

GET HELP

teens
hope. healing. recovery.

Intro.

No matter how deep you are in, we are here to help. You are not supposed to handle this alone. If you look at porn once a month or once a day, you can live a life away from pornography.

You know when you are into something that you should not be. Most of us know that some of the junk we are into is not good. We struggle and then confess, and then we go right back to the junk we were just in. It is a cycle, a pattern. When we rely on ourselves, instead of God and those he has put in our lives then we usually find ourselves right back where we were-deep into the stuff we swore never to go back to.

Today is the day to break the pattern. Today is the day to change and deal with it all. Today is the day to be free.

Myths and Lies.

All my friends are into porn. Some of your friends are, but not all. It is definitely not as cool as they make out to be. Sneaking around and sitting at a computer late at night isn't very high on the cool list.

It is my private thing. It won't hurt anyone else. Eventually it will all catch up to you. Pornography messes up your dating relationships, friendships and will hurt your future marriage.

It is just entertainment. Entertainment is cartoons, video games and good movies. Porn will make you do things you never thought you would do. Entertainment doesn't make you lie and sneak around feeling guilty and shameful.

A little bit won't hurt me. If you are dabbling in pornography, chances are the dabbling will happen more and more often. 'Ever so often' turns into everyday. When is the last time you ate just one gummy bear? Exactly! Porn is like candy; you can't have it once without going back for more.

STATS

Americans aged 13 to 18 spend more than 72 hours a week using electronic media defined as the Internet, cell phones, television, music and video games.

87% of all teens are online.

1 in 7 youths received sexual solicitation online.

Average age of first Internet exposure to pornography is 11 years old.

15-17 year olds having multiple hardcore exposures 80%

8-16 year olds having viewed porn online 90% (most while doing homework).

7-17 year olds who would freely give out home address-29%

7-17 year olds who would freely give out email address-14%

Children's character names linked to thousands of porn links 26 (Including Pokemon and Action Man).

GET HELP

I will never get rid of porn! You totally can be free from this junk! It takes some courage to own up and say you are into some stuff you shouldn't be, but it is worth it. Your positive attitude on beating this is key. We have seen thousands become free from porn by dealing with it daily through owning up, accountability and taking simple steps to clean it up.

NEXT STEPS

TELL SOMEONE Tell someone you trust about your struggle with porn. Tell a pastor, close friend or youth leader. You must confess to someone else. Yes it is hard, but you are not meant to do this alone. God has put those people in your life to help you through this and to keep you accountable.

Find someone you trust that will ask you the tough questions on a regular basis. Have you looked at porn this week? What is tripping you up? What are you going to do today to change this area of your life?

X3watch is a 100% FREE program that you can download right now! This easy and no nonsense program tracks questionable websites that you visit and then sends a report to two accountability partners. Join thousands who are currently using this great software. Download it now →→ X3watch.com

CLEAN IT UP

Take simple steps to clean it up. Where do you struggle? Is it late at night on the computer? Then it's time to turn off the computer early or even get rid of it altogether. Cancel the Internet service or cable TV, throw the computer away, do whatever it takes.

We all are different and struggle in different places. Think through where and when you struggle. Then take it day by day and change something in that specific part of your life. Have your accountability partner hold you to the changes that you have made. Use your allowance to keep the junk from coming through your computer or just ask your parents - check out X3's recommended Internet filter →→ [Safe Eyes](#)

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GROUPS

Looking for a support/recovery group in your area?

- + Celebrate Recovery
- + LIFE Ministries Young Men
- + LIFE Ministries Young Women

Want to start your own group?

Check out the XXXCHURCH and LIFE Ministries Workbook as a guide:

- + Young Men's Workbook
- + Young Women's Workbook

for more info

Please visit xxxchurch.com/gethelp/teens

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