

# D i o c e s e of L a C r o s s e

### Office for Marriage and Family Life

Dear Pastors, Bulletin Editor, Parish Leadership, School Leadership,

In the coming weeks, you will be learning more about an initiative called **Safe Haven Sunday (SHS)** that will equip parents to protect their home and family from the ill effects of pornography. Why is this important? Let’s look at a few facts about how youth view pornography.

According to a survey by the Barna Group in 2016, 3,000 respondents had the following perceptions about porn.

* 90% of teens and 96% of young adults are either encouraging, accepting, or neutral when they talk about porn with their friends.
* Only 54% of porn users believe sexual acts that may be forced or painful are always wrong.
* Only 44% of porn users believe someone being depicted in a demeaning way is always wrong.
* 45% of adults 25 and older believe porn is *not* wrong.
* Teens and young adults aged 13-24 believe not recycling (56%) is worse than viewing pornography (32%).
* Only 43% of teens believe porn is bad for society, 31% of young adults 18-24, 51% of millennials, 44% Gen-Xers, 59% of Boomers.
* Of 13 to 24 year olds, only 57% believe a fully nude image that is sexually arousing is pornography.
* Only 24% of adults believe a fully nude image is pornography. Just 39% of young adults believe so.
* About half (54%) of daily porn users say porn featuring teens is wrong.

I invite you to participated in the SHS initiative which will take place on March 10th. In order to prepare your parish for Safe Haven Sunday, my staff has prepared several bulletin blurbs that can be cut and pasted into your local bulletin, put on your website or widely distributed in your normal communiques. Begin inserting these announcements into your bulletins, parish newsletters, school packets or RE packets as soon as you are able but no later than January 6th, 2019.

Thank you!

Director of the Office for Marriage and Family Life

**For Parish Bulletins on December 23 - Announcement #1**

In the coming weeks, you will be learning more about an initiative called Safe Haven Sunday that will equip parents to protect their family from the harms of pornography. Why is this important? Let’s look at a few facts about youth and pornography. In 2016, a study by the Barna Group discovered among teens age 13-17

* 7% came across porn daily; 8% intentionally sought it out daily.
* 21% came across porn weekly; 18% sought it out weekly.
* 21% came across porn once or twice a month; 11% sought it out.
* In total, 57% of teens sought out porn at least monthly.

Learn more about ending porn exposure on Safe Haven Sunday – March 10.

**For Parish Bulletins on December 30 - Announcement #2**

In the coming weeks, you will be learning more about an initiative called Safe Haven Sunday that will equip parents to protect their family from the harm of pornography. Did you know the Journal of Adolescent Health has found that prolonged exposure to pornography leads to:

* An exaggerated perception of sexual activity in society.
* Diminished trust between intimate couples.
* The abandonment of the hope of sexual monogamy.
* Belief that promiscuity is the natural state.

How can we stop the exposure to porn? Participate in Safe Haven Sunday initiative on March 10.

**For Parish Bulletins and Facebook on January 6 - Announcement #3**

In the coming weeks, you will be learning more about an initiative called Safe Haven Sunday that will equip parents to protect their family from the ill effects of pornography. Why is this important? According to the Journal of Adolescent Health, prolonged exposure to pornography leads to:

* Cynicism about love or the need for affection between sexual partners.
* Belief that marriage is sexually confining.
* Lack of attraction to family and child-raising.

Learn more about ending porn exposure on Safe Haven Sunday – March 10.

**For Parish Bulletins and Facebook on January 13 - Announcement #4**

In the coming weeks, you will be learning more about an initiative called Safe Haven Sunday that will equip parents to protect family from the ill effects of pornography. According to sociologist Jill Manning, research indicates pornography consumption is associated with the following six societal trends.

1. Increased marital distress, and risk of separation and divorce.
2. Decreased marital intimacy and sexual satisfaction.
3. Infidelity.
4. Increased appetite for more graphic types of pornography and sexual activity associated with abusive, illegal or unsafe practices.
5. Devaluation of monogamy, marriage and child rearing.
6. An increasing number of people struggling with compulsive and addictive sexual behavior.

Learn more about ending porn exposure on Safe Haven Sunday – March 10.

**For Parish Bulletins and Facebook on January 20 - Announcement #5**

In the coming weeks, you will be learning more about an initiative called Safe Haven Sunday that will help families avoid the ill effects of pornography. Did you know that porn plays a significant role in marital strife and divorce? Research shows us that:

* 68% of the divorces involved one party meeting a new partner over the Internet.
* 56% involved one party having “an obsessive interest in pornographic websites.”
* 47% involved spending excessive time on the computer.
* 33% involved excessive time spent speaking in chat rooms.

Learn more about ending porn exposure on Safe Haven Sunday – March 10.

**For Parish Bulletins and Facebook on January 27 - Announcement #6**

Safe Haven Sunday is coming on March 10. It will address the need for families to protect their homes from the ill effects of pornography. Why is this important? A 2018 study of youth and sexting revealed:

* Nearly 27% of teens receive sexts
* Around 15% are sending them
* A 2017 study found that about 99% of respondents at least somewhat approved of explicit pics being posted online non-consensually, particularly if a partner had walked out on them.

**For Parish Bulletins and Facebook on February 3 - Announcement #7**

Did you know that on-line porn supports sexting; sending or posting a sexually suggestive nude or nearly nude photo or video of oneself. How prevalent is sexting?

* 4% of 12-year-olds have sent a sext.
* 7% of 14-17-year-olds have sent a sext.
* 9% of 13-18-year-olds have sent a sext.
* 19% of 18-24-year-olds have sent a sext.
* 21% of minority youth in 10th grade have sent a sext.

Safe Haven Sunday will happen on March 10. It will equip parents to protect their home and family from the ill effects of pornography.

**For Parish Bulletins and Facebook on February 10 - Announcement #8**

Viewing pornography prevents a person – especially a child - from giving and receiving authentic love. Why? Because porn essentially trains men and women to be *consumers*, not lovers; to treat sex as a commodity; to think about sex as something on-tap and made-to-order. Learn more about the harms of pornography on Safe Haven Sunday - March 10.

**For Parish Bulletins and Facebook on February 17 - Announcement #9**

Research studies have found that watching porn disconnects a person from real relationships and lowers one’s respect for women. How could that be a good for you or your family? Learn more about the harms of pornography on Safe Haven Sunday– March 10.

**For Parish Bulletins and Facebook on February 24 - Announcement #10**

Research studies have found that viewing porn decreases a person’s ability to become intimate and that it desensitizes you to cruelty. Neither of these are good for you or your family. Learn more about the harms of pornography and how to protect your family on Safe Haven Sunday – March 10.

**For Parish Bulletins and Facebook on March 3 - Announcement #11**

Did you know that viewing porn desensitizes you to pleasure, makes you hypersensitive to lust and cripples your willpower? None of this is a good for you or your family. Learn more about the harms of pornography and how to protect your family on Safe Haven Sunday – March 10.

If your parish has a Twitter feed, consider tweeting these out between January 1 and March 10.

**TWEETS - consider tweeting these out between January 6 and March 3**

Jan 6 - Porn is essentially wrong because it presents men and women as sexual commodities.

Jan 13 - Jesus: “This is my body, which is given for you.” Porn: “This is her body taken by me.”

Jan 20 - Porn essentially trains men and women to be consumers, not lovers; to treat sex as a commodity.

Jan 27 - Porn trains men to desire the cheap thrill of fantasy over a committed relationship.

Feb 3 - Porn doesn’t help men value women but rather to see fewer women as porn-worthy.

Feb 10 - Often porn portrays women as people who are glad to be used and objectified.

Feb 17 - 90% of therapists believe someone can become addicted to cyber sex.

Feb 24 - God intends sexual love to will the good of the other not use the other. Stop Porn now.

March 3 - Church: “Love wills the good of the other.” Porn: “Love uses the other for my good.”

**VIDEO MESSAGES - consider tweeting these out between January 9 and March 6**

Jan 9 - Hear Cordelia Anderson, MA, tell how porn puts our public health at risk in this 2 minute video <https://vimeo.com/209584539>

Jan 16 – Dr. Donald Hilton, M.D., Neurosurgeon, University of Texas, San Antonio, in this 2 minute video tells us that our brains are not designed to consume pornography <https://vimeo.com/190633252>

Jan 23 – A licensed mental health counselor, Jay Stringer talks about disarming the power of shame and the need to self-medicate through the use of pornography in this 2-minute video. <https://vimeo.com/289122982>

Jan 30 – Heidi Olson, RN, and Sexual Assault Nurse Examiner Program Coordinator sees first-hand how porn is a high risk factor triggering 11-15 year olds to engage in sexual assault in this 2-minute video. <https://vimeo.com/285022319>

Feb 6 – Dr. William Struthers, Ph.D., in this 2 minute video talks about how the damage to your brain can be reversed through its normal functions. <https://vimeo.com/190775737>

Feb 13 – Ed Smart is a recognized advocate for children’s safety. Listen to his 2-minute personal witness of the abduction and miraculous return of his daughter, Elizabeth. <https://vimeo.com/209584343>

Feb 20 – Joseph Prud'homme, Professor of Political Science, Washington College in this 90 second video challenges the inconsistent stated values and consumption of pornography by today’s young people. <https://vimeo.com/209584280>

Feb 27 – In this 2-minute video, Dr. Gail Hines, Ph. D., explains how porn harms a person by hijacking their sexuality and making it virtually impossible to enter into a loving relationship. <https://vimeo.com/197558185>

March 6 - Dr. Jill Manning, Ph. D., Licensed Marriage & Family Therapist talks about how pornography cannot be used responsibly by any person at any age. <https://vimeo.com/209584402>