

FIVE: GET EQUIPPED (Resources to help in the fight)

Accountability Software

Covenant Eyes: <http://www.covenanteyes.com/>

You can get accountability software for yourself or get a family plan. You can also add others to your account (group pricing), and see some significant savings. (for example: 20 people with accountability & filtering, \$5 a month).

Filtering Software

K9: <http://www1.k9webprotection.com/>

This service is **free** and configurable. Not compatible with Covenant Eyes

Covenant Eyes: Accountability only or add filtering to accountability plan. (see above)

NETSANITY: <https://netsanity.net/>

Mobile phone parental controls

Filtering Services

Clean Router: <https://cleanrouter.com/>

From their site: EASILY MANAGE ALL DEVICES IN YOUR HOME AND STOP INTERNET PORNOGRAPHY. PROTECT YOUR FAMILY FOR LESS THAN \$0.44 PER DAY!
That equates to \$160/year.

You buy the router from them and their tools allow you to manage the content that comes into your home. It appears to be full featured. Emailed browsing reports, time restriction settings, filter level settings etc.

OPEN DNS: <https://www.opendns.com/>

This service is an open source, crowd supported venture. People like you and me submit website information to OPEN DNS for blocking from their service. This service is **FREE**, but it does take a little work to get it setup on your existing home router. It has plenty of features that block the content from entering your home by routing everything through the OPEN DNS servers.

Resources for Men

Book: Finally Free: Fighting for Purity with the Power of Grace –
Heath Lambert (\$10 on Amazon)

Book: 10 Lies Men Believe About Porn:
Stephen Kuhn (\$17 on Amazon)

Resources for Women

Book: Beggar's Daughter: From the Rags of Pornography to the Riches of Grace
Jessica Harris (\$15 on Amazon)

Website: <http://beggarsdaughter.com/>

Book: Dirty Girls Come Clean by
Crystal Renaud (\$9 on Amazon)

Website: <http://dirtygirlsministries.com/>

Website: <https://www.puredesire.org/>

Resources for Wives whose husbands are struggling

Book: Every Heart Restored: A Wife's Guide to Healing in the Wake of a Husband's Sexual Sin
Fred Stoecker (\$13 on Amazon)

Book: Shattered Vows: Hope and Healing for Women Who Have Been Sexually Betrayed
Debra Laaser (\$10 on Amazon)

Resources for Parents Talking to Their Kids

Book: Good Pictures Bad Pictures: Porn-Proofing Today's Young Kids
Kristen A. Jenson M.A (\$19 on Amazon)

Book: How to Talk to Your Kids about Pornography
Educate and Empower Kids (\$14 on Amazon)

Website: <http://educateempowerkids.org/>

Website: <http://www.pornknow.org/>

General Knowledge about Pornography:

Website: <http://fightthenewdrug.org/>

Great articles, advocacy information, tools to fight.

Website: <http://www.covenanteyes.com/>

Great articles, free E-Books, lots of great information, statistics, brain on porn e-book

Website: <http://www.pornknow.org/> Video series etc.

Website: <http://theporneffect.com/>

Website: The National Center on Sexual Exploitation (NCOSE) www.EndSexualExploitation.org

Curriculum for Breaking Free

Series: Conquer Series <https://conquerseries.com/>

Book: 7 Pillars to Freedom <http://puredesire.org> (MEN)

Book: Pure Desire

How One Man's Triumph Can Help Others Break Free From Sexual Temptation

Ted Roberts and Steve Arterburn (\$17 on Amazon)

Book: 8 Pillars to Freedom <http://puredesire.org> (WOMEN)

Further Help

Website: www.AddictedToPorn.rehab – Jeremy Darling