Filtering/Blocking & Accountability Software

TL:DR[1] - Invest in accountability software; filtering software is probably not going to make a difference to your porn addiction. Covenant Eyes is the one that a majority of people use. If your device isn't Apple/Android/Microsoft Windows, you want more features or it's more than you can afford, there are other options outlined on the next page.

There is a range of software available that can be installed on your computer, smart phone or tablet that will act as a barrier between you and pornography.

● <u>Filtering/blocking software</u> is designed to filter out any sites that are questionable so that you simply cannot access them.
● <u>Accountability software</u> will send a report of your activity to a nominated accountability partner. It is much more effective than filtering software as it holds the user to account in making wise choices in what is viewed. Most packages will monitor your browsing activity and/or your screen activity. They may take random screenshots or have algorithms that can spot porn. They usually involve installing a program/app on each device that you want to protect.

Some software offers the option of both accountability and filtering/blocking. Before you decide on a software package, you will want to know the answers to the following questions:

● What type of devices will it be installed on?
● How many devices will you be using it on?
● What are the ages of those included in the package?
● What is the number of accountability partners to be included?
● Do you want both accountability and filtering/blocking?

On the next page are some packages that we can recommend but as always, do your own research and find a package that works for you.

But Remember…

… filtering software won't deal with your porn addiction; it will only try to keep you away from porn. No matter how well designed they are, no filter is perfect, and addicts have a way of finding their way around them anyway. Accountability software will help you to start having those tough conversations with someone but again will only be part of the solution. Here are a few other things to think about:

● Pick your accountability partner carefully. A partner/pastor may seem like the common sense choice but it is important to remember that your partner may not be emotionally ready to know or discuss the ins and outs of your addiction and your pastor may not have the time to commit to regular and ongoing accountability. Often a close friend is a better choice and chances are they are struggling too. Sometimes reciprocal accountability can work best.
● Get someone else to set your password. If you don't then it will be too easy for you to disable the software and look at porn anyway. If this isn't an option for you, make your password something meaningful to you like 'iamreadytochange'.
● Effective software won't solve your porn addiction by itself. What it will do is put some distance between you and porn so that you can start to work on your recovery with a clear(er) mind. Try to avoid the mistake of assuming that because you aren't looking at porn that you don't need more help.

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[1] TL:DR - 'Too Long: Didn't Read

	Filtering	Accountability	Main Platforms (PC/Mac/iOS/Android)	Extra Platforms (eg Linux/Chromebook/Kindle)	Cost	Notes
Covenant Eyes *	✓	✓	✓	✗	$15.99/ Month	Widely used and well respected. More info here. Designed specifically for porn protection so has few wider features. Use promo code 'NTProject' and you'll get your first month free.
X3Watch	✗	✓	✓	✗	N/A	Legacy software that still works but has now transitioned to EverAccountable.
EverAccountable *	✗	✓	✓	✓	From $89/Year	Solid product from the people behind XXXChurch.com Instant alerts to your accountability partner is a good feature. Designed specifically for porn protection so has few wider features.
Accountable2You *	✗	✓	✓	✓	$6.99/ Month	Some good features that don't appear in some other products: VPN Based, unlimited devices, instant alerts, easy installation, doesn't interfere with network settings
NetNanny *	✓	✓	✓	✓	From Free	Designed with families in mind so has a much wider suite of features including parental control, filters (across a range of categories), porn specific protections, screen time management & app blocker).

* These are affiliate links which means that, at no extra cost to you, Naked Truth Project will earn a commission if you click through and make a purchase.

Filtering at Source

There is another approach to filtering and that is to do it before it reaches your device. Many mobile phone and internet service providers already offer filtering options on their end. The company website is a good place to start to find information. OpenDNS.com also offers a DNS based solution to filtering. There are also two hardware devices that perform filtering (Disney Circle and Net Angel)