

Practical Strategies to avoiding Pornography

Films

Most films not only tell you what certificate it is, but why? This is even clearer with DVD's. Take notice. Remember, just because you can watch an 18 movie, it doesn't mean that you should, or that it is helpful. Maybe have an arrangement with a friend not to watch movies of certain certificates. You may be ridiculed by others or thought of as 'old-fashioned' but there is far more at stake than that!

Internet

A huge proportion of the internet is pornography. Free, accessible and private. But it doesn't need to be. There are 'web-blockers' available which limit access to certain sites. There are many other blockers available for free, some of which have the capacity for sending reports to friends of what has been viewed on the internet (www.x3watch.com or 'safe-eyes'). Why not have an arrangement with a friend who will ask you what you have been looking at, or even periodically check you internet history. This kind of accountability can be very helpful in getting people out of habits they struggle to break.

Remember that violence against women (in particular), is likely to be behind the kind of stuff that is seen on the web. Have nothing to do with it!

If you struggle, decide to only have a computer in a public space. The fact that what is being looked at is visual to anyone passing by is a great help!

Magazines

Just decide not to buy them or read them. Whether top shelf, men's magazines, or women's magazines; all of them can fuel an interest in varying levels of porn. Again, decide with a friend that you won't buy it, but spend the money on something more useful! If going into a shop that sells them is a problem, choose to go to a different shop.

Posters and Publicity

Virtually impossible to avoid because they are everywhere. Pray hard for a heart that honours God and respects his image in human beings. And remember, it is the second look which captures the heart – not the first look! So decide not to dwell on what you see!

Finding Accountability

The key to much of this is a commitment to accountability. If we are rigorously honest we know our hearts, and we know they can be 'deceitful'. Tough problems need tough action. So how do you develop a friendship with someone who will hold you accountable?

- Firstly, it needs to be someone you trust and who knows Jesus Christ. People who you trust are people you can be vulnerable with, who will always have your best at heart, who keep their word, who keep things to themselves and who will stand by you. In fact, many friendships are like this – we have just never tested them! Why not learn to be that kind of person for someone else.
- Secondly, your friend needs to be able to ask the hard questions and not let it drop until they are satisfied you are being open with them. You want someone to encourage you when things are good and not let you settle for failure when things are not good. The key things are trust, commitment and understanding.
- Thirdly, an accountability friend needs to be someone who will ask you how you are doing regularly (for example, weekly) but for a limited agreed length of time (For example 1 year). The commitment to accountability can then be renewed, but it means people don't feel tied in to something when life and commitments change.
- Finally, you need someone who doesn't struggle with the same issues you do (or it becomes easy to justify each other's behaviour) and who will pray for you. So why not try it!