

Resources for Preventing Pornography Problems
& Dealing with Problematic Sexual Behavior

Compiled by Jill C. Manning, Ph.D., & Jeffrey Robinson, Ph.D.
Presented: *Pornography: Satan's Snare*

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A. For Parents

A Parent's Guide. (1985). Published by The Church of Jesus Christ of Latter-day Saints, Salt Lake City, Utah. Can be accessed in its entirety at www.lds.org under Gospel Library, then Support Materials, then Family, or can be purchased for \$3.50 at LDS Distribution Centers. This is an excellent resource for teaching the subject of human sexuality in the home.

How to Talk to Your Child about Sex, by Linda J. Eyre and Richard M. Eyre

Growing Up: Gospel Answers about Maturation and Sex, by Brad Wilcox

What's the Big Deal about Pornography? A Guide for the Internet Generation, by Jill C. Manning.

Protecting Your Child In an X-Rated World: What You Need to Know to Make a Difference, by Frank York & Jan LaRue.

MySpace Unraveled: A Parent's Guide to Teen Social Networking, by Larry Magid & Anne Collier.

Home Invasion: Protecting Your Family in a Culture that's Gone Stark Raving Mad, by Rebecca Hagelin.

Pornified: How Pornography is Transforming Our Lives, Our Relationships, and Our Families, by Pamela Paul.

Pornography's Impact on Marriage and the Family. Testimony of Jill C. Manning before the Senate Subcommittee on the Constitution, Civil Rights and Property Rights Committee on Judiciary, United States Senate, November 9, 2005. Link: <http://www.heritage.org/Research/Family/tst111405a.cfm>.

DVD: Pornography the Great Lie. Available at Deseret Book or <http://deseretbook.com/store/product?sku=4940645>

ClearPlay DVD Players: www.clearplay.com (Available at Target)

Net Nanny: www.netnanny.com

Content Watch: www.contentwatch.com

Internet Filter Review: www.internet-filter-review.com (for rankings of Internet filters)

Communities for Decency: www.communitiesfordecency.org

Pause Parent Play: www.pauseparentplay.org (for guides on how to use parental controls)

Enough is Enough: www.enough.org

Net Smartz Kids: www.netsmartzkids.org

CP80: www.cp80.org

Safe Kids: www.safekids.com

i-Safe: www.isafe.org

B. For Individuals Who are Struggling with Pornography Problems

Healing the Wounds of Sexual Addiction (2004). Mark Laaser. Zondervan Publishing, Grand Rapids, MI.

In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior (2001), Patrick Carnes, David L. Delmonico & Elizabeth Griffin. Hazelden, Center City, MN.

Cybersex Unhooked: A Workbook for Breaking Free of Compulsive Online Sexual Behavior (2001). David L. Delmonico, Elizabeth Griffin & Joseph Moriarity.

Don't Call it Love: Recovery from Sexual Addiction, (1991). Patrick Carnes.

A Gentle Path Through the Twelve Steps: The Classic Guide for All People in the Process of Recovery, (1993). Patrick Carnes.

Out of the Shadows: Understanding Sexual Addiction (2001), Patrick Carnes. Hazelden, Center City, MN.

The Drug of the New Millennium: The Science of How Internet Pornography Radically Alters the Human Brain and Body (2001), Mark B. Kastleman, Granite Publishing, Orem, UT.

CD Set: Treating Pornography Addiction, by Dr. Kevin Skinner.
Available at www.treatingpornographyaddiction.com.

Society for the Advancement of Sexual Health (SASH)
P.O. Box 725544
Atlanta, GA 31139
(770) 541-9912
www.sash.net

LifeSTAR Network
(801) 262-4599
151 E. 5600 South, Suite 204
Salt Lake City, Utah 84107
(Group therapy for adolescents and adults)

Faithful and True Ministries, Inc.
Mark Laaser, Ph.D., Director
P.O. Box 84
Chanhassen, MN 55317
(952) 903-9208
www.faithfulandtrueministries.com

The Meadows (in-patient facility)
1655 N. Tegner
Wickenburg, AZ 85390
1-800-MEADOWS or (928) 684-3926
www.themeadows.org

Sexaholics Anonymous (SA)
P.O. Box 11910
Nashville, TN 37222-1910
(615) 331-6230
www.sa.org
Sex Addicts Anonymous (SAA)
P.O. Box 70949

Houston, TX 77270
(713) 869-4902
www.sexaa.org

www.sexhelp.com

www.healthymind.com

www.cybersexualaddiction.com

www.addictionresearch.com

C. For Spouses

Mending a Shattered Heart: A Guide for Partner's of Sex Addicts (2008). Edited by Stephanie Carnes. Gentle Path Press.

Discussing Pornography Problems with a Spouse: Confronting and Disclosing Secret Behaviors (2005), Rory C. Reid & Dan Gray. Mental Health Publications, Salt Lake City, UT.

After the Affair: Healing the Pain and Rebuilding Trust When a Partner has been Unfaithful (1994), Janis Abrams Spring. Harper Collins Publishers.

Living with Your Husband's Secret Wars (1999), Marsha Means. Fleming H. Revell, Grand Rapids, MI.

Out of the Ashes: An LDS Guide to Helping a Betrayed Spouse Heal in the Aftermath of Sexual Sin, by Ruth Davidson.

The Dance of Anger: A Woman's Guide to Changing the Patterns Intimate Relationships. Harried G. Lerner. Harper & Row, New York.

NOT "Just Friends": Rebuilding Trust and Recovering Your Sanity after Infidelity (2004). Shirley Glass and Jean Coppock Staeheli.

Affairs: A Guide to Working through the Repercussions of Infidelity (1999). Emily M. Brown.

CD Set: Dealing with a Partner's Sexual Addiction, by Dr. Kevin Skinner, Dr. Shondell Knowlton, & Dr. Jill Manning. Available online at: www.treatingpornographyaddiction.com. Click "Audio CD's".

Co-dependents of Sex Addicts (COSA)
P.O. Box 14537, Minneapolis, MN 55414
(763) 537-6904
www.cosa-recovery.org

Her Story Lives: www.herstorylives.com

D. For Couples

Open Hearts: Renewing Relationships with Recovery, Romance & Reality (1999), Patrick Carnes, Debra Laaser & Mark Laaser.

Facing the Shadow: Starting Sexual & Relationship Recovery (2005). Patrick Carnes.

Purity & Passion: Purity and Passion: Spiritual Truths about Intimacy That Will Strengthen Your Marriage, by Wendy Watson Nelson.

Recovering Couples Anonymous (RCA)
P.O. Box 11029
Oakland, CA 94611
(510) 663-2312
www.recovering-couples.org

E. For information on how to report Internet crime, harassment, child pornography, and/or sexual solicitation (in addition to calling local police).

National Center for Missing & Exploited Children
www.missingkids.com

The National Coalition for the Protection of Children and Families
Help Line 1-800-583-2964 or (513) 521-6227
www.nationalcoalition.org

Cyber Angels
www.cyberangels.org

National Law Center for Children & Families
www.nationallawcenter.org

Obscenity Crimes
www.obscenitycrimes.org