



Options for Reducing Exposure to Porn

- ___ Cancel all subscriptions to porn (Web site, magazine, cable, cell phone, etc.)
- ___ Change to a family-oriented Internet service provider.
- ___ Change your e-mail address.
- ___ Install cyber controls on your computer.*
- ___ Move your computer to a public area in your home.
- ___ Cancel internet service altogether.
- ___ Buy a new hard drive or computer.
- ___ Use the computer only when someone else is nearby and can see the screen.
- ___ Subscribe to television programming packages that are completely porn-free.
- ___ Get rid of your television, VCR, and DVD player altogether.
- ___ Block out television channels that carry porn.
- ___ Avoid drinking by adult bookstore and strip clubs.
- ___ Avoid stores that sell porn magazines and other porn products.
- ___ Avoid video stores that carry X-rated movies.
- ___ Avoid anyone who you used to watch porn with or who enable your porn use.
- ___ Call ahead when staying at hotels to make sure they don't subscribe to channels with sexual content, and if they do, request that these channels not be available to you in your room when you check in.
- ___ Tell friends, relatives, and coworkers not to send you porn or links to porn.