

# PROTECTING OURSELVES AGAINST PORNOGRAPHY

The power of Christ protects us as we exercise our faith in Him. In the Book of Mormon, Captain Moroni was tenacious in protecting and fortifying his people (see Alma 50:1–6). His example teaches us to relentlessly protect ourselves against the adversary. The following steps can help you create an action plan to protect your heart and mind against inappropriate media. Further study, pondering, and planning will help you determine what actions you should take. Consider creating the plan and reviewing it with someone you trust, such as a parent, spouse, friend, or Church leader.

1. **PRAY FOR PROTECTION.** Draw strength by seeking heavenly help and protection through the enabling power of the Atonement.

- a. **Personal inventory:** Have I prayed for help in protecting myself against pornography? How often do I ask for the Lord's help? How has He protected me in the past? How do I use the Lord's help?
- b. **Potential action steps:** Pray, hold a fast, ponder, recognize the Lord's hand in your life, dedicate your home.
- c. **My action plan:**

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2. **FOCUS ON THE SAVIOR, NOT ON THE WORLD.** Be aware of the dangers and consequences of Satan's counterfeits, but focus your mind on the truth and light that the gospel provides about virtue, chastity, the sanctity of our bodies, and the sacred power of procreation.

- a. **Personal inventory:** Do I balance my awareness of the dangers of pornography with the light and truth of the gospel? Where can I learn more about gospel principles regarding virtue, chastity, the sanctity of our bodies, and the sacred power of procreation? Do I act from fear or faith?
- b. **Potential action steps:** Study and discuss gospel principles related to your body, procreation, virtue, and chastity. Focus on the Savior's teachings; ask someone you trust to help you keep this focus.
- c. **My action plan:**

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3. **TALK ABOUT MATTERS OF PERSONAL PURITY.** Regular conversations with those you trust and love will help you and others be better prepared to appropriately deal with difficult situations as they arise. If you make mistakes, talk to someone you trust, such as a parent, spouse, or bishop, to resolve the issue.

- a. **Personal inventory:** How comfortable am I with discussing matters of personal purity and pornography? How often do I discuss it? Who do I need to discuss these things with? Who can help me talk about this? Who will I talk to if I make a mistake or encounter a difficult situation?
- b. **Potential action steps:** Talk with others (such as a spouse, parent, or child) about how to protect yourself against pornography. Have regular personal interviews with family members. Hold a family home evening lesson about how to maintain personal purity. Review the *For the Strength of Youth* pamphlet and read *A Parent's Guide* for suggestions on discussing this topic. Ask family members about their experiences in protecting themselves against pornography and listen carefully.
- c. **My action plan:**

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4. **TAKE CARE OF YOURSELF PHYSICALLY.** The Word of Wisdom promises great spiritual blessings as you take care of your physical body. When you are hungry, tired, or not physically well, you are more susceptible to temptation. By taking care of your body, you can better protect yourself against the temptation of pornography.

- a. **Personal inventory:** How do I take care of myself physically? How are my diet, sleep, and exercise? What habits do I need to change?
- b. **Potential action steps:** Hold a fast, exercise regularly, eat healthy foods, establish regular sleep patterns, create healthy and sustainable habits to deal with challenges.
- c. **My action plan:**

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5. **STRENGTHEN YOUR ABILITY TO COPE WITH NEGATIVE EMOTIONS.** Anger, self-pity, depression, stress, boredom, and loneliness increase your vulnerability to temptation. Develop and strengthen healthy ways to cope when faced with these emotions.

- a. **Personal inventory:** What are the events or situations that trigger my negative emotions? How are my reactions to these triggers unhealthy and unproductive? How do my reactions make the situation worse? How can I turn to the Lord for help during these vulnerable times?
- b. **Potential action steps:** Ask for the Lord's help when struggling with negative emotions. Ask yourself if you are misreading or misinterpreting events. Learn how to change negative self-talk into positive self-talk. Learn and implement healthy coping skills.
- c. **My action plan:**

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6. **CHOOSE APPROPRIATE MEDIA.** Be tenacious and vigilant in making wise choices to prevent immoral media from infiltrating your heart and mind.

- a. **Personal inventory:** Am I using media in uplifting ways? Do I follow the *For the Strength of Youth* standards? How is media a potential threat in my home? What threats does it pose outside my home? What are my potential blind spots? Who can help me identify how to better protect myself and those I love? What specific resources are available?
- b. **Potential action steps:** Identify media that invites the Spirit. Review "Internet and Family Safety" guidelines on the LDSTech website wiki. Put filters on electronic devices, use parental guidance features, and ensure computers are in a safe, high traffic area. Set specific rules related to media use, such as how much time may be spent online. Consider disabling the Internet on portable electronic devices. Give your electronic devices to a parent or spouse each night.
- c. **My action plan:**

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*Where am I strong?*

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*Where do I need improvement?*

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*Who will I review this plan with?*

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For more information, please visit  
[overcomingpornography.org](http://overcomingpornography.org) or  
[addictionrecovery.lds.org](http://addictionrecovery.lds.org).

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