

supporting students

your role

when a student opens up, your primary role is to make them feel seen, loved and supported. How you respond in that moment can shape their willingness to keep seeking help

1

Respond with love and encouragement

let them know they are valued, not judged. Share your own journey if you have struggled

2

Normalise the conversation

Acknowledge that this struggle is common and that healing is possible

3

Reassure them they're not alone

Many people wrestle with this, and they don't have to face it in isolation

4

Avoid a "quick fix" approach

This isn't just a one-time confession follow by prayer - it's a journey that requires ongoing support

5

Keep the conversation going

Opening up is a big step - be the one who follows up, even if it feels awkward

walking with students on their journey

your role

Your job is to support and guide—not to be the person their entire journey depends on. Encourage them to build a strong support system beyond you

1

Use discernment when encouraging conversations with parents

Bringing parents into this struggle is important for students. For some students, sharing with their parents can be a positive step toward healing. Others may have parents who respond with shame or anger, which could cause more harm.

If you have concerns about how their parents may react, bring your Youth Pastor into the conversation.

Pray with them as they prepare and provide resources to help guide the conversation

2

help them connect with peers for accountability

- Encourage weekly check-ins with trusted friends
- Guide them in setting up peer accountability groups
- suggest group agreements (e.g. removing social media, using accountability groups etc.)

3

equip them with tools to get help & protect their devices

Encourage them to take practical steps like:

- Locking down the app store.
- Setting up filters & restrictions.
- Utilising online programs

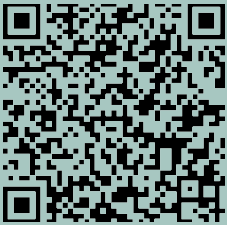
4

follow up

- Check-in regularly. Ask, “How’s your journey going?” rather than waiting for them to bring it up.
- Celebrate progress. Even small victories (like a week without porn) are worth recognizing!
- pray for them and with them. This is ultimately a spiritual battle. Encourage their relationship with Jesus!

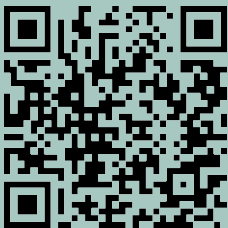
resources

sharing with parents



“how to tell your parents”

A step-by-step guide to help young people navigate an honest, productive conversation with their parents about their porn struggles



“lets talk about porn”

A resource to help individuals start healthy, shame-free conversations about pornography with parents, mentors, or trusted friends

apps + software



brain buddy

A science-based app designed to help rewire the brain's response to pornography through habit-building and positive reinforcement



fortify

A recovery platform that provides education, tracking tools, and community support to help individuals overcome pornography addiction



covenant eyes

A screen accountability software that monitors online activity and sends reports to an accountability partner to encourage transparency and responsible internet use