

# Digital Citizenship: Joshua Kloyda

## Lesson Title: Addiction Disordered?

### Grade Level: High School



#### Project and Purpose:

Students determine if addiction to pornography should be an official diagnosis.

#### Essential Question:

Should addiction to pornography be an officially listed disorder? Why or why not?

#### Notes:

**BEFORE beginning these lessons:** Underscore the serious nature of this topic (Internet pornography) and remind students that they can talk to trusted adults about this. Ask them to think about one adult they could go to if they feel they need to discuss the topic further.

#### Materials:

- Vocabulary page/slide
- Signs and Symptoms of Addiction Chart

#### Procedure:

1. Post the following vocabulary as defined by the Merriam Webster Dictionary (slide/handout provided) and discuss the following terms:
  - **addiction:** persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful
  - **diagnosis:** the art or act of identifying a disease or disorder from its signs and symptoms
  - **disorder:** an abnormal physical or mental condition or ailment
2. Designate one side of the room as “Yes” and the other as “No;” these are the only two responses allowed, nothing in between. Students will move to vote on the question: In your opinion, is addiction to Internet pornography a real diagnosis/disorder?
3. After they move to the side that represents their response, have students discuss their responses with anyone standing on the same side. Encourage them to compare/contrast their reasons.
4. Tell students to look across the room to find at least one person who is on the other side of the room and have them form small groups of mixed opinions for an idea share. Explain that an idea share happens when individuals present their reasons, opinions, and ideas and the rest of the group listens. No one challenges or argues as it is not a debate.

5. At the end of the idea share time, ask the question again and give students an opportunity to switch sides, should they choose to do so. Allow a short period of time for students to discuss with members of their same response groups how hearing the other side solidified or changed their opinions.
6. Gather back as a group and explain that pornography addiction is not listed as a disorder in the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5). This is the official book doctors use to identify and diagnose all disorders. Having a disorder listed in the Manual is important because insurance companies will only cover treatment for disorders that appear in the book. However, many psychiatric professionals accept addiction to pornography as a diagnosis and have developed successful treatment programs for people who suffer from it.
7. Experts in addiction claim that almost all addictions have several factors in common. Distribute and have students look at the Signs and Symptoms of Addiction Chart. In the second column, signs of substance addiction are listed, broken into three categories: physical, behavioral, and emotional. Students will work with a partner to determine how the same signs and symptoms might look or if they would exist if someone was addicted to pornography. They should refer to the video on Josh Kloyda to support their answers. They will write their responses in the third column.
8. When students have completed their charts, have them join with another set of partners to compare/contrast their responses.

## Conclusion

Gather as a group and ask students to once again move to the side of the room to answer a version of the original question: Should addiction to pornography be an official diagnosis/disorder? Why or why not? Why is this an important distinction?

## Resources:

- Marr Addiction Treatment Center, [www.marrinc.org/signs-and-symptoms/](http://www.marrinc.org/signs-and-symptoms/)
- Addiction, <https://wcdiction-a-to-z/porn-addiction/>

# Signs and Symptoms of Addiction

## Adapted from Marr Addiction Treatment Center

	Substance Addiction	Pornography Addiction
<b>Physical Signs</b>	<ul style="list-style-type: none"> <li>• Over- or under-active, depending on substance</li> <li>• Repetitive speech patterns</li> <li>• Dilated pupils, red eyes</li> <li>• Runny nose, sniffing</li> <li>• Pale, undernourished look</li> <li>• Clothing does not fit correctly</li> <li>• Change in weight</li> <li>• Change in eating habits</li> <li>• Unusual body odors due to lack of personal hygiene</li> </ul>	
<b>Behavioral Signs</b>	<ul style="list-style-type: none"> <li>• Missing work/school</li> <li>• Work/school problems</li> <li>• Missing important events, obligations, and commitments</li> <li>• Isolating/secretive about activities</li> <li>• Change in sleep patterns</li> <li>• Increased secrecy and lying</li> <li>• Relationship problems</li> <li>• Financial problems</li> <li>• Talks about substance and/or using constantly</li> </ul>	
<b>Emotional Signs</b>	<ul style="list-style-type: none"> <li>• Irritable/argumentative</li> <li>• Defensiveness</li> <li>• Inability to deal with stress</li> <li>• Loss of interest in activities/people that used to be part of their lives</li> <li>• Obnoxiousness</li> <li>• Depression</li> <li>• Confused easily</li> <li>• Denial</li> <li>• Rationalizing-offering alibis, excuses, justification, or other explanations</li> <li>• Minimization — “It’s no big deal. I’ve got it under control.”</li> <li>• Blaming — “It’s not my fault.”</li> <li>• Diversion-changing the subject to avoid discussing the topic</li> </ul>	

# Vocabulary

## **addiction:**

persistent compulsive use of a substance known by the user to be physically, psychologically, or socially harmful

## **diagnosis:**

the art or act of identifying a disease or disorder from its signs and symptoms

## **disorder:**

an abnormal physical or mental condition or ailment