






## Safe Haven Sunday Social Media Kit Examples – 2023




### Year One

Image	Caption	Tags and Hashtags
<p><b>Provided Image</b></p> 	<p><b>Instagram/Facebook</b></p> <p>Join us for Safe Haven Sunday!</p> <p>In a constantly connected digital world, Safe Haven Sunday helps you start or continue the online purity conversation with your family.</p> <p>We're kicking things off next weekend at both the Saturday and Sunday Masses and would love for you to join.</p> <p>{INSERT DATES, TIMES, &amp; LOCATION INFORMATION}</p> <p><b>X</b></p> <p>Join us for Safe Haven Sunday!</p> <p>In a constantly connected digital world, Safe Haven Sunday helps you start or continue the online purity conversation with your family.</p> <p>Starting {INSERT DATE &amp; TIME}.</p>	<p><b>Instagram/Facebook</b></p> <p>@covenant.eyes Our Diocese/Parishes</p> <p><b>X</b> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>
<p><b>Provided Image</b></p> 	<p><b>Instagram/Facebook</b></p> <p>This Safe Haven Sunday, let's get equipped together!</p> <p>22% of young people ages 18-24 consider pornography good for society, so how did we get here?</p> <p>Learn how to protect your home in the digital age with this year's Safe Haven Sunday book, Equipped, by @covenant.eyes.</p> <p>Equipped helps us to understand:</p> <ol style="list-style-type: none"> <li>1. The state of our pornified culture</li> </ol>	<p><b>Instagram/Facebook</b></p> <p>@covenant.eyes Our Diocese/Parishes</p> <p><b>X</b> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>

	<ol style="list-style-type: none"> <li>2. The 4 walls of protection</li> <li>3. How to build a solid foundation</li> <li>4. And much more!</li> </ol> <p>We will be handing out a printed copy at Mass on Safe Haven Sunday, but you can also have digital access to the link to your free Equipped ebook through <a href="https://learn.covenanteyes.com/equipped-shs/">https://learn.covenanteyes.com/equipped-shs/</a> and start today!</p> <p><b>X</b> Let's get equipped together!</p> <p>22% of young people ages 18-24 consider pornography good for society. Learn how to protect your home in the digital age with the Equipped ebook by @covenant.eyes.</p>	
<p>Provided Image</p> 	<p><b><u>Instagram/Facebook</u></b> Learn how to set up your home to be digitally safe! </p> <p>You'll receive a week's worth of emails to learn how to safeguard your home.</p> <p>Addressing essential topics such as:</p> <ol style="list-style-type: none"> <li>1. Social media and teens</li> <li>2. Google SafeSearch</li> <li>3. App restriction</li> <li>4. The importance of accountability</li> <li>5. And more!</li> </ol> <p>Text SECURE to 66866 to get started!</p> <p><b>X</b> Learn how to set up your home to be digitally safe! </p> <p>Text SECURE to 66866 to get started!</p>	<p><b><u>Instagram/Facebook</u></b> @covenant.eyes Our Diocese/Parishes</p> <p><b>X</b> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>




## Year Two



Image	Caption	Tags and Hashtags
<p><b>Provided Image</b></p> 	<p><b>Instagram/Facebook</b></p> <p>Make your home a safe haven by learning to have those critical conversations. 📱</p> <p>Join us next weekend for Safe Haven Sunday as we learn how to best equip our homes for online purity.</p> <p>In a constantly connected digital world, Safe Haven Sunday helps you start the conversation on how to help your family live porn-free.</p> <p>This year is supported by a step-by-step guide called Confident, outlining how to have those critical conversations with your children and family.</p> <p>Safe Haven Sunday starts {INSERT DATES, TIMES, &amp; LOCATION}.</p> <p><b>X</b></p> <p>Make your home a safe haven by learning to have those critical conversations. 📱 Join us next weekend for Safe Haven Sunday as we learn to be confident in our homes &amp; live porn-free.</p>	<p><b>Instagram/Facebook</b></p> <p>@covenant.eyes Our Diocese/Parishes</p> <p><b>X</b> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>
<p><b>Provided Image</b></p> 	<p><b>Instagram/Facebook</b></p> <p>Don't panic. Be Confident!</p> <p>This year, we are diving into the resource: Confident! Porn is more accessible today than in any other period; exposure to it at a young age can cause a lifetime of struggle.</p> <p>Confident will help us learn:</p> <ol style="list-style-type: none"> <li>1. How porn impacts children</li> <li>2. The stages of porn use</li> <li>3. How to talk about it</li> <li>4. And much more!</li> </ol>	<p><b>Instagram/Facebook</b></p> <p>@covenant.eyes Our Diocese/Parishes</p> <p><b>X</b> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>

	<p>Learn how to download your free resource, Confident, here:  <a href="https://learn.covenanteyes.com/confident-shs/">https://learn.covenanteyes.com/confident-shs/</a>.</p> <p><b>X</b>  Don't panic. Be Confident! Porn is more accessible today than in any other period; exposure to it at a young age can cause a lifetime of struggle. This year, we are diving into the resource Confident.</p>	
<p><b>Provided Image</b></p> 	<p><b><u>Instagram/Facebook</u></b>  Learn how to set up your home to be digitally safe!  </p> <p>You'll receive a week's worth of emails to learn how to safeguard your home.</p> <p>Addressing essential topics such as:</p> <ol style="list-style-type: none"> <li>1. Social media and teens</li> <li>2. Google SafeSearch</li> <li>3. App restriction</li> <li>4. The importance of accountability</li> <li>5. And more!</li> </ol> <p>Text SECURE to 66866 to get started!</p> <p><b>X</b>  Learn how to set up your home to be digitally safe!  </p> <p>Text SECURE to 66866 to get started!</p>	<p><b><u>Instagram/Facebook</u></b>  @covenant.eyes  Our Diocese/Parishes</p> <p><b>X</b>  @covenanteyes  Our Diocese/Parishes</p> <p>#CovenantEyes  #SafeHavenSunday  #DigitalSafety</p>


### Year Three




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<b><u>Provided Image</u></b>	<p><b><u>Instagram/Facebook</u></b>  Did you know that loneliness and disconnection drive many to pornography?</p>	<p><b><u>Instagram/Facebook</u></b>  @covenant.eyes  Our Diocese/Parishes</p>


	<p>We are relational beings, and when we don't connect with real people, we look for connections elsewhere, often in areas that deeply harm us.</p> <p>Join us for Safe Haven Sunday, where we will learn how to connect with our spouses and children.</p> <p>{INSERT LOCATION, DATES, AND TIMES}</p> <p><u>X</u></p> <p>We are relational beings, &amp; when we don't connect with real people, we look for connections elsewhere. Join us for Safe Haven Sunday, where we will learn how to connect with our spouses &amp; children.</p>	<p><u>X</u> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>
<p><b>Provided Image</b></p> 	<p><b><u>Instagram/Facebook</u></b></p> <p>The answer isn't perfection; it's connection!</p> <p>For Safe Haven Sunday this year, we will discuss the importance of connection in making your home digitally safe. We're using a resource by Covenant Eyes called Connected.</p> <p>It will help us understand:</p> <ol style="list-style-type: none"> <li>1. How we were made for connection</li> <li>2. Connecting as spouses</li> <li>3. Connecting to our children</li> <li>4. And much more!</li> </ol> <p>You can get started at the link: <a href="https://learn.covenanteyes.com/connected-shs/">https://learn.covenanteyes.com/connected-shs/</a>.</p> <p><u>X</u></p> <p>For Safe Haven Sunday, let's discuss the importance of connection in making your home safe. We're using a resource by Covenant Eyes called Connected. The answer isn't perfection; it's connection!</p>	<p><b><u>Instagram/Facebook</u></b></p> <p>@covenant.eyes Our Diocese/Parishes</p> <p><u>X</u> @covenanteyes Our Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>
<p><b>Provided Image</b></p>	<p><b><u>Instagram/Facebook</u></b></p> <p>Learn how to set up your home to be digitally safe!</p> 	<p><b><u>Instagram/Facebook</u></b></p> <p>@covenant.eyes Our Diocese/Parishes</p>

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#### Year Four

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<p><b>Provided Image</b></p> 	<p><u>Instagram/Facebook</u></p> <p>Porn may have broken you or your marriage, but it doesn't have to stay that way!</p> <p>For Safe Haven Sunday this year, we're taking a closer look at the man who God designed you to be.</p> <p>Plus, spouses, let's discuss how we can heal your marriage and rebuild your relationship.</p> <p>Join us {INSERT DATES, LOCATION, TIMES of SAFE HAVEN SUNDAY}.</p> <p><u>X</u></p> <p>For Safe Haven Sunday this year, we're taking a closer look at the man who God designed you to</p>	<p><u>Instagram/Facebook</u></p> <p>@covenant.eyes Your Diocese/Parishes</p> <p><u>X</u> @covenanteyes Your Diocese/Parishes</p> <p>#CovenantEyes #SafeHavenSunday #DigitalSafety</p>

	be. Plus, spouses, let's discuss how we can heal your marriage and rebuild your relationship.	
<b>Provided Image</b> 	<b><u>Instagram/Facebook</u></b> Be the man God designed you to be and restore your marriage.  We have two outstanding resources by Covenant Eyes this year for Safe Haven Sunday.  STRIVE, a 21-day porn detox and program designed specifically for men.  And Restored Vows, an email challenge for couples to work through to rebuild their relationship.  Get started here: {INSERT HOW THEY CAN GET THESE RESOURCES}  <u>X</u>  We have 2 resources by Covenant Eyes this year for Safe Haven Sunday. STRIVE, a porn detox designed for men, and Restored Vows, an email challenge for couples to rebuild their relationships.	<b><u>Instagram/Facebook</u></b> @covenant.eyes Your Diocese/Parishes  <u>X</u> @covenanteyes Your Diocese/Parishes  #CovenantEyes #SafeHavenSunday #DigitalSafety
<b>Provided Image</b> 	<b><u>Instagram/Facebook</u></b> Learn how to set up your home to be digitally safe!   You'll receive a week's worth of emails to learn how to safeguard your home.  Addressing essential topics such as: <ol style="list-style-type: none"> <li>1. Social media and teens</li> <li>2. Google SafeSearch</li> <li>3. App restriction</li> <li>4. The importance of accountability</li> <li>5. And more!</li> </ol>  Text SECURE to 66866 to get started!	<b><u>Instagram/Facebook</u></b> @covenant.eyes Your Diocese/Parishes  <u>X</u> @covenanteyes Your Diocese/Parishes  #CovenantEyes #SafeHavenSunday #DigitalSafety

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