**Resources for Parents***(Everything on this page is hyperlinked.)*

**Websites to Educate Yourself**

* [The Chastity Project](https://chastity.com/qa/category/how-far-is-too-far/): Great videos, podcasts, articles, etc. Q& A
	+ En español: <https://chastity.com/category/espanol/>
* [The Culture Project](https://www.youtube.com/channel/UCpOd6Sz1SHMcfWf5zUYGxkA) YouTube Channel
* [Ascension Presents](http://media.ascensionpress.com/category/ascension-presents/) has excellent short videos on these topics and more.
	+ See especially Fr. Mike Schmitz and Matt Fradd.
* [CanaVox](https://canavox.com/) – Readings and videos on Church teachings of friendship, marriage and sexuality. Very timely.
* [Humanum](http://www.eccefilms.com/humanum) – six 18 – minute films sponsored by the Vatican breaking down the teachings of marriage and sexuality.
* [e5men.org](http://e5men.org/) for men who fast for their wives, etc. based on Ephesians 5.
* [Courage](https://couragerc.org/) – a ministry of the Catholic Church to minister to people with same sex attractions
* [Eden Invitation](https://www.edeninvitation.com/) offer resources for those who are asking LGBTQ questions while seeking to live as a chaste disciple of Christ in the Church.
* [Person and Identity](https://personandidentity.com/) offer resources for family and friends of those who are asking LGBTQ questions

**Internet Safety, Filters, Accountability, etc.**

* [Covenant Eyes](https://www.covenanteyes.com/)
	+ Program – Best filter & accountability for pornographic websites, etc.
	+ 1 month free if you type in MattFradd as promocode.
* [Disney Circle](https://meetcircle.com/) and/or [Gryphon Router](https://gryphonconnect.com/)
	+ Tool/program - Control of Internet access within the house, time settings, rating settings, etc. Put a curfew on the devices in your house.
* [Plugged In](https://www.pluggedin.com/) and/or [Common Sense Media](https://www.commonsensemedia.org/)
	+ Christian resource to check content of music, video games, and movies.
* [VidAngel](https://www.vidangel.com/) – Ability to filter content in movies – language, visuals, etc. –through your Streaming Service.
* [Protect Young Eyes – Internet safety](https://protectyoungeyes.com/)
	+ Keeps you up to date on new apps and social media, etc. so you are aware of pros and cons.
* [Protect Young Minds](https://www.protectyoungminds.org/) – teaching young children how to reject pornography
* [Fight the New Drug](https://fightthenewdrug.org/) - scientific brain research that shows the addictive qualities of pornography – think “D.A.R.E.” for pornography
* [Integrity Restored](https://integrityrestored.com/author/mattfradd/)– Matt Fradd on pornography addiction, effects of social media and tech use, etc.
* [The Victory App](https://justuseapp.com/en/app/993500076/victory-lt) by LifeTeen – for phones: tracking successes, counter, and help identifying triggers
* [The Gabb Phone](https://GABBWIRELESS.COM/) – providing phone and texting with limitations on social media and screen time & protection against explicit content.

**Books**

* [Raising Pure Teens](http://www.amazon.com/Raising-Pure-Teens-Jason-Evert/dp/1933919337/ref%3Dsr_1_1?s=books&ie=UTF8&qid=1451769111&sr=1-1&keywords=Raising+Pure+Teens) by Chris Stefanick and Jason Evert
* [Strong Fathers, Strong Daughters](http://www.amazon.com/Strong-Fathers-Daughters-Secrets-Father/dp/0345499395) by Dr. Meg Meeker (Strong Mothers, Strong Sons…) *This is the heart of chastity as relation & identity, not just the sexual aspect!*
	+ [Raising a Strong Daughter in a Toxic Culture](https://store.focusonthefamily.com/raising-a-strong-daughter-in-a-toxic-culture/) (new) by Dr. Meg Meeker
* [Beyond the Birds and the Bees](http://www.amazon.com/Beyond-Birds-Bees-Gregory-Popcak/dp/1935940155): Raising Sexually Whole and Holy Kids by Dr. Greg and Lisa Popcak
* [Good Picture, Bad Picture: Porn Proofing Today’s Young Kids](https://www.exodusbooks.com/good-pictures-bad-pictures/jenson/81787/) (app. for ages 7-12); Junior edition for ages 3-6.
* [Made This Way](https://madethiswaybook.com/) by Leila Miller and Trent Horn describes techniques and developmentally appropriate ways to explain “tough moral issues” to younger and older children.
* [Irreversible Damage](https://www.amazon.com/Irreversible-Damage-Transgender-Seducing-Daughters/dp/1684510317) by Abby Shrier; addresses the social contagion/phenomena of teenage girls identifying as trans although not fitting the medical description of someone with gender dysphoria.
* [Emotional Virtue: A Guide to Drama-Free Relationships](https://emotionalvirtue.bigcartel.com/product/emotional-virtue-signed-hardback) by Sarah Swafford. *On the topic of emotional chastity, self-possession, and premature dating.* Here is a [45 minute talk](https://www.youtube.com/watch?v=9P9Bw4jD2Co) by the author given to college age students.
* [The Temperment God Gave You](https://www.amazon.com/Temperament-God-Gave-You-Yourself/dp/1933184027) by Art and Laraine Bennett
* **For teens (& for you!)**
* [Theology of His Body/Theology of Her Body](https://www.amazon.com/Theology-His-Body-Her-Discovering/dp/193421759X) by Jason Evert
	+ - Discovering the strength and mission of masculinity/femininity
* [You Cat](https://www.youcat.org/products/youcat), [Do Cat](https://www.youcat.org/products/docat) – Catechism of the Catholic Church for teens and twenties; social doctrine of the Church

**Practical Tips**

**Daily Attitudes & Thought Patterns**

* It is not a question of what I can *get* from someone, but more a question of **what I can *give*** to someone! “How can I help this situation? Make this situation better for people?”
* Point out when they are **treating people like objects** in their language, their jokes, their music, their choices, etc. in their ordinary friendships, etc.
	+ Pope Francis warns us to beware of **the “disposable” culture**.
	+ We use objects, we love people. We need effective relationships with things and affective relationships with people.
* Experiences of not giving in to their **feelings**.
	+ **“The right thing at the wrong time is the wrong thing.”**
	+ Teach them **healthy outlets** for their emotions and feelings.
		- Shooting hoops, journaling, drawing, healthy distractions, etc.
	+ I can feel a strong desire (even for food or fun) and do not have to choose to do it. Conversely, I can choose to do what I know is good and right even when I don’t “feel” like it.
* Supervision of students **in mixed groups** – have an adult with the students when they are out in “boy-girl” groups at the mall or at someone’s home, etc.
* Build the virtue of **patience**:
	+ Avoid an attitude of entitlement – help them to not seize by right what is in fact gift. **Avoiding experiences prematurely.**
	+ The positive experience of **waiting** for something that is worth it.
* Teach them how to **forgive** and model it. Agape love is free, total, faithful, and fruitful. Total requires acceptance of self and others. Faithful requires forgiveness.
* Progression of relationships – God-shaped hole, getting to know someone, friendship first, then group dating, etc.

**Influences of Technology**

* Moderate their **time on social media and video games** – help them **practice face to face** **social interaction** (it is becoming a lost art!). Maybe even suggest that when they do hang out together to put phones away or play something other than video games (or limit the time). Even give a **curfew** for tech use.
* Limit, supervise, or even forbid **technology use in their bedrooms**.
* Check their texts at random. Talk about boundaries and expectations.
* **Slow down** in life! Make sure you aren’t overcommitted to activities so that you don’t have time to reflect on what you’re doing and why you’re doing what you’re doing.
	+ Provide them with times of **silence** in their life.
* Discuss and enforce **boundaries of what is appropriate to share with people** about your personal life – family vs. inner circle of friends, etc.
	+ Social media has them thinking everyone is entitled to know everything, even in-person.