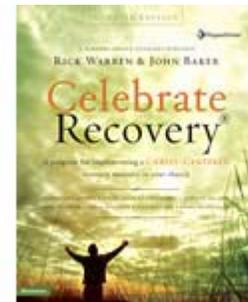
Strength in Numbers Groups from Blazing Grace

<http://blazinggrace.org> (Mike Genung)



Celebrate Recovery kit

<http://www.pastors.com/pcom/recovery/cr.asp>



Celebrate Recovery!

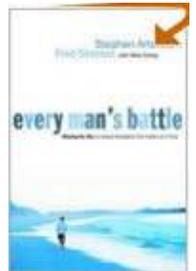
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1 2 3 4 5

Suggested Books for Reading in Accountability Groups

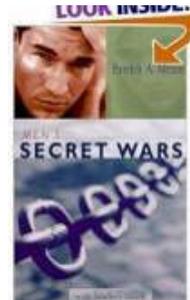
- *Every Man's Battle... (with workbook)*

by Stephen Arterburn, Fred Stoeker,
Mike Yorkey



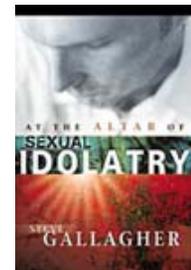
- *Men's Secret Wars*

by Patrick A. Means



- *At the Altar of Sexual Idolatry*

by Steve Gallagher



1 2 3 4 5

Step 4: Focus on Online Safety in Church Wide Initiative

- Sunday School
- Youth Group
- Women's Group
- Info Table (with flyers and other materials) and Posters displayed in church
- Software Distribution to all members
 - Order CD's from Safe Families for \$1 each
 - Give web links to download software at <http://safefamilies.techmission.org>
 - Make your own copies of CD for free

Step 5: Sermons and Special Events

- **Just Lust**



Step 5: Sermons and Special Events

- **Just Lust**
- **Use Focus on the Family's Outline**

<http://family.org/pastor/resources/sos/a0006443.cfm>

1 2 3 4 5

Step 5: Sermons and Special Events

- Just Lust
- Use Focus on the Family's Outline
- Adapt TechMission's "Overcoming Temptation Talk"
- Special service to show Call to Freedom
- Invite special speaker(s) to share
- Show Beating the Bunny for Youth Group



Step 5: Sermons and Special Events

- **Just Lust**
- **Use Focus on the Family's Outline**
- **Adapt TechMission's "Overcoming Temptation Talk"**
- **Special service to show Call to Freedom**
- **Invite special speaker(s) to share**
- **Show Beating the Bunny for Youth Group**

MORE TOOLS TO BE AVAILABLE ON OUR WEBSITE

44% of churchgoers want to hear more scriptural teaching from their pastors on the subject of sex

(March 2005 Christianity Today "Christians and Sex" study).

1 2 3 4 5

Spread the Word....

- Please pass this workshop on to any parents, churches and E-mail lists that you feel could use it:

<http://safefamilies.techmission.org/pastorswebcast>

- Download and distribute flyers
- Copy and email manual

Closing Testimony and Charge



Let us rebuild the wall!

Bil Mooney-McCoy
Director, Safe Families