## RECOVERING FROM PORNOGRAPHY OR HELPING SOMEONE ELSE TO

## WHAT'S IN IT FOR ME WHY SHOULD I TAKE THIS PROGRAM

- Address pornography for what it is
- Identify images that are pornography not art
- Obtain tools to help self or others deal with pornography challenges

## **LEARNING OUTCOMES PORNOGRAPHY PROGRAM**

Competency 1 What is pornography?

Competency 2 Describe the advantages and disadvantages of pornography

Competency 3 Describe what happens to the brain when engaging with pornography

Competency 4 Describe and apply strategies to prevent porn addiction and to cure a porn addiction .