

CovenantEyes™

THE STANDARD OF INTERNET INTEGRITY

www.covenanteyes.com



70 percent of men and **21 percent of women** struggle with Internet pornography.

How can Covenant Eyes help?

Covenant Eyes Accountability software offers monitoring and filtering services with easy-to-read **Accountability Reports**.

Free Trial

For a free 30-day trial use the promo code "onefree" when signing up from our home page.

Covenant Eyes is the first wave of defense in a person's struggle for a pure thought life. I've been a member for years."

- Mark Hall

Lead singer for Casting Crowns

Resources

- Free articles and brochures.
- Internet safety tips.
- Accountability service is \$7.99 per month with family discounts.
- Add Filtering for \$1.50 per month.

Call 877.479.1119

resources@covenanteyes.com

***Protect your family.
Guard your marriage.
Fight pornography temptation.***



www.covenanteyes.com

Protect your family

Block offensive websites with the **Covenant Eyes Filter** service.

Guard your children and your family from the dangers of the Internet. Bring peace of mind to your home.

Our Filter will review specific MySpace and Facebook pages, block Instant Messaging, and Internet chat. Take control of how the Internet is used.

- Block offensive and dangerous websites.
- Control when and how much time each member of your family may use the Web.
- Be confident your family is safe.
- Decide how sensitive the Filter is for each member of your family. Make the Filter strict for kids and less restrictive for adults.
- For maximum protection, add monitoring service with Accountability Reports.
- 5 easy steps to signup and download.
- Free Customer Support.
- Free software upgrades.
- Free educational articles, resources, and brochures.
- Filtering is \$4.99 per month with household discounts. Add Filtering to Accountability service for \$1.50 per month.

Learn more at www.covenanteyes.com/blog

Call 877.479.1119 Opt. 4 or email resources@covenanteyes.com

Recommended by **Focus on the Family** and
the **National Coalition for Protection of Children & Families**

Our Family Internet Ground Rules

The following Ground Rules establishes the way we will use computers in our home. We will display this game plan and update it periodically as our children grow older.

1. **We will never give out personal information such as our last name, address or phone number.** We should also not give out the name of our school, our city, our siblings, our sports team or our parent's workplace.
2. **We all agree to not give our passwords to anyone outside of our family.** We have all agreed upon user names to use while we are on the Internet. I will not change the settings for my computer or my password without my parent's permission.
3. **We all agree to limit our online time so that it doesn't interfere with other activities.** We agree to follow the time limits that our family sets and not let the Internet take time away from homework, sports, face- to-face interactions or family time.
4. **I will never meet an online friend in person.** Just as I stay away from strangers on the street, I will be careful about strangers on the Internet. If anyone ever asks to meet with me off line, I will notify my parents immediately.
5. **I will tell my mom or dad right away if I come across something that makes me feel uncomfortable.** If anyone uses bad language or mentions things that make me uncomfortable, I will immediately log off and tell my parents.
6. **I will not remain on or click on a page that says, "For Over 18 Years Only."** If this happens, I will log off and I will let my parents know. I understand that I'm only a click away from bad sites and that these pages are definitely not for kids.
7. **I will only download pictures and files with my parent's permission.** Some of these files may contain inappropriate pictures or dangerous viruses that could mess up our computer.
8. **I will not send pictures of my family or myself to anyone online.** The only way that I am allowed to do this is if my parents say it is all right.
9. **I will be safe everywhere.** I will follow the same Internet safety rules at my friends' houses, at school and at the library that I do while I'm at home.
10. **I understand that nothing is private on the Internet.** I agree that my mom or dad can read my mail or check the sites that I have been visiting — not because they don't trust me but because they just want to make sure that I am safe.

We agree to the above Ground Rules because we love each other and want the best family possible:

Children's Signature

Parent's Signature

Selected Christian Resources: Pornography and Sexual Addiction

John Auxier, Ph.D.

*best bets

Books

Carnes, Patrick. 2001. Out of the Shadows: Understanding Sexual Addiction. 3rd edition. Center City, MN: Hazelden. A revised edition of the 1983 classic, with a new chapter on cyber-sex.

Carnes, Patrick. 2001. In the Shadows of the Net: Breaking Free of Compulsive Online Sexual Behavior. Center City, MN: Hazelden.

Perkins, Bill. 1997. When Good Men are Tempted. Grand Rapids: Zondervan. Talks about preserving sexual purity for Christian men.

Hall, Laurie. 1996. An Affair of the Mind: One woman's courageous battle to salvage her family from the devastation of pornography. Wheaton, IL: Tyndale.

Laaser, Debra. Shattered Vows.

**Means, Marcia. 1999. Living with your husband's secret wars.

**Dobson, James. Love Must Be Tough. Focus on the Family.

Gallagher, Kathy. Through Deep Waters: Letters to hurting wives.

Dennis, J. & Jeffcoat, M. Taming Your Private Thoughts: The way to stop runaway thoughts.

Gallagher, Steve. At the Altar of Sexual Idolatry.

Freeman, Elizabeth. Coming out of Sexual Addiction.

**Weiss, Doug. 2002. Sex, Men and God. Lake Mary, FL: Siloam Press

**Weiss, Douglas. Partners: Healing from his addiction.

**Weiss, Douglas. Beyond Love: A twelve-step recovery workbook.

**Weiss, Douglas. 101 Practical Exercises for Sexual Addiction Recovery.

**Weiss, Douglas. 101 Freedom Exercises: Christian Guide for Sex Addiction Recovery.

Roberts, Ted & Diane. For Women Only: The Betrayed Heart.

Record, Bob. Beneath the Surface.

Schaumberg, Harry. False Intimacy.

Watters, Stephen. 2001. Real Solutions for Overcoming Internet Addictions. Ann Arbor, MI: Servant Publications.

The Nathan Project. (AACC) DVD introductory training for therapists on the basics of porn addiction treatment.

Somebody's Daughter. DVD testimony of couple recovery from pornography addiction.

Internet Accountability Resources

www.FilterReview.com is a site which has information about filters and accountability options, sponsored by the National Coalition for the Protection of Children and Families.

www.getnetwise.org is a public service organization that gives you tips and information about the problem use of the internet for kids, and make complaints to internet providers and websites.

www.cvnt.net **Covenant Eyes** includes a filter to block sites but is most valuable as it maintains a complete “Accountability Log” of all sites which are visited on your computer and issues weekly or monthly reports to 1-3 accountability partners you have designated. Since others will see every site you visit and how long you were there, these reports form the basis of discussion/accountability of appropriate use of the internet. Drawback: No I-Phone version available and only works up to Windows Mobile 6. ******RECOMMENDED**

www.InternetSafety.com is the website for **Safe Eyes**, one of the two leading filter and accountability programs. Drawback: only one accountability partner/administrator. One current advantage is Safe Eyes works on I-Phones, and Windows Mobile 7. ******RECOMMENDED**

www.Bsecure.com is the website for **Bsecure**, another web filter and accountability program. It can set up it’s accountability reports to include gambling related sites. BSecure also has a free filter app for I-Phones. ******RECOMMENDED**

Support Resources for Sexual Addiction

Assessment Resources

www.freedombeginshere.com This website is connected to Gary Smalley’s ministry, and has an assessment quiz that some find helpful. Smalley’s approach is highly cognitive.

www.growthclimate.com This website has an excellent online self-evaluation and gives a confidential evaluation of the level of severity of one’s pornography involvement. The site also sells a DVD on porn recovery which is of average quality, the therapist behind this site is apparently LDS—but this is not prominent in the material.

www.xxxChurch.com The leading site for pornography recovery with lots of great resources. One outstanding resource is **3XPure**, an **online 30 day workshop** (workbook based, with online videos, readings). ******RECOMMENDED**

www.sexaddicts.com Doug Weiss is a leading Christian therapist working with men and couples affected by sexual addictions. Doug has spoken at Smarter Families Canada and his materials are used at Northview MB in their support groups. **Weiss has lots of video lectures, books available, as well as 3 day couple intensives in Colorado at the Heart to Heart counselling centre.** ******RECOMMENDED**

Affair Recovery Resources

www.beyondaffairs.com 604-859-9393 with Anne & Brian Brecht, Abbotsford, BC. There are two kinds of help here. The **Beyond Affairs Network** is the leading web resource for information and support groups for those victimized by affairs. Additionally Anne and Brian Brecht are Christians who offer resources for couples struggling through affairs and intense **Passionate Life couple retreats** for those “on the brink” due to an affair. Not inexpensive, but highly valuable. **** **RECOMMENDED**

Living Waters Canada

www.livingwaterscanada.org Living Waters basic program is a 25 week program of discipleship for people who are struggling due to sexual brokenness. LW also offers shorter introductory programs for churches to host as well, e.g. the River (for teens); SALT, CrossCurrents. **They also have a counsellor referral service.**
******Recommended**

Additional helpful sites to consider:

www.pureintimacy.org Focus on the Family resource for individuals who want to overcome the grip of online pornography and affairs.

www.bebroken.com Ministry of support for men struggling with pornography.

www.exxit.org 3 minute Bible studies and encouragement for those seeking purity and wholeness in Christ.

www.iprodigals.com Offers training and materials to help local churches minister to sexually broken people.

I need to check out the following:

www.puredesire.com

www.boysunderattack.com

Tools for Empowerment in Setting Healthy Boundaries for Internet Connectivity

Introduction:

1. Filters can be set to control use, content or specific websites. Particularly important for children.
2. Entertainment devices typically already have parental controls built in—use them.
3. Accountability programs send reports of website visits and searches to an accountability partner. This makes users visible and accountable to others for their choices. **HIGHLY RECOMMENDED.**
4. Filter programs are available for PCs, but NOT for Apple products or Android.
5. Accountability programs are available for all devices, except Blackberry.

Software Programs (install on each computer or device)

- **Covenant Eyes** is excellent for its filtering and accountability software. As of March 2011 it offers both filtering and accountability for all PCs; no filtering but accountability programming for Apple products (Macs, iPhones, iTouch and iPads). Blackberry and Android not covered. www.covenanteyes.com
- **X3watchPro** from XXXChurch is filtering and accountability software for PC, Mac, iPhone, iPad and Android based devices. <http://x3watch.com/x3watchpro.html>
- **Mobile Nanny** is a cell-phone and related device program to monitor activity on cellular devices, including the BlackBerry. <http://www.mobile-nanny.com/features.html>
- **Safe Eyes** is a leading filtering and monitoring software program for PCs, Macs and iPhones. www.internetsafety.com

Router Based Filter

- **OpenDNS** offers free filtering protection for all internet connected wireless devices in your home including laptops, xbox, wii, etc . It can also be programmed to block specific sites related to internet scamming, online gambling, and others. The easiest one is: <http://www.opendns.com/familyshield/>
The more customizable one is: <http://www.opendns.com/solutions/household/>

Resources for those struggling with pornography (self or a loved one)

- **XXX Church** is a leading site for online help with pornography problems for Christians. www.xxxchurch.com
Highly recommended.
- One of XXX Church's resources is called "**X3Pure**" which are online video workshops with a 30 day video curriculum for men, women, couples or parents dealing with pornography recovery. <http://www.x3pure.com>
- **Personal/marriage counselling is often helpful:** Wendy Kittlitz, M.A. RCC, handles counselling referrals at **Focus on the Family Canada**. She may be reached at 1.800.661.9800 if you are seeking a Christian counselor in your area.

Other popular online resources:

New Life Partners-For wives of men addicted to pornography: www.newlifepartners.org

Be Broken Ministries-For men and women ensnared in sexual addiction: www.bebroken.com

Pure Life Ministries-Support and information on sexual addicted men: www.purelifeministries.org

Christian Recovery Groups in the Lower Mainland

I. Valiant Man at Northview Church, Abbotsford. http://northview.org/adults/men/valiant_man/
***Understanding Your Valiant Man** http://northview.org/adults/women/won_support_groups
(*awaiting leadership) For further information call (604) 853-2931 or email: women@northview.org

II. Freedom Session Meetings

Freedom Session Ministries is a 27-week renewal recovery support program for broken people, using a modified 12 step model, leading wounded people into an understanding of physical, relational and spiritual wholeness through Jesus Christ. List of Freedom Session registered ministries are given below.

Website: www.freedomsession.com | Phone: 604-250-6095 | Email: info@freedomsession.com

Abbotsford

Northview Community Church www.northview.org 604.853.2931
Immanuel Fellowship Baptist Church www.immanuel fellowship.ca 604-852-4746
South Abbotsford Church <http://southabbotsford.com> 604-853-2663

Burnaby

Brentwood Park Alliance Church www.brentwoodchurch.ca 604.291.1635

Chilliwack

Greendale MB Church www.gmbchurch.ca 604-819-2694
Southside Church www.southsidelife.com 604.824.8724

Coquitlam

Calvary Baptist Church www.calvarybaptist.ca 604.936.8242
Coquitlam Alliance Church <http://www.cachurch.ca> 604.464.6744

Langley

Brookwood Baptist Church: www.brookwoodbaptist.com 604-530-5440
Campbell Valley House of Hope: 604-530-6228
Southgate Church www.southgatechurch.ca 604.532.7769
North Langley Community Church: www.nlcc.ca 604-888-0442
Walnut Grove Lutheran Church jamespaulgaard@wglc.org 604.888.1004

Maple Ridge

Maple Ridge Christian Reformed Church www.mapleridgecrc.com 604.465.9416

Mission

Parkside Church (Foursquare) www.missionfoursquare.com 604.820.0718

New Westminster

New Westminster Evangelical Free Church <http://www.nwefc.com> 604-521-2217

Surrey

Bible Fellowship Foursquare: www.biblefellowship.ca 604-597-9331
Gracepoint Community Church www.gracepoint.ca 604.538.1825
Johnson Heights Ev. Free Church: <http://www.hopetoyou.com> 604-580-3773
Parkland Fellowship Baptist Church <http://parkland.org> 604-582-0282
Surrey Alliance Church: www.surreyalliancechurch.org 604-584-7617
Step Into Christian Community: 604-805-3182
Cloverdale Christian Fellowship <http://www.cloverdalechurch.ca> 604-574-1725
Coast Hills Community Church <http://www.coasthillschurch.com> 604-576-7656

Vancouver

Coastal Church Vancouver: www.coastalchurch.org 604-684-8475

The War College: www.thewarcollege.com 604-696-9614

Victoria/Esquimalt

Esquimalt Church of the Nazarene <http://www.esquimaltnazarene.org> 250-382-0812

White Rock

Life Church <http://lifechurchwr.com> 604-531-8301

III. Celebrate Recovery in the Lower Mainland, BC

Celebrate Recovery grew out of Rick Warren's Camelback Church in California, and involves weekly meetings for worship, teaching and peer support for life struggles, including alcohol, drug and pornography addiction.

Abbotsford

Abbotsford Christian Assembly | www.acachurch.com | 604-807-0494

Burnaby

Cariboo Road Christian Fellowship | www.crefchurch.com | 604-868-8284

Delta

South Delta Baptist Church | www.southdelta.org | 604.780.8317

Kamloops

Kamloops Full Gospel | www.kfgt.ca | 250-376-9521

Maple Ridge

Maple Ridge Baptist Church | www.ridgebaptist.ca | 604-377-3575

Surrey

Calvary Christian Church | www.calvary.ca | 604-328-9556

Peace Portal Alliance Church | www.peaceportalalliance.com | 778-999-3161

Vancouver

Broadway Church | <http://www.broadwaychurch.com/index.php> | 604-253-2700

North Shore Alliance | [Celebrate Recover Ministry](#) | 604-929-9826

The Salvation Army | Contact Person: Michael Collins at 604-307-2543

West Coast Christian Fellowship | www.wccf.bc.ca | 778-323-0695

Victoria

Glad Tidings | www.gtonline.org | 250-580-5700