

# Raising Purity Focused Teens in a Modern Technology World



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## Self Reflection Questions as a Parent

- Is your home a place where your children have a clear sense of what you expect of them and what God expects of them?
- Are you having regular conversations with your children about wise and virtuous living as they mature?
- Do you coach your children through their problems, teaching them to solve conflicts?
- Do you listen when your children have complaints or concerns?
- Is your home a place where your children feel affirmed, encouraged, loved?
- Do you actively model for them healthy ways to respond to various temptations and integrity issues of this world?

## Key Discussions to Promote

- What is their perspective, definition, and acknowledgement of purity issues?
- How relevant is the struggle for purity in their lives? Their friends lives?
- What are some of the real-world dilemmas, pressures they face?
- What is their understanding of your hopes, intentions, expectations for them?
- What questions or requests do they have for you as their parent?
- What resources/tools/support would they like to have from you, from your discussion with them?
- In what specific ways could you pray for them or offer them wisdom/support?

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## Practical Prevention Tips

- Commit to open dialogue and discussion....early and often. If not always with you, with someone who is spiritually led.
- Each family member share their own healthy action plan and accountability
- Establish boundaries and protective limits and expectations for them, you, and as a family
- Commit to educating yourselves on the various implications of unhealthy sexuality and modern day invasions of integrity
- Utilize community and professional resources for preventative care and ongoing support
- Continue to grow in personal and marital intimacy and sanctification areas with God
- Continue to grow in active parenting and developing secure, safe relationship with family

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## Recommended Resources

### Internet Filters

- Covenant Eyes \* [www.covenanteyes.com](http://www.covenanteyes.com)
- K9 Web Protection \* [www.k9webprotection.com](http://www.k9webprotection.com)

### Catholic Based Resources

- RECLAIM Sexual Health \* [www.reclaimsexualhealth.com](http://www.reclaimsexualhealth.com)
- The Porn Effect \* [www.theporneffect.com](http://www.theporneffect.com)
- Porn Harms: Morality in Media \* [www.pornharms.com](http://www.pornharms.com)
- Integrity Restored \* [www.integrityrestored.com](http://www.integrityrestored.com)
- The Novena for Purity \* [www.covenanteyes.com/novena](http://www.covenanteyes.com/novena)

### Parent Resource

- Teensafe \* [www.teensafe.com](http://www.teensafe.com)
- Protect Young Eyes \* [www.protectyoungeyes.com](http://www.protectyoungeyes.com)
- Common Sense Media \* [www.common sense media.org](http://www.common sense media.org)

### Professional Therapy Resources

- Faithful and True Ministries: Mark and Debbie Laaser \*  
[www.faithfulandtrue.com](http://www.faithfulandtrue.com)

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