

Supporting Young People with Pornography Addiction



Below are links to some useful organisations who offer free online support to teens and young people who are experiencing pornography addiction.

Naked Truth

Naked Truth provide a variety of pornography addiction support services to all ages. They are a Christian organisation, but the majority of their content is secular and aimed to people of any or no faith.

[Ctrl Alt Delete](#) is Naked Truth's free online course which is suitable for all including under 18's. This is on demand and can be accessed at the user's own pace. Religious content is included as an optional extra module at the end of the course.



Fortify Teen

[Fortify Teen](#) is a science-based app for ages 13-17. It includes daily tracking, a private journal, an SOS mode for immediate support, and age-appropriate training and wellness plans.



The app also includes a teen-only online community, and trusted supporters of the young person can sign up for a free 'Ally' account to follow their progress.

The app is free, but the young person must apply by sending in a short essay on how the programme would help them.