

FREEDOM FIGHTER CHALLENGE



PARENT EDITION

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STATISTICS

47% of families report
**THAT PORNOGRAPHY
IS A PROBLEM IN THEIR
HOMES.**

Teenagers who have
frequent exposure
**TO SEXUAL CONTENT
ARE TWICE AS LIKELY
TO EXPERIENCE TEEN
PREGNANCY.**

Infidelity increases
by 300%
**WHEN PORNOGRAPHY
IS USED.**



68% of divorces involve
**PORNOGRAPHY OR
OBSESSIVE INTEREST IN
SEXUAL CONTENT**

58% of 'sex addicts'
**SUFFER FINANCIAL
LOSSES BECAUSE OF
THEIR ADDICTION.**

40 million Americans
watch pornography
**REGULARLY AND THAT
35% OF ALL INTERNET
DOWNLOADS ARE
RELATED TO
PORNOGRAPHY**

Hey there! Let's talk about the impact of pornography on families, individuals, marriages, adolescents, and how the media plays a role in all of this. When it comes to families, regular pornography consumption can create emotional distance between spouses. Even if the partner doesn't know about it, they can sense the change in attitude. For individuals, it's like a never-ending cycle where the more you see, the more you want. It desensitizes a person, making them crave more explicit content over time. In marriages, this can lead to dissatisfaction and even a loss of interest in one's partner and family. Adolescents, often accidentally exposed to porn, can become curious and search for more, affecting their perception of healthy relationships. The media bombards us with sexual content, making us numb to its impact. It's crucial for parents to supervise their children's internet activities. Ultimately, while pornography might offer temporary satisfaction, it leads to long-term damage, affecting relationships, families, and individuals negatively. Remember, real fulfillment comes from meaningful connections and healthy relationships. Stay aware and stay connected!

TEENS & PORN

90%

of teens and 96% of young adults are either encouraging, accepting, or neutral **when they talk about porn with their friends.**

51%

of male students and 32% of female students first **viewed porn before their teenage years.**

71%

of teens **hide online behavior from their parents.**

Parents, let's empower our children to create real, **meaningful connections in their intimate lives.** In a world inundated with unrealistic portrayals of intimacy through pornography, our young women and men may feel inadequate and disconnected.

We have the opportunity to **teach them the true fulfillment of God-given identity and loving relationships, not trying to emulate the scripted fantasies of porn.** Let's guide our children to seek authentic connections, where they can openly communicate their desires and build lasting, loving partnerships. **In doing so, we ensure that they don't settle for anything less than the beautiful reality of genuine intimacy**

ROOTS & FRUITS



A TEACHING FROM *Danielle Freitag*

To produce "good fruit" we must have a healthy spiritual life. This means being planted in good soil, rooted in faith and nothing else. It means being well-watered through wise counsel, but most assuredly, from the leading of the Holy Spirit.

Time daily with God by reading scripture, praying, journaling, and stillness, is essential. It means allowing God to prune away the parts of our lives that are no longer serving him, that need pruning. Jesus says in John 15:2 *"He cuts off every branch of Mine that doesn't produce fruit, and he prunes the branches that do bear fruit so they will produce even more."*

When we plant ourselves in good soil and are well-watered, and pruned, our roots will be strong. The fruit that we produce will help us to parent with excellence.

A great fruit tree will not produce great fruit until its roots are strong and it's had time to mature. This happens through abiding: *I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5*

TESTIMONY

*Our children
need to know
that as parents,
we are a safe
place.*



By the grace of God, in 2006 I came out of a lifestyle that was seeped in addiction and despair. God found me where I was at, but He did not leave me as I was. Because of the transformative power of Jesus Christ, freedom became my anthem.

When I was a young girl, one of the first forms of “education” I received regarding sex and sexuality was from a Hustlers magazine. Clearly, this wasn’t the way it was supposed to be. My innocence was violated. Secrecy and silence was the root that made a way for a life of exploitation.

Now, I know that the enemy of the soul works through secrecy, which is why it’s so important to have honest conversations with our children. They need to know, that as parents, we are a safe place.



**AFTER I LOOKED
THINGS OVER, I
STOOD UP AND SAID
TO THE NOBLES, THE
OFFICIALS, AND THE
REST OF THE PEOPLE,
“DON'T BE AFRAID OF
THEM. REMEMBER THE
LORD, WHO IS GREAT
AND AWESOME, AND
FIGHT FOR YOUR
FAMILIES, YOUR
SONS AND YOUR
DAUGHTERS, YOUR
WIVES AND YOUR
HOMES.**



Nehemiah 4:14

FIGHT FOR YOUR FAMILY

Nehemiah 4:14 not only highlights the transformative power of faith, but the need to guide and protect young children. By surrendering to Christ and allowing the guidance of the Holy Spirit, generational struggles like alcoholism and bitterness are overcome. Danielle shares a personal journey of victory, citing 17 years of sobriety thanks to that transformative power.

Through spiritual resilience, the family has successfully thwarted the enemy's traps and seductions. The Nehemiah passage underscores the importance of abiding in faith, emphasizing how spiritual battles are won through spiritual means, ensuring that negative patterns do not take root within the family.





We strive to be witnesses in this world, not just bystanders. Even in our seemingly safe neighborhood, our child encountered explicit content. But because we equipped him with knowledge, he knew how to handle it.

Parenting often throws curveballs, moments where you feel lost.

THAT'S WHEN FAITH COMES IN; TRUST IN THE HOLY SPIRIT TO GUIDE YOU.

Navigating the challenges of parenthood is no easy feat, but there's strength in embracing your role, just as Proverbs 22 suggests. Your responsibility is monumental – shaping your children's moral compass and guiding them toward the right path. **You're not just any voice; you're the most influential one in their lives.**

WE GET IT; DISCUSSING THE HARSH REALITIES OF THE HYPERSEXUALIZED WORLD AND PORNOGRAPHY IS DAUNTING. IT'S A TOUGH CONVERSATION, BUT RUNNING AWAY FROM IT WON'T HELP.



“ It is my
responsibility
to teach and
train my kids.

I am the
number one
voice, the
loudest
voice, in our
children's
lives.

”

Jenna De Jong

FAMILY HOME GUIDELINES

RESPECT BEDROOM BOUNDARIES:

- No friends or cousins allowed in bedrooms (upstairs).
- Bedrooms are designated for rest, relaxation, and individual play, either alone or with parents. They are not communal play areas.
- During the day, bedroom doors must remain open a small crack, ensuring a sense of openness and communication.

GUARD THE EYE GATES AND FOSTER POSITIVE VOCABULARY:

- Be mindful of what you watch and expose yourself to.
- Teach children from a young age to use positive vocabulary, describing things as good, beautiful, or, conversely, as ugly and wicked.
- Encourage positive language, as it has been proven to yield positive outcomes, contributing to your child's development.



ACTION 169

NO UNAUTHORIZED VISITS TO NEIGHBORS:

Children are not allowed to enter a neighbor's house without the presence of mom or dad, ensuring their safety and supervision.

PROVIDE AGE-APPROPRIATE UNDERSTANDING OF ANATOMY:

Use appropriate terminology when discussing anatomy with children, fostering a healthy understanding of their bodies and boundaries.

BUILDING A SAFE AND RESPECTFUL ENVIRONMENT



**KNOWLEDGE
IS POWER;
ARM
YOURSELF
WITH SEXUAL
EDUCATION
AND A SOLID
BIBLICAL
FOUNDATION.**

Embrace natural conversations about life's challenges, debunking the misconception that sex is inherently bad. Instead, emphasize its sanctity within marriage, a beautiful design by God.

I've been through it too – the struggles of youthful mistakes. **Sharing my experiences with my children saved them from the trauma I endured.** Knowledge is power; arm yourself with sexual education and a solid biblical foundation. **Don't forget to pray for your children's future partners, engaging them in discussions about the hypersexual content they encounter on TV and online.**

In our home, we've set guidelines: always knowing where our kids are, ensuring adults are present, and utilizing apps like Bark and Life 360 for added security. Through it all, we trust in the Holy Spirit to help us understand our children's lives, guiding us with gentle nudges in the right direction.

You've got this – parenting is a journey, and you're not alone.



In these last several years, I've come to discover my absolute need for reliance on God—the Holy Spirit, when it comes to parenting.

My children were born into this generation, in this culture, and it is my responsibility to shepherd them, daily. Building home life is essential to us, to the raising of our children and the nourishing of our marriage.

CULTIVATING GOOD VALUES BEGINS IN THE HOME

His Kingdom comes in the way we celebrate, the shelter we make of our homes, and the joy we put into what we cook, create, and cultivate. Focus on building and creating traditions, habits, rhythms, experiences and values. For our family, we value devotions in the morning over breakfast, dinner at the table together in the evening and family game night.

HE TENDS HIS FLOCK LIKE A SHEPHERD: HE GATHERS THE LAMBS IN HIS ARMS AND CARRIES THEM CLOSE TO HIS HEART; HE GENTLY LEADS THOSE THAT HAVE YOUNG. ISAIAH 40:11



COMMUNICATION

fosters connection

My daughter gets my undivided attention, often. This allows space for us to connect, which then makes a way for communication.

Communication can build trust. I want her to know that she can tell me anything. I can show her I'm listening in the way that I give her my attention.

Things I say to her, often:

You have an important place in our family and your voice, is valued.

Thank You for telling me that.

I'm listening, tell me more.

I love you when you make good choices and I love you when you make not so good choices. There is nothing that you could do, that would stop me from loving you.



Do's

- 01 Do give your child your undivided attention when you are with them.
- 02 Do build home life around traditions, habits, rhythms, and values that reflect your faith.
- 03 Do create connection by daily conversations and communication with your child.

Dont's

- 01 Don't show shock when your child tells you something that may be shocking. Show that you are listening. This will enable you to learn more and allow space for your child to talk.
- 02 Don't shame, intentionally embarrass or put your child down in any way.
- 03 Don't stop healing. We can't expect to be calm in our child's storm when we've got a tornado of unhealed wounds in the soul.

HOW REVIVAL CAN START *in your family*

52-Day Challenge to Build Your Family is an inspiring blog written by Michael De Jong that guides readers through a transformative journey of strengthening family bonds and spiritual connection. Each day is dedicated to a unique activity, ranging from reading and prayer sessions inspired by biblical teachings to heartfelt gestures and quality family time.

The challenge encourages participants to engage in activities like reading from books of the Bible, praying together, expressing love through letters and gestures, sharing meals, and creating cherished memories through family outings and traditions.

The blog culminates in a grand "Family Celebration Meal," emphasizing the significance of togetherness, love, and faith in fostering a strong family unit. Embracing these daily practices is believed to pave the way for breakthroughs and blessings, emphasizing the importance of faith, love, and intentional family bonding in everyday life.



RESOURCE HUB

01 **SheRecovery Teen Girls Recovery Group**

Our virtual recovery group for teen girls is for young women (age 12-17) facing porn, sex, or love addiction.

02 **Net Nanny For Families**

Gain peace of mind with our comprehensive monitoring solution, providing instant reporting of your children's online searches, visibility into the apps they use, and real-time alerts concerning content such as pornography, suicide, weapons, and drug-related material.

03 **rTribe Counseling App**

rTribe Counseling App provides a unique platform for users to connect with treatment professionals and supportive communities for social recovery apps for porn, sex, and compulsive masturbation addiction. With options for text and video sessions, it offers various paid tiers, including daily check-ins with licensed therapists and certified coaches.

RECOMMEND BOOKLIST

BODY BOUNDARIES MAKE ME STRONGER BY ELIZABETH COLE

This essential book teaches children, ages 3 and above, about body safety, personal space, private parts, and consent. It empowers kids with crucial social skills and body awareness, making it a must-read for any child going out of the house or in the care of others.

Recommended Age: 3+

Synopsis: "Body Boundaries Make Me Stronger" educates children on personal safety, ensuring they understand the importance of boundaries and consent in various situations.

THE GARDEN KEYS" (EBOOK) + NEW BOOK COMING OUT

"The Garden Keys" is an eBook that likely explores themes related to personal growth, self-discovery, or spiritual enlightenment. Additionally, the mention of a new upcoming book suggests further intriguing content.

Recommended Audience: Readers interested in Personal Development, Self-Discovery, Spiritual Exploration

Synopsis: "The Garden Keys" invites readers into a transformative journey, likely centered around metaphorical or symbolic elements, encouraging readers to explore the depths of their own existence.

Stay tuned for the upcoming book, promising more valuable insights and wisdom.

HABITS OF THE HOUSEHOLD: PRACTICING THE STORY OF GOD IN EVERYDAY FAMILY RHYTHMS BY JUSTIN EARLY

This book explores the intersection of faith and daily family life. It delves into how families can incorporate the teachings of God into their everyday routines, making spirituality a fundamental part of their household habits.

Recommended Audience: Families, Parents, Religious Readers

Synopsis: "Habits of the Household" provides practical insights on infusing family life with spirituality, helping readers establish meaningful connections with their faith in the context of daily routines.

RAISING YOURSELF BY PARENTING EDUCATOR SHELLY ROBINSON

In "Raising Yourself," acclaimed Parenting Educator Shelly Robinson provides expert guidance on self-discovery, personal growth, and effective parenting techniques. Drawing from her wealth of experience, Robinson offers valuable insights for parents seeking to nurture their own personal development while raising resilient, confident children.

Recommended Audience: Parents, Parenting Educators, Individuals on a Self-Discovery Journey

Synopsis: "Raising Yourself" offers a unique perspective on parenting, emphasizing the importance of self-awareness and personal growth for effective parenting. Robinson's expertise enriches the reader's understanding of the intricate balance between self-improvement and nurturing strong family bonds.

RECOMMEND

GOOD PICTURES BAD PICTURES: PORN-PROOFING TODAY'S YOUNG KIDS

by **Kristen A Jenson**

Want a comfortable way to talk with your kids about pornography? This newly revised edition of the original bestseller from Defend Young Minds makes that daunting discussion easy! Good Pictures Bad Pictures is a read-aloud story about a mom and dad who explain what pornography is, why it's dangerous, and how to reject it.

Featuring easy-to-understand science and simple analogies, this internationally-acclaimed book engages young kids to porn-proof their own brains.

With Good Pictures Bad Pictures, your child will never be caught off guard by disturbing videos or peer pressure! The 5-point CAN DO Plan™ teaches kids exactly what to do to protect their young minds when they see pornography.

Parents don't need to wonder what to say--simply read Good Pictures Bad Pictures to your child and move forward with confidence! You can even use this book before beginning the sex talks!



CHECK OUT THESE NEW FEATURES IN THE SECOND EDITION.

- "Let's Talk!" discussion questions at the end of each chapter help kids deepen their understanding so they'll be even more prepared to reject pornography.
- All new Tips for Parents and Caregivers section offers practical advice for raising porn-proof kids in the digital age..
- The most up-to-date science provides kids with even more powerful arguments against pornography.
- A beautifully redesigned interior makes it easier and more fun to read!



30-DAY CHALLENGE

for freedom fighter parents

Set up parental controls on all devices your teen uses to limit access to explicit content.

Establish a family media agreement that includes guidelines for online behavior.

Pray for God's wisdom and guidance to strengthen the love and unity within your family.

Educate yourself about the signs of pornography use in children and teens so you can spot it in your children.

Encourage your teen to identify a trusted adult (not just you) they can turn to if they have questions or concerns about pornography.

Explore reputable resources mentioned in this ebook for addressing pornography addiction in teens.

Consider enrolling your teen in a support group or counseling program if needed.

Pray for God's wisdom and guidance to strengthen the bonds of love and unity within your family.

Demonstrate Christian values and behaviors in your own life, serving as a role model for your child to follow in the footsteps of Jesus.

Create an open environment where your child feels comfortable asking questions about faith, God, and spirituality, and provide thoughtful, age-appropriate answers.

Discuss healthy relationships and boundaries with your teen, emphasizing respect and consent.

Continue to reinforce your children and/or teen's trust in you as a supportive and understanding parent.

Offer a prayer of thanksgiving for the moments of joy & laughter shared within your family, and ask for more of such precious moments in the future.

Help your child memorize key Bible verses that convey essential Christian teachings, enabling them to internalize the Word of God.

Plan a family activity that promotes bonding and communication.

Research and select appropriate filtering software to further protect your teen online we recommend Net Nanny.

Discuss with your children and teen the importance of building resilience against peer pressure and online temptations.

Pray for the spiritual growth and well-being of each family member, asking God to draw them closer to Him.

Facilitate friendships with other Christian children, enabling your child to form connections with peers who share their faith, fostering a sense of belonging.

Understand that a child's faith journey is personal and may involve periods of doubt or questioning. Be patient and understanding as your child explores their beliefs and relationship with God.

Initiate regular check-ins with your children & teen to discuss their online experiences and challenges they may face.

Share your concerns about the harms of pornography with your teen and discuss why you want to protect them from it.

Lift up a prayer for peace and harmony to reign in your home, resolving any conflicts with God's wisdom and grace.

Regularly attend church services as a family, allowing your child to experience the sense of community and learn about Christian worship practices.

Share your own experiences of overcoming challenges to inspire your teen.

Encourage your children and teen to find positive hobbies and activities to occupy their time and interests off line.

Stay informed about the latest online trends and apps that may expose children and teens to explicit content.

Pray for the safety of your family, both in their physical journeys and spiritual walks, as they navigate life's challenges.

Read and discuss Bible stories together, emphasizing the teachings and moral lessons to help your child understand the principles of Christianity.

Create an open environment where your child feels comfortable asking questions about faith, God, and spirituality, and provide thoughtful, age-appropriate answers.

watch our

WEBINAR



**Raising Public Awareness to
Protect Children**

[Link Here](#)

action169.com/webinarforparents

Listen to our
PODCAST



Encouraging faith and inspiring restoration through real talk. Join counselor, author, Danielle Freitag and Jenna De Jong, an advocate for women's best health in this weekly podcast.

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