

# EQUIPPED

**Raising Godly Digital Natives**

Get our 7 day email challenge by texting SECURE to 66866

# Table of Contents

03		Getting Started
04		Chapter One: A House in Ruins
07		Chapter Two: The Blueprint
11		Chapter Three: The First Wall
17		Chapter Four: The Second Wall
21		Chapter Five: The Third Wall
25		Chapter Six: The Fourth Wall
29		Chapter Seven: Windows to the World
33		Chapter Eight: The Roof of Protection
38		Chapter Nine: The Foundation
42		Resources
44		References and Notes



## Getting Started

Covenant Eyes has created the *Equipped 7-Day Challenge: A Digital Crash Course for Parents* to use with this book. To sign up, **text SECURE to 66866**. We'll wait....

All set up? Great! Now, let's begin.

# 01.

## A House in Ruins

It is not an overstatement to say that in today's world, porn has become the norm.

The statistics are bleak and are trending in a disturbing direction—unless, of course, a massive culture shift begins today. Just ask the Millennial generation—the first to grow up with Internet technologies in the home. Today, 79% of men in that generation say they watch pornography at least once a month (and most of these men watch porn several times a week); 64% of women say they watch porn at least once a month.

Pornography is powerful sexual education. It not only turns people on: it leaves them wanting more of what they saw.



- » 35% of boys reported viewing porn online “too many times to count.”<sup>1</sup>
- » 22% of young adults aged 18-24 consider porn to be good for society, and 8% of that age group actually think it is “very good for society.”<sup>2</sup>
- » When asked to prioritize what people consider immoral, teens and young adults consider “not recycling” to be more immoral than viewing pornography.<sup>3</sup>

As a pediatrician for over 30 years and as a consultant for the *National Center for Missing and Exploited Children*, Dr. Sharon Cooper has seen the devastating impact pornography can have on the mind of a child. She explains pornography is neurologically more damaging to a child than to an adult for at least two reasons.<sup>4</sup>

- 1. Children have an abundance of “mirror neurons” in their brains.** Mirror neurons convince us that when we see something we are actually experiencing it. When a man watches pornography, his mirror neurons activate, eventually triggering an erection because his body now believes it is experiencing sex.<sup>5</sup> With the abundance of mirror neurons in children, researchers believe this makes pornography “more real” to them.

## 2. Children have an immature prefrontal cortex.

This is the area of the brain that controls judgment, controls impulses, and regulates emotion. This region of the brain isn't mature until between ages 20-22. Because children have such a weak prefrontal cortex, they lack the "executive control" to stop the flow of emotions and sensations that come from watching porn.

## Parents are the Missing Link

Exposure to pornography is probably unavoidable for most people, but pornography problems are preventable. Be encouraged. As a parent, there are many steps you can take to not just protect kids, but prepare them for a world without filters.

According to Dr. Patricia M. Greenfield, a researcher in the area of sexual media at UCLA, the most important factor in reducing porn usage among teens is a warm and communicative parent-child relationship.<sup>6</sup>



# 02.

## The Blueprint

The home is the hub where we nurture our children into thriving adults who love the Lord with all their hearts—including how they steward their sexuality. God instructs parents to teach children diligently “when you sit in your house, and when you walk by the way, and when you lie down, and when you rise” (Deuteronomy 6:7). It is no accident three of these four places—where our children live, where they wake, and where they sleep—are in the home.

Using the image of the home, this book presents some of the essential building blocks to prepare children for a sexualized culture.



## **The Four Walls: Self-Image, Sexuality, Sin, and Shame**

Children must be given foundational truths about who they are, what sex is for and why it is good, the power and danger of sexual sin, and the trap of sexual shame. Within these four walls of truth, children are nurtured to become sexually healthy adults.

## **Doors and Windows: Societal Messages**

The doors and windows of a house show us the world outside—both the good and the bad. Wise parenting involves knowing when to open these doors, when to only allow our children to look through the glass, and when to bolt the doors and draw the curtains.

## **The Roof: Our Style of Parenting**

Protecting the home is the roof. A leaky roof makes the home a miserable place, no matter how well the walls are constructed. Our own Christ-like character in the home covers our children with the kind of warmth and authority we need to shape their character and give them a place of refuge.

## **The Foundation: The Security of the Gospel**

When built on the sand, even a well-constructed home will eventually collapse. Without a secure foundation, our walls of biblical teaching will look only like moralistic pillars, and the roof of our best parenting intentions will feel disconnected and powerless. Our homes, therefore, need to be grounded on the rock of the Gospel.

The Gospel is good news—it is a message of incredible optimism and joy. When this message is the bedrock of our homes, it grounds our children in something far more satisfying than the sexual messages of our culture. It grounds them in the goodness of God Himself.

In order for our children to be grounded in an understanding of who they are, they need to see and understand the purposeful unfolding of the bigger story—God’s story. They need to see an “X” on the timeline of

this story that says, “You are here.” Only when they know where they come from and where they are going can they understand who they are.



**Have you put measures in place to guard the digital doorways in your home?**

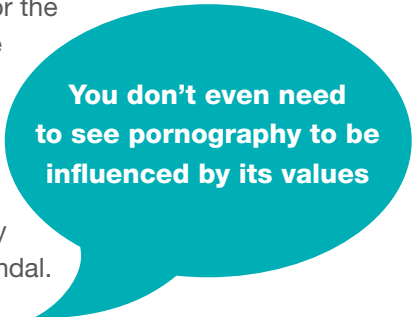
**Sign up for the *Equipped 7-Day Challenge* by texting **SECURE** to 66866.**

# 03.

## The First Wall

Porn has the ability to set up a false standard of beauty and worth—a false self-image. Indeed, porn is just the tip of a very large sexual media iceberg, constantly fueling us with a false message of beauty and worth. You don't even need to see pornography to be influenced by its values.

Preparing our children for the overly sexualized culture doesn't need to begin with conversations about intercourse, orgasms, baby-making, or the latest tabloid story about the latest sex scandal. It should begin with instilling in our



**You don't even need  
to see pornography to be  
influenced by its values**



children a sense of their God-given identity, which is the first “wall” of our structure.

## Knowing They Are Created in God’s Image

Children need to be taught about what it means to be created “in God’s image” (Gen. 1:27). This means helping our children recognize that God is the one we should please and the one who gives us true purpose. So what purposes were we designed for?

- » To relate to God Himself in a unique and personal way.
- » To represent God’s goodness to others.
- » To use our God-given intellect and creativity to fill the Earth and subdue it.

When our children understand what it means to be created in God’s image, it impacts three main areas of their belief. They know:

1. **They have an inherent *dignity* that cannot be taken from them.** It is normal for our children to develop insecurities about all sorts of things, and it is up to us, as parents, to instill in our children a sense of great dignity in who they are:

- » When you hear messages that promote only skin-deep beauty, remind your son or daughter that they are made in the image of God: “The definition of what’s beautiful changes so much. But our bodies are God’s creation, and that means they are very good, no matter what.”
- » Model a positive body image for your children. While caring for our bodies is good, obsessing over weight or our physique is not.
- » When something seductive appears on the screen, turn your eyes away and teach your children to do the same.

**2. They have a wonderful *destiny* that involves hard work and virtue.** Being created in God’s image is a high calling to represent God to the created world and to relate to God as His humble servant. It is a call to be compassionate and gentle to the needy, forgiving the undeserving, slow to anger, thoroughly just, and ruthlessly loyal.

- » Continue to teach your children the meaning of life is to glorify God and

enjoy Him forever. The call to sexual purity is not running *from* pleasure, but running *toward* the ultimate pleasure of obeying a good God who gave us His commandments *for our good* (Deuteronomy 6:25).

- » Resist the urge to praise your children in a way that labels them. Research shows when we praise children like this, *labeling* them as “smart” or “good,” it does not give them confidence. Instead they become highly sensitive to failure.<sup>7</sup> Rather, focus on praising the *effort* they put forth. Commend them for using their God-given talents and energy wisely.

### **3. Having failed at that high calling, they have a *Deliverer* who alone can make them whole.**

When our children fail and disobey—not *if* but *when*—it means they are falling short of the glory of God (Romans 3:23), falling short of their high calling to bear God’s image to the world. This is the bad news. The good news is that God has not abandoned us in our guilt, our shame, or our failure. He has sent us a Rescuer.

- » Develop planned, Gospel-centered responses to your children's disobedience—even their sexual sin. Rather than merely pointing out your disappointment in them, point them to Christ: "I know what it's like to want to disobey. But there's hope for people like you and me. When we are united to Christ, God not only forgives us of all our sins, He gives us a new perspective so we really want to obey Him like never before."



- » Develop planned, Gospel-centered responses to sexual sin in the world. Use the messages of our sexualized culture as an opportunity to draw a contrast to the message of Christ: "Do you see that? The world treats people like products. This is not how Jesus loves us. When Jesus died on the cross, His message was, 'This is my body given for you.' The messages of all these sexual images we see is, 'This is your body taken by me.'"

***Dignity. Destiny. Deliverer.*** This is what it means to be created and be recreated in the image of God. This is the first wall of truth that guards the hearts of our kids as they grow. But it is not the only wall.

# 04.

## The Second Wall

It's not knowledge about true and God-honoring sexual information that scandalizes or robs our children of their innocence. It's the *abuse* of sex that does this.

In the first two chapters of Genesis, and written into the physical design of our bodies, we see the three primary purposes for sex:

- » Sex is about the creation of new life—part of our mandate to be fruitful and multiply.
- » Sex is for pleasure—evidenced by the first recorded words from Adam's mouth, a poetic celebration as he first lays his eyes on naked Eve.

- » Sex is for oneness—God declares sex is a celebration of becoming one flesh in marriage. During love-making, the neurochemicals oxytocin and vasopressin are released, laying down long-term memories in our cells, “binding” us to the memory of the source of the pleasure.

Our brains control our sexuality and also receive the deadliest blow from pornography.

When children view pornography, a region of the brain called the amygdala is activated, creating a sense of excitement, curiosity, and often anxiety. For boys, this





anxiety is experienced as sexual tension, a desire to have the woman on the screen. For girls, this arousal is more “contextual,” she desires to be the woman on the screen. Even young children experience these sensations—albeit in an underdeveloped way— and if left unchecked, these experiences can rewire the brain in startling ways.

## **Porn robs us of life, pleasure, and oneness.**

**Life:** Instead of being open to new life, pornography trains us to love solo-sexuality. Studies have shown, the more people view porn, the less they say they are attracted to the idea of marriage and having children. Over time, we come to prefer the cheap thrill of fantasy over the goodness of family.<sup>8</sup>

**Pleasure:** Rather than merely taking us to the heights of pleasure, pornography causes our brains to fatigue, deadening us to real satisfaction. Continued exposure to porn releases surge after surge of dopamine, giving the brain an unnatural high. The brain eventually fatigues, “downregulating” its pleasure receptors, leaving the viewer wanting more but unable to reach a level of satisfaction—unless they get more porn or more novel porn. This is called desensitization. Everyday pleasures begin to lose their luster—including sex—and the viewer expands his or her pornographic tastes to get the same level of arousal.<sup>9</sup>

**Oneness:** Instead of developing oneness with another person, the pleasure derived from pornography bonds the viewer to an image. Studies have shown that when men and women are shown female centerfold models from pornographic magazines, it significantly lowers their judgments about the attractiveness of “average” people.<sup>10</sup> Behavioral therapist Andrea Kuszewski says the neurochemicals that fire when watching pornography “make you want to keep coming back to have that feeling,” and instead of wedding ourselves to a person, we wed ourselves to porn.<sup>11</sup>

**Life. Pleasure. Oneness.** This is what godly sexuality is all about, and this is the very thing pornography seeks to rob from the next generation. This is the second wall of truth that guards the hearts of our kids as they grow.



**On the internet, porn is the norm. Learn how to protect your home by signing up for the *Equipped 7-Day Challenge*.**

**Text SECURE to 66866 today!**

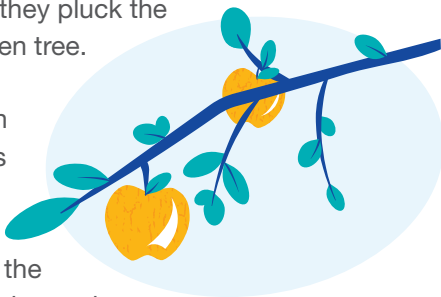
# 05.

## The Third Wall

The first two chapters of Genesis show us a world without sin. The last two chapters of Revelation show a new world, also without sin. Every chapter in between is the story of rebellious humanity and a holy God rescuing us from that rebellion.

The Book of Genesis offers us a picture into the hearts of Adam and Eve as they pluck the fruit from the forbidden tree.

“So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make



one wise, she took of its fruit and ate, and she also gave some to her husband who was with her, and he ate.”

- Genesis 3:6

In the New Testament, the apostle John summarizes the events of the garden in 1 John 2:16-17: “For all that is in the world—the desires of the flesh and the desires of the eyes and pride of life—is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever.”

Three desires pull at Eve’s heart—the same three desires the apostle John gives us in his summary of sin:

- » The desire of the flesh (“the tree was good for food”)—The word translated “desire” does not merely mean appetite or wish. It means over-drive, over-desire, or craving. The key word here is *pleasure*.
- » The desire of the eyes (“it was a delight to the eyes”)—Again, the word used here is for a strong craving, but this time it is a drive to possess what one sees. The key word here is *possessions*.
- » The pride of life (“the tree was to be desired to make one wise”)—Here, John is speaking of arrogance and prideful ambition. The key word here is *power*.

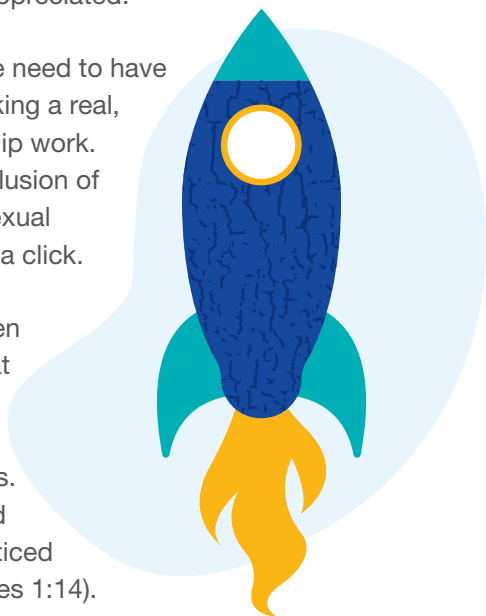
## Pornography uses all three of these sinful impulses to tug at human hearts.

**Pleasure:** Our sexual drive is a God-created impulse. But, pornography is rocket fuel for the heart and mind so that sex does the driving. Sex easily becomes an idol, consuming us and trumping all other concerns.

**Possessions:** Pornography treats women and men as trophies, mere objects to be collected and used instead of adored and appreciated.

**Power:** No longer do we need to have influence or work at making a real, God-honoring relationship work. pornography gives the illusion of control because everysexual fantasy is available with a click.

The story of the forbidden fruit helps us to see what the true enemies of our souls are—the devil and our own sinful overdrives. “Each person is tempted when he is lured and enticed by his own desire” (James 1:14).



***Pleasure. Possessions. Power.*** We can use the everyday sinful tendencies of our children in these three areas to show them their sinfulness is not merely something that annoys us or hurts them—it is something that offends God because it attempts to replace the God who loves them.

Training our children to see their sin rightly is crucial if we want them to see their Savior rightly. If our sin is small, then our Savior must be small. But if our sin is outright rebellion, then our Savior must be a true rescuer, for He can even rescue us from ourselves.

# 06.

## The Fourth Wall

No one taught Adam and Eve how to feel shame. It was simply a natural response to what happens when creatures made in God's image collide with sin.

If parents are going to guide sinful children, they need to understand the purpose and power of shame and how to respond to it.

In reality, shame is not the enemy. Shame can, of course, become toxic when it is compounded by the belief that we are beyond the reach of grace, compassion, and forgiveness. But, the real enemy is our response to shame.

Shame is often related to guilt, but the two are not synonymous. Christian counselor David Powlison says guilt is my feeling of failure before a *standard*. Shame,



however, is my feeling of uncleanness before the eyes of persons—in other words, shame is **relational**.

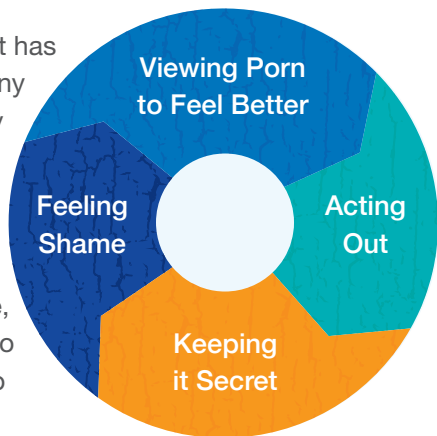
An awareness of how our sins impact others and our relationships is a healthy quality.

But this is not the Bible's final word about shame. Yes, shame is a good impulse when it comes to sin, but **what we do with our shame** matters greatly to God.

One of the most common ways parents encourage shame in their children is by using shame-based strategies to get their kids to behave. What exactly is “shame-based” parenting? It is a family dynamic where shame—the looming threat or presence of disapproval and disfavor—is the primary motivator used for good behavior. Expecting perfection. Speaking bitter or harsh words. Showing little compassion. Showing favoritism to other siblings.

This kind of environment has unwittingly made so many children ripe for sexually sinful habits.

When sexual sin is introduced to a child in a shame-based home, he or she is compelled to hide because there is no



safety in being open and honest. Also, the chemical-fueled satisfaction that comes from viewing pornography gives comfort to a child who feels no warmth from his or her parents.

There are three primary ways children—all people, actually—deal with shame: hide, blame, and cover. We see these reflected in the Genesis story where Adam and Eve hide in the garden, blame the serpent, and cover their naked bodies.

### **As parents, what is the answer to the hide, blame, and cover response?**

**Fight Their Urge to Hide by Creating an Environment of Loving Accountability.** This means avoiding the tendency to be a helicopter parent. An environment of accountability is different: it allows children to learn, explore, ***and even fail***, but always with the expectation that mom or dad is present to guide, correct, and encourage.

**Fight Their Urge to Blame by Fostering an Environment of Responsibility.** Take time to instruct your children about the blame-shifting that happened in the Garden of Eden, and then reinforce that lesson in the day-by-day life in the home. “Yes, someone said something mean to you online. But how did you react to that? What could you have done differently?”

### **Fight Their Urge to Cover by Reminding Them**

**Christ Covers Their Sin.** This means we, as parents, should make every effort to contrast the Gospel with self-invented righteousness. Whatever we do to make ourselves look good to others or to God is nothing but a cleverly constructed fig-leaf suit. Instead, what we need is a covering of God's own making. We need to be clothed with Christ (Galatians 3:27).

Jesus knows what shame feels like—to be treated with disdain by friends, family, society, and even the Father Himself. For this reason, He is our perfect rescuer, one who sympathizes with our weaknesses. And even though we have sinned and continue to sin, He is not ashamed to call us brothers (Hebrews 2:11). Shame is inevitable—not just about sexual matters, but all matters of our child's thoughts and behavior. The question is how we will prepare our children to understand their shame and deal with it.

# 07.

## Windows to the World

We are living at the dawn of an information revolution. Now that we have a few decades of internet usage behind us, we are just starting to understand how media positively and negatively impacts our lives.

Although the internet is an amazing tool, the risks are real. Sexting. Predators. Pornography. Technology has opened up new access points to our families. It creates windows and doorways that are difficult to guard and control because the internet is knocking 24/7. It does not rest and it continues to present more invasive opportunities for the outside world to enter our lives.

When it comes to both sexting and predation, the fact remains there will probably always be people who seek to misuse others. What parents must do is teach their children wisdom and discernment so that their kids aren't

easy targets. Teach children a healthy distrust of others online. If you share too much online, there will always be people who want to take advantage of that. They might spread your sexy photos for others to see or blackmail you (sextortion) with the photos later on. Anyone can be flattering online, but real relationships happen face-to-face with people you know and trust.

When it comes to protecting our kids from the worst of the worst online, a multi-faceted approach can be very effective. This often involves a healthy balance between open and honest conversation (accountability), filtering out the filth, and constant monitoring of how they use their devices.

From the age children start to use internet-connected devices until their mid-teens, parental controls can be very helpful for filtering and monitoring. No matter what tools or technology are used, parents should be upfront about those controls with their children.

**Please visit the list of Resources at the end of this book. There you will find partners who help inform and educate parents on the latest devices, parental controls, and apps. Please take time to click through each of them—they are the best of the best.**

When it comes to education, literacy is more than the ability to read and write. Literacy is about comprehension and critical thinking skills. The same is true for media literacy: applying critical thinking skills to the media we consume.

The process of training your kids to be media literate is actually fairly simple, but it takes time and attention with a couple of steps.

**Co-Viewing:** All media literacy training needs to start by viewing or listening to media with your children. Yes, this takes time, but it pays dividends.

**Dialogue:** Media literacy is learned through verbal conversation. Children need to listen to you articulate your thoughts about media, and they need to articulate their own thoughts. How did that show make them feel? Probe and process through open and honest conversation.

Media influence is everywhere. We can't completely block it out or ignore it and hope for the best. We must know when to lock the doors (blocking and setting rules on inappropriate content and communications) and when to pull back the drapes (teaching our kids media literacy and discernment) in order to help them navigate life in a fallen world. After all, you won't always be there to help them decide—the best filter is the one they carry with them in their hearts.



Over 300 hours of video are uploaded to YouTube every minute!<sup>65</sup> Find out how to control YouTube with the *Equipped 7-Day Challenge*.

To sign up, text **SECURE** to 66866.



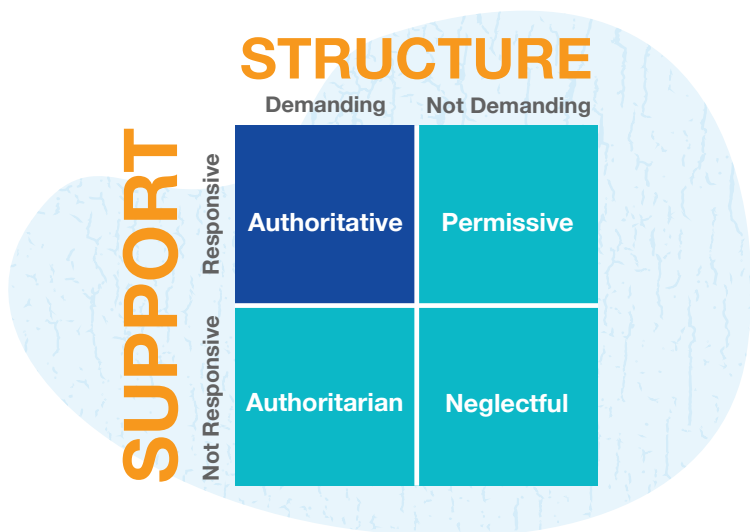
# 08.

## The Roof of Protection

A wise parenting style serves as a roof of protection for our kids. No matter what walls of formative teaching we construct or what windows of media usage are in place, the leaky roof of poor parenting makes the home a miserable place to live.

To be wise fathers and mothers in the digital age, we need to grapple with God's timeless commands to parents. Commands that call us to strive for a balance between ***structure and support***.

Discipline is all about structure. It involves managing one's household well (1 Timothy 3:4,12) and training children not to be unruly (Titus 1:6) by warning (1 Corinthians 4:14), imploring (1 Thessalonians 2:11-12), correcting, and chastising (Hebrews 12:5-7).



Instruction is all about support. It involves opening your heart wide to your children in love (2 Corinthians 6:13), providing for them (Luke 11:11-13; 2 Corinthians 12:14), engaging them in encouraging and comforting dialogue (1 Thessalonians 2:11-12), and modeling what real virtue looks like (1 Peter 5:1-4).

In his book *Father Hunger*, Douglas Wilson shares, “Gracious fathers lead their sons through the minefield of sin. Indulgent fathers watch their sons wander off into the minefield. Legal fathers chase them there.”

**Indulgent or permissive** parents (all support, little structure) unwittingly train children to believe their

every whim and desire is good. These parents baby their children, even into their young adult years, falsely believing the best way to nurture a child's character is through fewer rules and more love.

Then when sexual temptations come knocking, there's little in the child's character that would compel him or her to say no. If life is about my pleasure, if the world is meant to revolve around me and cater to my whims, then pornography is the ultimate sexual fantasy world to make me feel great.

On the other end of the spectrum, ***legalistic or authoritarian*** parents (all structure, little support) train children to seek refuge anywhere but at home. Obsessed with peak performance, these parents create an overly critical home devoid of affirmation and encouragement. Kids in these homes start to believe their parents don't care about them.

As a result, sex and porn provide the perfect fantasy world to feel a counterfeit version of love, affirmation, and power—a risk-free place where he or she isn't criticized, judged, or a disappointment to others. In other words, legalistic parents unwittingly chase their children into the minefield of sexual sin.

As far as we are able, parents ought to avoid these extremes and instead give our children the structure

and support God commands us to give them by being authoritative. This occurs when we have equal strength in our institutional and personal authority.

**Institutional authority.** This is the authority parents have simply by virtue of being parents. It is why God commands children to honor their parents—even if their parents are unkind.

**Personal authority.** This is the kind of authority parents have by taking responsibility, by showing love, attention, and affection. It is the kind of authority earned through personal devotion.

Institutional authority is like having your name on the checkbook. Personal authority is like having money in the bank. You can only get out of the account what you put in.

Which one best describes you? Perform a self-assessment by asking a few questions:

- » Is your home a place where your kids have a clear sense of what you expect of them and what God expects of them?
- » Are you having regular conversations with your kids about wise and godly living as they mature?

- » Do you coach your children through their problems, teaching them to solve conflicts?
- » Is your home a place where your kids feel affirmed, encouraged, and loved?
- » Do you listen when your children have complaints or concerns?

A “no” response in any of these areas might point to an opportunity. Don’t worry. Perfection isn’t the goal. Make this your goal: “In each phase of the day when I interact with my children, I will either be an example to them in my obedience to and love for God, or I will be an example in my repentance.”

How do we work towards this balance of structure and support? To do this, we need to have homes grounded in a deep connection to God. Time in the Word. Regular conversations about His presence in our daily life. Eyes on Him. Consistently. Intently. Nothing is more important.

# 09.

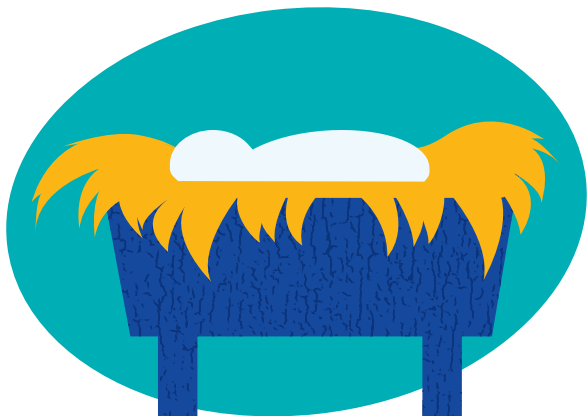
## The Foundation

Despite all the best parenting in the world, we will not protect our children from sin. Sin is part of who they are as a descendent of Adam and Eve.

In spite of this nature, it is absolutely necessary to teach our children about appropriate boundaries, especially as it pertains to sex and sexuality. But their greatest need in life is not a good understanding of sex, a good sexual track record, or even good parents—their greatest need in life is Jesus. We need to point them to the Good News of our Savior!

That means parents might have to go as far as practicing how to talk to their kids about Jesus. Let's be honest—very few of us are comfortable with sharing the Gospel with our kids. But, is there anything more important?

In summary, the Gospel of God is this: Rejoice and be glad! God sent us His Only Son, the promised King of the world, Jesus the Messiah. He came as a baby, just like each of us, and lived among us. He experienced real life! He had real happiness, real struggles, real friends, and real pain. Because of what He taught, people hated Him and killed Him. He died for our sins, just as the Bible said He would. But, (and this is the Good News!) three days later, this King rose from the dead, just as the Scriptures foretold! Because of what Jesus has done, we can be saved from the guilt of sin and finally have peace with God forever. Everyone! The sick and the healthy. We are His! If we would just keep our eyes on Jesus. And, when we do that, not only do we experience a full, amazing life now, but we get the unbelievable benefit of eternity later.



## **Weave these words into everyday conversation.**

A child who understands that he/she has value because of Jesus—meaning they don't have to earn His love—is more likely to be a child who chooses to honor Jesus with their choices. Whether that be in their friendships, technology, sexuality, etc.

A performance-oriented home is centered on what kids do, but a Gospel-grounded home is all about what Christ has done. When the Gospel becomes central to our parenting, each act of disobedience from our kids can become an opportunity for us to point our children to Jesus.

The grace of God doesn't just extend to our children. It also extends to us as parents. And, that is very good news. If our identity as a parent is grounded on a flawless parenting track record, we will quickly be driven to hyper-perfectionism, despair, or apathy. But if our parenting is grounded on the Gospel of grace, then we know God's primary expectation of us is not our performance as a parent but our dependence on Him.

As parents, nothing is more important than our belief in the Gospel of grace. Nothing. Pray to God for a deep understanding of grace in your own life. For in the Gospel, we find the joy needed to parent well.





## **THEIR PROTECTION IS IN YOUR HANDS**

### **Protect Your Family from Pornography**

Parents today face increasing challenges in protecting their children's innocence. Pornography can enter the home through a variety of doors. Covenant Eyes Screen Accountability™ can help parents monitor digital doors and teach their children to use technology well. While this could be an overwhelming task, Covenant Eyes has the resources you need to be the parent your children need.

**Use the promo code PROTECT30 for  
a 30 day free trial at [covenanteyes.com](https://covenanteyes.com)**

# Resources

## **When Your Child is Looking at Porn**

When a parent discovers his or her child or teenager has been looking at pornography, it can be alarming, hurtful, even frightening. In the confusion of the moment, it is important for parents to understand that these are not uncharted waters. This e-book provides a full step-by-step guide for Christian parents.

*[covenanteyes.com/when-your-child-is-looking-at-porn/](http://covenanteyes.com/when-your-child-is-looking-at-porn/)*

## **Your Brain on Porn**

Our culture is highly sexualized, and in many cases pornography use is actually glorified. But research shows that pornography use actually changes the way you think. Download this e-book to learn the five proven ways pornography warps your brain, and three biblical ways to renew your mind.

*[covenanteyes.com/brain-ebook/](http://covenanteyes.com/brain-ebook/)*

## Other Helpful Websites to Stay as Tech-Savvy as Kids

The apps kids use and the gadgets they prefer are constantly changing. Here are a few organizations that make it their goal to stay current and do the research for you.

Protect Young Eyes uses a constantly updated website and engaging, in-person presentations to educate concerned, but busy parents and hyper-connected kids about how to use technology in a God-honoring way. They specialize in social media apps and device-level parental controls.

*[www.protectyoungeyes.com](http://www.protectyoungeyes.com)*

Common Sense Media is a secular organization that reviews popular movies, games, and apps that kids use today.

*[www.common sense media.org](http://www.common sense media.org)*

# References and Notes

1. Bev Betkowski, "1 in 3 boys heavy porn users, study shows," *Eurekalert*. org, Feb. 23, 2007. [http://www.eurekalert.org/pub\\_releases/2007-02/uoa-oit022307.php](http://www.eurekalert.org/pub_releases/2007-02/uoa-oit022307.php) (accessed Dec. 9, 2013).
2. Barna Group, *The Porn Phenomenon: The Impact of Pornography In the Digital Age*, (Josh McDowell Ministry, 2016), 28.
3. Ibid, 53.
4. Sharon Cooper, M.D., "Pornography Harms Children," *Pornharms.com*, Video, 7:21, June 15, 2010, <https://www.youtube.com/watch?v=TFw1Cnuq9jc&feature=c4-overview-vl&list=PL9D96079D4DEDCE38> (accessed March 21, 2016).
5. Alison Motluk, "Mirror neurons control erection response to porn," *New Scientist*, June 16, 2008, <https://www.newscientist.com/article/dn14147-mirror-neurons-control-erection-response-to-porn/> (accessed March 21, 2016).
6. Patricia M. Greenfield, "Inadvertent exposure to pornography on the Internet: Implications of peer-to-peer file-sharing networks for child development and families," *Applied Developmental Psychology* 25 (2004): 741- 750, [https://www.eurekalert.org/pub\\_releases/2005-03/uoc-tfi030105.php](https://www.eurekalert.org/pub_releases/2005-03/uoc-tfi030105.php) (accessed March 21, 2016).
7. Ann Pleshette Murphy, Jennifer Allen, "Why Praise Can Be Bad for Kids," *ABC News*, Feb. 15, 2007, <http://abcnews.go.com/GMA/AmericanFamily/Story?id=2877896&page=1> (accessed March 21, 2016).
8. Dolf Zillmann and Jennings Bryant, "Effects of Prolonged Consumption of Pornography on Family Values," *Journal of Family Issues* 9 (4), 1988.
9. Gary Wilson, "The Great Porn Experiment," TEDxGlasgow, 2012. <https://www.youtube.com/watch?v=wSF82AwSDiU> (accessed June 16, 2014).
10. Raymond M. Bergner and Ana J. Bridges, "The significance of heavy pornography involvement for romantic partners: research and clinical implications," *Journal of Sex, Marital Therapy* 28 (3), 2002.
11. Davy Rothbart, "He's Just Not That Into Anyone," *New York Magazine*, last modified January 30, 2011, <http://nymag.com/nymag/features/70976/index1.html> (accessed March 24, 2016). *Theology of the Body*. Handout. Into the Deep. Minneapolis, Minnesota. 2015.

# Contributors

**Lead Writer** | Luke Gilkerson

**Lead Writer** | Chris McKenna

**Designer** | Rachael Moss

**Editor** | Lisa Eldred



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



1.877.479.1119



1525 W. King St., PO Box 637  
Owosso, MI 48867

Copyright © 2018 Covenant Eyes, Inc.

Screen Accountability is a trademark of Covenant Eyes, Inc.

All rights reserved.