Ladies,

It's time to say something that has been avoided in our culture for too long: **women struggle with porn use too.**

Though the tools and resources for people who struggle with porn use have largely targeted men in the past, some are finally catching up to reality and considering the female battle against pornography.

One of these tools is Covenant Eyes. Covenant Eyes uses a two-pronged approach to help women stop looking at porn, or, ideally, never start.

First, they create and provide [ample educational resources](https://www.covenanteyes.com/womens-resources/) to *any* woman who is [looking for answers about their porn use and how to stop](https://learn.covenanteyes.com/new-fruit/?_ga=2.215403090.490839295.1606140454-1166353115.1509469810).

Second, they provide software that gets installed on your devices and sends a [regularly scheduled report](https://www.covenanteyes.com/support-articles/screen-accountability-report/) to a person of your choosing with an insight into your internet activity. For some, knowing someone will be sent a report with concerning activity highlighted is enough to avoid falling into temptation. For others, that report is the foot in the door they need to start and maintain open, transparent conversations with a person they trust about their porn use and their ongoing struggles. Either way, it's a win-win.

We want to help you on your journey to quit porn in any way we can. One of the ways we can help is by introducing you to Covenant Eyes, because beyond the software and the educational resources, we're introducing you to an entire community that *understands what you are going through.* Every person at Covenant Eyes, like every person in our organization, is dedicated to helping you on your journey, from discovery to recovery to relapse and back. They see you, they hear you, and they are ready to join the fight with you, if you'll have them.