

Theology of the Body Resources  
For Teens & Parents



**CHASTITY  
PROJECT**

**Chastity Project** [<http://chastityproject.com/>]

Jason and Crystalina Evert have spoken to more than one million people on six continents about the virtue of chastity. After working for Catholic Answers in San Diego for more than a decade, the couple moved to Denver and began a new ministry focused solely on promoting purity: Chastity Project. Although the two speak to 100,000 students per year, one of their dreams was to make chastity resources available to as many souls around the world as possible.



**Fight the New Drug** [<http://fightthenewdrug.org/>]

Fight the New Drug exists to provide individuals the opportunity to make an informed decision regarding pornography by raising awareness on its harmful effects using only science, facts, and personal accounts. This organization is secular, not Christian-based.

**VICTORY**



**The Victory App** [Download it on the AppStore or Google Play]

The fight for freedom from pornography is a battle you can win. But, every battle needs a plan. The Victory app provides a strategic battle plan for liberty in the struggle against pornography. You. Can. Win.

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**RECLAIM: God's Plan for Sexual Health** [https://reclaimsexualhealth.com/]

RECLAIM Sexual Health offers a science-based, Catholic [Online Recovery Program](#) and other resources for those who desire to reclaim God's plan for their lives and the lives of loved ones impacted by pornography or other unhealthy sexual behaviors. The RECLAIM Sexual Health [Online Recovery Program](#) provides a unique integration of Theology of the Body, The Brain Science of Change, proven cognitive tools, accountability, group support, faith practices and prayer all in one, online community. Working at your own pace in an anonymous and safe environment, you can begin to change your unhealthy sexual behaviors and reclaim God's original plan for your life and your sexuality.



**Covenant Eyes: Internet Accountability** [www.covenanteyes.com]

Find Peace of Mind with Internet Accountability Software. Internet Accountability monitors the websites visited, the search terms used, and the YouTube videos watched, and lists them in an easy-to-read Report that is designed to start a conversation about healthy online habits. **Parents**, see where your kids go online. **Adults**, reduce Internet temptations and protect the relationships you value most.



**Lighthouse Catholic Media** [www.lighthousecatholicmedia.org]

Our story is a simple one: God works powerfully through a sincere Yes! From a wooden box of cassette tapes in the back of one church as Lighthouse Catholic Media, to over 7,500+ parishes distributing our CDs, books, and other media with our kiosk – it has been an incredible journey! Having merged with the Augustine Institute in 2015, we are now able to reach more souls than ever to accomplish our mission.

Speakers such as: Janet Smith, Christopher West, Jason Evert, Noelle Garcia and others have CDs on topics of Theology of the Body and other relevant topics of the Catholic Church