



DIOCESE OF LINCOLN

OFFICE OF THE BISHOP

April 7, 2019

Brothers and sisters in Christ,

As we continue our Lenten pilgrimage toward the great celebration of our redemption at Easter, be assured of my prayers for you and your families. This week I wish to speak especially to you who are parents and have been entrusted with passing on the faith to your own sons and daughters. Today in parishes across the diocese, we are celebrating Safe Haven Sunday, in order to shine a light on a particular danger to our families and young people.

We are well aware that pornography is pervasive in our society, and is particularly damaging to young people who are now being exposed to this threat as early as 8-10 years of age. Exposure to pornography can lead to various forms of abuse. For this reason, the USCCB document *Create in me a clean heart* states that we “must see our role in protecting children from pornography as our sacred duty.”

In our diocese, we have taken this issue seriously, becoming a leader among dioceses in the United States. Our religious education office has updated our curriculum to address this topic in faith formation. Some of our schools require mandatory education for parents on protecting their children, and our family life office has helped to establish faith based recovery groups. Many parents in our diocese are working together to be vigilant about protecting their children online.

If you have not already started to address this issue at home, resources are available in your parishes and through the diocesan family life office. The Lord Jesus has entrusted each of you to my care as your bishop and spiritual father, and I continue to ask your prayers for me that I may carry out that responsibility in fidelity and love.

Sincerely yours in Christ,

The Most Rev. James D. Conley
Bishop of Lincoln

<https://www.lincolndiocese.org/internet-protection-pornography/tools-for-parents>

Set up Filtering at Home, topics include: Lock down Devices and Settings; Talking to your Kids; Education for Love; Monitoring your children online; Parental controls on video games; Other Resources; Perils of Procrastination; The vocation of protector

Tools for Parents in the Internet Age

Welcome to our "Tools for Parents" page. Here you will find videos, podcasts, blogposts, and links to resources to assist you in building up your family life by protecting against pornography exposure and educating your children in the truth, beauty, and goodness of God's plan for human sexuality. I hope that you find the information here helpful, and if you have suggestions or ideas about how to make the page better, please contact the Family Life Office at 402-473-0620 .

Here is a list of other helpful links and resources on Internet safety:

CovenantEyes.com internet protection for all your devices (try free for 30 days at this link)

K9WebProtection.com (free filter)

InternetSafety101.org resources for parents

BeWebSmart.com - stay educated on dangerous apps and internet tips

"What Is Cyberbullying? An Overview for Students, Parents, and Teachers" guide

The Perils of Procrastination

I recently had a conversation with local parents who realized she waited too long to protect their family online. Read about it here: <http://www.cathedraleagles.com/index.php/easyblog?view=entry&id=7>

<https://www.lincolndiocese.org/internet-protection-pornography/resources-for-adults>

Content includes sections on: Do I have a Problem?; Online Assessment; 5 Steps towards Freedom; Support for Wives; Recommended Reading

- Treating Pornography Addiction by Dr. Kevin Skinner
- Healing the Wounds of Sexual Addiction by Dr Mark Laaser
- Out of the Shadows by Dr Patrick Carnes
- Wired for Intimacy by William Struthers
- Delivered by Matt Fradd (testimonials)

Websites

•www.integrityrestored.com

www.faithfulandtrue.com

•www.theporneffect.com

www.bloomforwomen.com

<https://reach10.org/gary-wilson-pornography-addiction-video>

Gary Wilson explains the science behind the effects of pornography on the brain and body, how addiction is developed, and the misleading idea of "perceived addiction." Gary is an author, the force behind yourbrainonporn.com, and TEDx presenter of "The Great Pom Experiment". His talk is from a secular viewpoint rather than one of faith.